

*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:

WHC honors	2
Christmas trip details	2
Friends breakfast	3
Handcrafted holiday deadline	3
Foundation gifts	4
Naming gifts announced	5
Fall feelings	6
Dementia fundraisers	7
Summer in the garden	8
Meet the interns	9
Why water?	10
Walk & Talk	10
BBQ Bash is back	11
Growth in outpatient therapy	11
Scenes of summer	12
September birthdays	13
Work anniversaries	14
Employee of the Month	14
Gilmore's expanded hours	16

## Land purchased for development in Iowa City

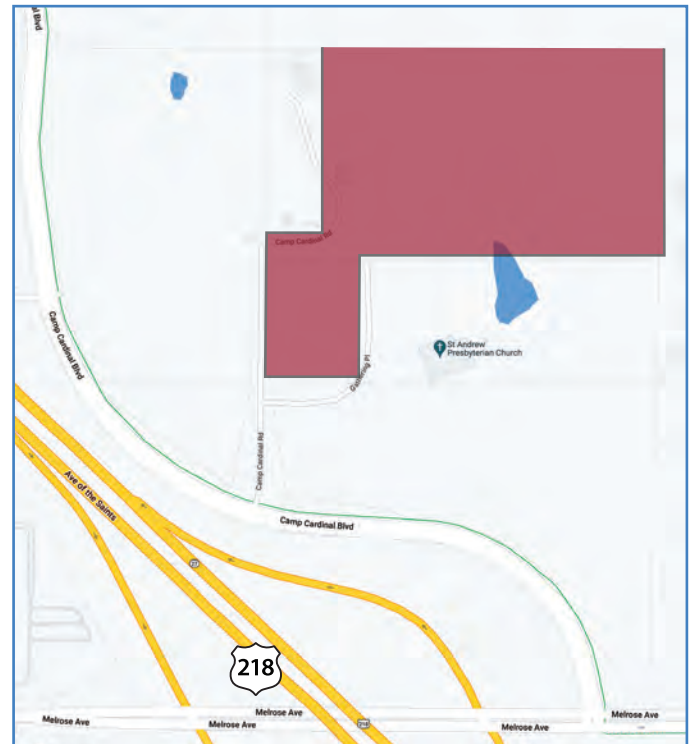
Just on the heels of finalizing a land purchase in south Waterloo, Western Home Communities completed the purchase of 31 acres in Iowa City to further expand its non-profit mission beyond the Cedar Valley.

"We've looked into several potential locations in Iowa City over the years and explored various partnerships," explains CEO Kris Hansen. "I'm pretty thrilled that everything came together for this particular spot. We believe it holds tremendous promise for serving the Iowa City area with our unique brand of services."

The map at right shows the location, east of Hwy. 218 off the Melrose Avenue exit and off of Camp Cardinal Road to the north of St. Andrew Presbyterian Church.

A land-use plan is in preliminary development and could include a combination of dementia care cottages, independent living apartments, a new style of townhome and many active living villas, both duplexes and single homes due to city code requirements.

Watch for more details to come throughout 2023 as plans take shape.





## Courier announces award winners

Be sure to check out two special sections in the Waterloo Courier on Sunday, Sept. 4. The company has named its annual winners of Best of the Best and also Employers of Choice.



Western Home Communities appreciates the votes of confidence from those we serve and also the greater Cedar Valley.

## Holiday tour of Milwaukee announced

Registration has opened for a festive trip that overflows with holiday spirit! From Dec. 6-9, you'll enjoy light displays, savory bites, sweet treats and visits to museums, the Milwaukee Public Market and the Milwaukee Brewing Company. A highlight is sure to be the tour of ethnic bakeries in the city.

We expect seats to fill up fast for this delightful trip! Family, friends, and non-residents are welcome to travel along. **Contact Carolyn Ayers at 319-222-2048 or [carolyn.ayers@westernhome.org](mailto:carolyn.ayers@westernhome.org) for an itinerary, pricing and reservations.**



*The 1892 Pabst Mansion at Christmas.*

# Friends

OF WESTERN HOME COMMUNITIES

## Invite friends and family to the Friends Breakfast

Enjoy a hearty ham and eggs breakfast for only \$10/person on Saturday, September 10, from 7 - 10 a.m. at Diamond Event Center. Tickets can be purchased with cash or check at the front desk of Jorgensen Plaza or any independent living community.

Breakfast sponsorships are also available online at [westernhomecommunities.org/foundation](http://westernhomecommunities.org/foundation) (look for the "donate" link).

## Handcrafted Holiday Show and Sale

**Vendor deadline is October 21.**



This annual event showcases the talents of residents, family members and employees, who can offer their handcrafted wares for sale. Items offered in the past have included embroidered hand towels, crocheted scarves, carved wood, greeting cards, photography, jewelry, stained glass, needlework, pottery, popcorn, walking sticks, seasonal décor and more.

If you're not a crafter, make plans now to shop! Invite friends and family to join you (bring those Christmas shopping lists). Proceeds will fund projects that are supported by Friends of Western Home Communities.

**Saturday, October 29, 2022, 9 a.m. - noon, Diamond Event Center**

**To participate, fill out and return this form to the front desk of Jorgensen Plaza or your receptionist or resident coordinator. Please include a flat fee amount that you will donate to Friends or a percentage of your sales. Thank you!**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Donation amount: \_\_\_\_\_

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

\_\_\_\_\_

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



Western Home Foundation and Western Home Communities appreciate being honored through estate gifts, memorials and other donations. We list donor names each month as one way of thanking donors for their generosity. This list reflects gifts received through August 16, 2022. **For information on supporting Western Home Foundation, contact Director of Administrative Services Susan Steffy at [susan.steffy@westernhome.org](mailto:susan.steffy@westernhome.org) or 319-222-2022.**



***In memory of:***

**Eldon Hayes**

John & Ann Lofstedt

**Sue Jacobsen**

Steve Brown

**Marjorie Kleinendorst**

Marcia Colwell

**Marion Richards**

John & Ann Lofstedt

**Beryl Waack**

Dean & Judith Fink

El & Kay Heth

Rodney & Sara Lair

Thomas & Charlotte Strub

***Mary Taylor Health Sciences  
Scholarship***

Phyllis Steele

Nell Wilson

***Wilson Family Scholarship***

Nell Wilson

***Employee Appreciation Fund***

Rodney & Sara Lair

Larry & Sharon Petersen

***Other Gifts***

Susan Card

Amber Elsberry

Karla Foust

Dr. Richard & Connie Frankhauser

Larry Martin

Bill & Kathleen Niedert

CJ & Judith Peters

Chad & Cindy Wiles

***Fresh Wind Ministries and/or  
Alice Isenhower Fund  
(Listed Quarterly)***

Cheryl Bearbower-Staton

Marjorie Behrens

Kenneth Bixby

William Buhr

Marcia Colwell

Cleo Cross

Kirk & Rose Edwards

Mark & Molly Eggleston

Virginia Emmert

Marlene Engen

Kent & Joyce Folsom

Dave & Cindy Glasener

Bob & Donna Grosse

Dorothy Guldner

Norma Hager

Butch & Sherry Hammer

Nancie Handorf

Gary & Marlys Hanks

Alice Hansen

Cliff & Donna Hansen

Vern & Marcia Hansen

Daniel Hanson

Gene & Aurelia Harringa

Wayne & DeMaris Hochhalter

Dean & Barb Hutchison

Joyce Jensen

David Joens

JoAnn Johnson

Harris Jorgensen

Theresa Kindig

Corwin & Sharon Klages

Gordy & Mardelle Koch

Russ Kool

John Kragt

Miriam Krallman

Donald Krull

Lee & Barb Larsen

Lillian Marks

Monte & Sonia McCunniff

John & Garnet Mehlert

Hazel Messer

LaVerne & Pat Middleswart

Bill & Donna Mincks

Ken Miller

Garry & Christie Moore

Ken & Carol Morlan

Alvira Morris

Carl Muesel

Carol Neumann

Enrique & Martha Ochoa

Selma Ochoa

Bob & Rhoda Olson

Michael Papenthien

Don & Letha Petersen

Russ & Marilyn Price

Connie Rasmussen

Patricia Reyhons

Mick & Elaine Rosenau

Joan Rozendaal

Gene & Janet Sandell

Sandra Scheil

Audrey Schoeman

Barb Seufferlein

Richard & Martha Stanford

Richard & Karen Swanson

Robert & Barb Thalman

Kathy Thompson

Rodney & Ruth Tomson

Lura Treloar

Nancy Versluis

Norma Walther

Dee Way

Velma Wessel

Nell Wilson

Bonnie Wissink

Dione Young



## Carole's Courtyard dedicated at Nation Cottage

On a sunny Saturday morning in late July, villa resident Larry Martin unveiled a plaque naming the Nation Cottage courtyard in honor of his late wife, Virginia "Carole" Martin, who lived at the cottage. Their daughter, Brande, and son, Cody, also attended.

The courtyard is a safe space where residents can get outdoors, tend to flowers, plant and harvest vegetables, create art or even take a few twirls. The plaque instructs everyone to "Enjoy this courtyard, be happy and dance – Carole certainly is!"

Larry also provided generous seed money for a fund that will provide ongoing dementia education and training for caregivers, so the Western Home Communities team can stay abreast of the latest research and findings; the goal of the fund, which others can also



*Larry Martin, in blue, and his two children pose with the Nation Cottage team, CEO Kris Hansen (back left) and COO Jerry Harris (back right).*

contribute to, is to help residents have the highest possible quality of life even when living with dementia.

## Bill & Jean Card Family Room dedicated at Martin Suites

Another generous gift was announced at a Reading with Jean® event Aug. 17 at Diamond Event Center. Jerry Harris told the celebration of reading volunteers that the second-floor family room at Martin Suites, which includes a library nook, has been named in honor of Bill and Jean Card, the parents of Reading with Jean® founder Susan Card who made a donation in their honor.

Jean Card, a former librarian and avid reader, lived her last three years at Martin Suites. Susan appreciates the room's large windows and abundant natural light, and the notion of a comfortable family space where everyone is encouraged to relax, spend time together and perhaps even curl up with a good book.



*Reading with Jean® volunteers gathered at the Aug. 17 event.*



*The Bill & Jean Card Family Room at Martin Suites.*



## Chaplain's Corner: Fall feelings

by *Chaplain Christie Moore*

I face many feelings in the fall. Maybe it's my September birthday or the reality that summer will soon be over. This year, I am focusing on the fantastic facts of how God has worked in my life to help me handle these feelings.

As I think about turning 68, I remember this psalm: "For You formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well." Psalm 139:13-14.

Thinking about God's work in his mother's womb caused David to worship. Any place God is working is a place of worship, and it deserves our highest respect. When we think about how God has worked in creating us, it is interesting how God later used rebirth to represent his work in converting us. Jesus told the most religious people of his day, "Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God." John 3:3.

Jesus had to clarify this for Nicodemus: "And as Moses lifted up the serpent in the wilderness,

even so must the Son of Man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life." John 3:14-16.

The gospel of John makes it clear that believing is the essential element for eternal life. Try reading the gospel of John this month, one chapter a day. Every time you come to the word "believe," underline it and think about that verse. Tell me sometime what God has shown you through this reflection.

I'm glad I can focus on God's working in my life as I face this fall. My mother was in her last trimester with me in the hottest part of the year in south central Illinois with no air conditioning. I'm glad I get to be home close to my first "birthday" as I celebrate my 50th class reunion from high school. I can also celebrate my second "birthday" that happened one fall when Mrs. Halbrook showed me how to be born again.

I've heard it said, "You are born once and die twice, or you can be born twice and die once." John's gospel puts it this way: "He who believes in the Son has everlasting life; and he who does not believe the Son shall not see life, but the wrath of God abides on him." John 3:36. Have you responded to the essential element for eternal life?

## Schedule for in-person worship services

Fresh Wind Worship is currently held at Diamond Event Center on the first and third Sundays of each month. Upcoming services will be September 4 and September 18 at 10:30 a.m.

Each independent living community will also host an in-person worship service during the first and third weeks of each month. Each IL community will host a Bible study during the second and fourth weeks of each month.

Check community calendars for specific times and locations.



## Annual Walk for Alzheimer's happens this month



Western Home Communities is a gold sponsor of this event that raises funds and awareness to benefit those living with Alzheimer's disease.

A team of supporters will walk on Sept. 24 at Peet Junior High School, 525 E. Seerley Blvd. in Cedar Falls. Registration begins at 8 a.m. followed by a ceremony at 9 a.m. and the walk at 9:30 a.m.

The band Stackhouse will provide entertainment.

Wear a purple WHC T-shirt if you have one or check out The Market for what's in stock for WHC apparel.

Visit [tinyurl.com/westernhomealzwalk](http://tinyurl.com/westernhomealzwalk) to register; donations not required.



## WHC sponsors inaugural Run to Remember

A fundraising 5K and fun run will be held Oct. 8 in honor of the former executive director of Black Hawk County Veterans Affairs Commission, Kevin Dill, who is living with Lewy Body Dementia.

Money raised will be donated to Dementia Friendly Cedar Valley, The Lewy Body Dementia Association and Waterloo's Veterans Way.

The run will begin on the TechWorks campus (near the John Deere Museum and Courtyard Marriott) in downtown Waterloo at 10:30 a.m. Cost is \$35 for runners and \$25 for those who walk.

To register or volunteer, visit [MainStreetWaterloo.org](http://MainStreetWaterloo.org) and look for information under "events."





## Progress of garden delights Thalman Square residents

Watching their garden grow brought on several summer outings for residents of Thalman Square Assisted Living Memory Support, as they traveled a short distance to the Prairie Parkway Garden behind UnityPoint Health.

During monthly visits, designated garden leader (and villa resident) Rich Congdon shared garden progress, pointing out new structures such as teepees to support unusual varieties like the asparagus bean that grows to be a yard long.

In May, residents planted the radishes they were able to pick in June; some had already been harvested so residents could enjoy a cottage cheese-radish flatbread. Another summer snack was fresh pesto served on toasted bread with parmesan cheese.

They'll enjoy another garden visit this month. If you'd like to attend a class or volunteer at the Prairie Parkway Garden, visit [www.parkwaygarden.org](http://www.parkwaygarden.org).



*From left, Roger Jeys, Betty Prusha, Ramona Edgerton, Marilyn Roseberry, Sally and John Jordan, Rich Congdon, employee Brooke Uhde and Fran Pashby check on the garden's progress.*



*Fran Pashby and Marilyn Roseberry made their own radish "pizzas" in June.*



*Ramona Edgerton and Hollie Beem read the instructions before planting radishes in May.*



*Fresh radishes from the garden were a real treat in June!*

*Marilyn Roseberry did the honors of pulling a fresh radish from the garden as Fran Pashby and master gardener, Rich Congdon, look on.*



*Sally and John Jordan and Ramona Edgerton enjoy pesto on toast served by Hollie Beem and Brooke Uhde.*



# International interns settle in

Perhaps you already met a few of our international interns in Jorgensen Plaza. If not, we'd like to introduce you to a few new faces.

Six interns began working at Western Home Communities in August in our hospitality positions. That includes food and beverage (event staff, wait staff, dishwashing, service), culinary (cooking, kitchen operations) and front desk (customer service). Nine more arrived the week of Aug. 15.



*Naomi McKenzie delivers a drink over the lunch hour at Gilmore's Pub.*



*You may see Camoya Nembhard as a receptionist or working at Gilmore's Pub in Jorgensen Plaza.*

Everyone is working hard learning their new positions at regular orientation and training sessions, and getting acclimated to living in Cedar Falls. Be sure to give all our new employees a warm welcome!



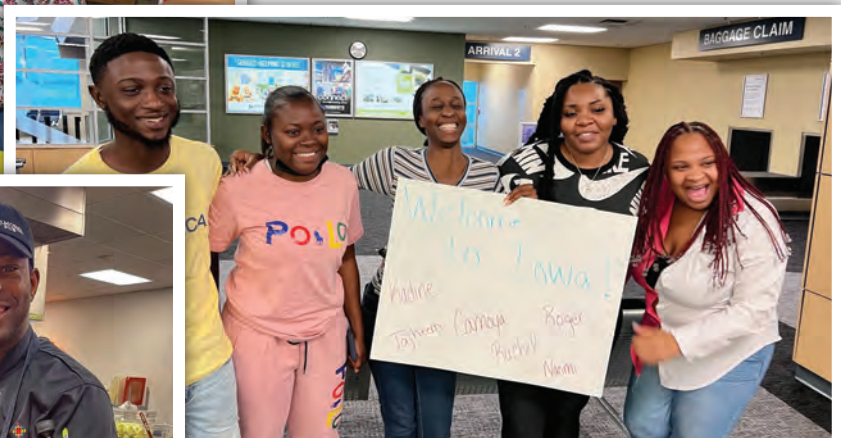
*Welcome to all our newest interns who arrived the week of August 15!*



*Chivonne Campbell learning the ropes of receptionist at Jorgensen Plaza.*



*Kadine Foster works as a dining associate and is getting used to the cool temp at Gilmore's Pub (she has on a jacket).*



*Our first interns arrived July 27.*



*Roger Lester is a cook at Jorgensen Plaza.*



## Three benefits of drinking water

by *Wellness Coordinator Grace Budde*

The human body is comprised of about 60% water. It is recommended that a person drinks eight, 8-ounce glasses of water a day, sometimes known as the 8x8 rule.

Here are three evidence-based benefits of drinking plenty of water throughout the day:

### Helps brain function and affects energy levels

- Dehydration can affect mood, concentration, memory and increase the frequency of headaches.

- Staying hydrated can lead to less anxiety, decrease frequency of headaches, create better moods and increase concentration.

### Aids in weight loss

- This is because water can increase satiety and boost metabolic rate.
- Some evidence has shown that increasing water intake can promote weight loss by slightly increasing metabolism, which can increase the number of calories being burned on a daily basis.

### May help treat kidney stones

- Higher fluid intake increases the volume of urine passing through the kidneys. This dilutes the concentration of minerals, so they're less likely to crystallize and form clumps.

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## Wellness “Walk and Talks” scheduled

Did you know that socializing and walking are both good for your health? Socializing improves brain health, promotes purpose, increases happiness and combats loneliness.

In September, walk and socialize with fellow residents for 30 minutes and experience the benefits! We'll walk outside as weather permits and leave from the following locations – any resident may join any or all of the walks.



**Windcove:** Friday, September 2 at 11 a.m.

**Windridge:** Thursday, September 8 at 10:30 a.m.

**Prairie Wind:** Tuesday, September 13 at 10:30 a.m.

**Windermere:** Tuesday, September 20 at 10:30 a.m.

**Windgrace:** Tuesday, September 27 at 10:30 a.m.



# BBQ BASH

## BBQ Bash returns after pandemic hiatus

Yeehaw! Grab your boots and get ready to line dance to live music by Vinyl Frontier on September 20 or September 27 (villa residents) at Diamond Event Center. And that's after you've enjoyed a barbecue meal with all the fixins, served by employees of Western Home Communities!

Villa residents should RSVP by calling the resident coordinator at 319-859-9391. Others should check their building calendar of events for information.

## Outpatient therapy grows to meet demand

An experienced, full-time physical therapy assistant joined the Western Home Communities Therapy Team at Jorgensen Plaza in August, specifically to help meet an increasing demand for outpatient services.

Ben Woomer has developed a passion for working with patients who have chronic pain and balance deficits. The South Carolina native is married to Marissa, a physical therapist, and they moved to Cedar Falls in 2020 to be closer to her family.



Ben's interests include health, fitness, camping, backpacking, hiking, carpentry, gardening and all things technological. He's also studying for his Doctor of Physical Therapy degree.

"I am excited to bring my experience, passion, and skills to an already outstanding physical therapy team," he says. "I look forward to meeting all our residents and helping them meet their rehabilitation, mobility and health goals."

*Welcome, Ben!*

## Our therapy is for you

Anyone can access physical, speech and occupational therapy at Western Home Communities!

Tell your referring physician that you want WHC to provide your therapy services, OR call us to find out how therapy can help your condition and our team will work to coordinate with your provider.

**319-859- 9343**



# Scenes of Summer



During a four-day resident trip to Sioux Falls, Rita and Roy Justis admired the horses during a tour of McCrossan Boys Ranch. (Photo credit: Richard Hileman)



Friends of Western Home Communities purchased this new patio furniture being enjoyed by Thalman Square residents Rita Welter, Ramona Edgerton, Doris Rottinghaus, Janet Lynch, John Jordan, Jean Hager, Roger Jeys, Sally Morrow and Fran Pashby.

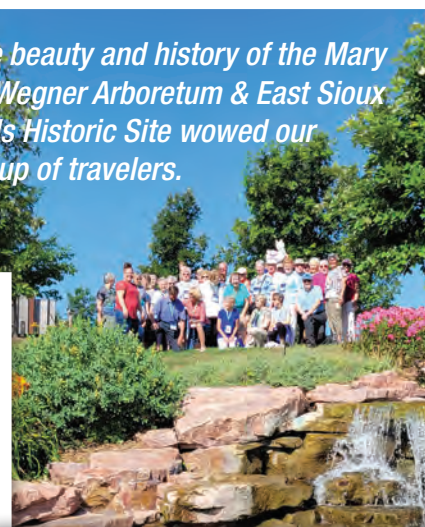


Villa resident Dean Hutchison was one of nearly two dozen residents at one of two training sessions who experienced snuffing out flames with an extinguisher.



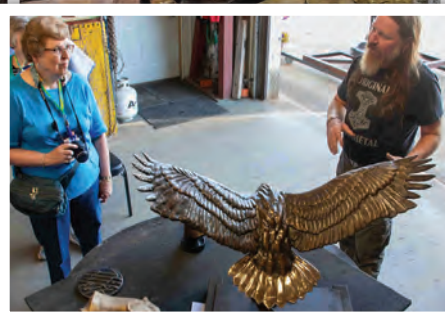
Villa resident Bonnie Bickett and her daughter Michelle found a couple of chairs in the shade at The Falls during the August 6 WHC pool party.

The beauty and history of the Mary Jo Wegner Arboretum & East Sioux Falls Historic Site wowed our group of travelers.



Travelers to Sioux Falls stop for a group photo at Wilde Prairie Winery.

The tour group to Sioux Falls visited the inspiring sculpture foundry BronzeAge Art Casting. (Photo credit: Richard Hileman)



Marcia Hansen and Kay Clements take a #SproutSelfie during a stop in Blue Earth, Minn., along the route to Sioux Falls.



## Happy September birthday!

Joyce Christensen	VTH	Sept. 1	Sue Lehman	TS	Sept. 15
Linda Craun	VTH	Sept. 1	DeWayne Mingus	CTG	Sept. 15
Kenneth Hansen	WHAL	Sept. 1	Twyla Moschel	PW	Sept. 15
Kathy Madill	VTH	Sept. 1	Connie Bradfield	WR	Sept. 16
Audrey Smith	WM	Sept. 1	Susan Burke	WHAL	Sept. 16
Dale Swartzendruber	CTG	Sept. 2	Donna Grosse	VTH	Sept. 16
Kay Thrall	PW	Sept. 2	Harold Krebs	DS	Sept. 16
Eileen Wilson	WHAL	Sept. 2	Donnabelle Miller	VTH	Sept. 17
Marty Johnson	VTH	Sept. 3	Jim Peterson	WC	Sept. 17
Marcia Colwell	WR	Sept. 4	Loma Lusthoff	TS	Sept. 18
Rhonda Knudsen	VTH	Sept. 5	Louise McGinnis	WC	Sept. 18
Loretta McEnroe	PW	Sept. 5	Rob Albertson	VTH	Sept. 19
Harriet Monson	VTH	Sept. 5	Veronica Cobb	WC	Sept. 20
Lura Treloar	DS	Sept. 5	Dave Weekley	VTH	Sept. 20
Becky Hardman	PW	Sept. 6	Erma Clausing	CTG	Sept. 21
Vivian Martin	VTH	Sept. 6	Delores Harp	WC	Sept. 21
Sally Baker	VTH	Sept. 7	Donna Iverson	WHAL	Sept. 21
Anita Dowell	WC	Sept. 7	Patricia Markey	WR	Sept. 21
Marlene Deery	WR	Sept. 8	Mary Seitz	DS	Sept. 21
Lori Freet	VTH	Sept. 9	Laretta Husome	WHAL	Sept. 22
Audrey Schoeman	PW	Sept. 9	Bob Beach	VTH	Sept. 23
Joyce Warm	PW	Sept. 9	Brad Michael	WHAL	Sept. 23
Donna Allee	WR	Sept. 10	David Draper	VTH	Sept. 24
Linda Johnson	VTH	Sept. 10	Jo Potter	CTG	Sept. 24
John Rothlisberger	VTH	Sept. 10	Mary Van Hauen	WW	Sept. 24
Chuck Roudebush	CTG	Sept. 10	Judy Focht	VTH	Sept. 25
Wilma Stallman	DS	Sept. 10	Bob Lee	VTH	Sept. 25
Karen Swanson	VTH	Sept. 10	Sherry Hammer	PW	Sept. 26
Sue LeQuatte	WG	Sept. 11	Debora Lee	VTH	Sept. 26
Rick Sims	WHAL	Sept. 12	Dennis Mitchell	PW	Sept. 26
Marilyn Wieman	WHAL	Sept. 12	Ellie Hutchison	TS	Sept. 27
Carl Boice	VTH	Sept. 13	Duane Joblinske	WG	Sept. 27
Eula Burt-Hughes	DS	Sept. 13	Mogens Christensen	WR	Sept. 29
Don Moe	VTH	Sept. 13	Jane Ingraham	PW	Sept. 29
Jan Reifsteck	VTH	Sept. 13	Rita Justis	VTH	Sept. 29
Bruce Stone Jr	DS	Sept. 13	Bob Dieter	VTH	Sept. 30
Margaret Johnson	WR	Sept. 14	Louise Odle	WR	Sept. 30
Shelton Hornback	WC	Sept. 15	Deb Volgarino	VTH	Sept. 30

## Congratulations!

The following employees celebrate their service to Western Home Communities this month. Please thank them for their dedication!

**Ashley Betts**  
5 years  
September 5  
IL Dining Services  
Supervisor





**Kevin Bennett**  
44 years  
September 6  
Director of  
Maintenance



**Jerry Harris**  
32 years  
September 24  
Chief Operating  
Officer

**Carol Mallory**  
43 years  
September 17  
Admissions  
coordinator,  
Madrid Home



**Amanda Lynch**  
10 years  
September 26  
Director of  
Fortified Life





## Meet our employee of the month, Nichole Wollmuth

**Nichole** joined the Western Home Communities family in May 2019 and works as an assistant dining manager at Jorgensen Plaza.

Here are a few things a few residents said about Nichole:

- Nichole is a great employee and exemplifies WHC values.
- She works tirelessly to ensure that customers at Gilmore’s Pub are served well.
- Nichole is alert to and anticipates needs. She is quick to move tables, serve additional drinks or condiments and fulfill requests.
- When Nichole is working the Prairie Wind buffet line, she sets the tone with calm efficiency.
- Her interest in people is genuine, and her sincerity and caring are felt by residents and staff alike. She models respect and competence in every interaction, as well as a delightful sense of humor.

Your Western Home Communities family congratulates you, Nichole, on being named our employee of the month for August 2022.





## Fall means football!

Western Home Communities will be offering residents a bus ride to the doors of the UNI-Dome for UNI Panther home football games this season.



Purchase your football tickets online at [www.UNIpanthers.com](http://www.UNIpanthers.com) and sign up for a bus ride with your resident coordinator. This service is included in the monthly fee for independent living residents.

Villa residents should **contact coordinator McKenzie Hageman at 319-859-9391** to reserve a seat at \$5/each per round trip.

### 4 p.m. games in the UNI-Dome:

- September 17** - Sacramento State
- October 1** - Indiana State
- October 8** - Illinois State (Homecoming)
- October 15** - Utah Tech
- October 22** - Missouri State
- November 5** - South Dakota State

## BOARD OF DIRECTORS

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

### Foundation Development Council

Robert Beach	Donna Grosse
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 Hudwalker Bowman, editor, at (319) 859-9337 or [linda.bowman@westernhome.org](mailto:linda.bowman@westernhome.org).



## 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!

## In sympathy

Vern Cordes, WC	Aug. 19
Judy Gillespie, WM	Aug. 18
Melvin Reimer, CTG	Aug. 18
Daniel Jordan, MS	Aug. 10
Fran Nielsen, WG	Aug. 11
Margery Andrew, WW	Aug. 9
Joyce Broshar, CTG	Aug. 7
Mark Jacobi, DS	July 26



**WesternHome**  
communities

5307 Caraway Lane  
Cedar Falls, Iowa 50613

[www.WesternHomeCommunities.org](http://www.WesternHomeCommunities.org)

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# EXPANDED HOURS AT GILMORE'S!

Now open Wed. - Friday, 11 a.m. - 8 p.m., and Saturday 4 - 8 p.m.

## THURSDAY/FRIDAY NIGHT FEATURES:

**September 1 & 2**

### SEARED DUCK BREAST

Served with roasted turnips, squash puree, pomegranate molasses and grilled leek.

**September 8 & 9**

### HOLLANDAISE SALMON

Pan-seared salmon served with both hollandaise and cranberry sauces, rutabaga and fennel.

**September 15 & 16**

### TRUFFLE ALMOND LAMB

Roasted lamb chop coated in a truffle almond crust, topped with game vinaigrette, parsnips and fried sweet potato.

**September 22 & 23**

### CARBONARA

Tagliatelle pasta tossed in lemon, egg-yolk, grated parmesan, and pan-fried pancetta.

**September 29 & 30**

### PRIME RIB

Sliced prime rib served with garlic mashed potatoes and seasonal vegetable.

**PRIMERIB**  
MARKS FAMILY PUREBREDS



**GILMORE'S**  
EST. **PUB** 2018

**319-859-9342** [GilmoresPubCF.com](http://GilmoresPubCF.com)