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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Start 2022 by planning for your future
Fortified Life addresses two major concerns of older adults

Retirement sounds sweet, and it is – but plenty of older adults worry about future unknowns. What happens if I need care and run out of money paying for it? What can I do to stay where I am, instead of moving?

Fortified Life from Western Home Communities addresses those concerns with an innovative membership program. It protects your hard-earned assets from ever-increasing health care costs AND helps you live in your current home as long as possible – whether that’s on a WHC campus or in the greater community.

A lifestyle coach gets to know you and makes a plan for the support(s) you need at home to stay safe and independent.

Intriguing, right? If you’re 55 or older, RSVP now to join one of these free, no-obligation information sessions this month and learn how it works:

**Thursday, January 20**
2 p.m. at Diamond Event Center

**Tuesday, January 25**
11 a.m. at Cedar Valley Sportsplex, 300 Jefferson Street, Waterloo

**Friday, January 28**
11 a.m. at Community Foundation, 3117 Greenhill Circle, Cedar Falls

To sign up for a session and/or receive the Zoom link, visit [www.fortified-life.com](http://www.fortified-life.com), email fortifiedlife@westernhome.org, or call Jake Bates at 319-260-4267.

Zoom meetings will also be held the fourth Thursday of each month in 2022.
The Journal

January 2022

Remember Watergate, the energy crisis and 11% inflation?

Yes, way back in 1974... after “Happy Days” debuted on ABC, “The Sting” won an Oscar for Best Picture, and President Nixon resigned, a 19-year-old Waterloo woman hopped on board a city bus for a job interview at The Western Home. A young Peggy Makinster had to ask the bus driver where the organization was located.

On her first day of work in Nov. 1974, Peggy would’ve been shocked to know her last day of full-time employment would be more than 47 years later. She was bored and wanted to find another job, until a new business office manager arrived just in time to keep her busy.

“Back then we did everything by hand - time cards, payroll, accounts receivable, and accounts payable,” she reflects. “I didn’t even have a calculator for payroll. I used an adding machine and went through lots of paper tape balancing everything!”

Over the years and decades, Peggy watched the organization grow from one building downtown to several on two campuses and outside of Cedar Falls. Her job transitioned to working with Medicaid applications in the early 1990s as the financial resources liaison, allowing her to work directly with residents and their families. It’s the relationships she built along the way that she’ll miss most.

“I used to know every single resident and employee, especially since I was doing payroll,” Peggy says. “I wish I’d kept a journal, but I didn’t think I’d be here this long!”

Peggy’s first priority with her newly open schedule will be cleaning a craft room that turned into her pandemic-era office at home. She wants all the work papers back at WHC so she can organize card-making supplies. But she can’t really imagine her life away from here. “It’s hard to put into words,” she reflects. “This has been my whole adult life.”

Peggy plans to keep working one day a month and volunteering, too, so she can keep in touch with residents she’s grown close to over the years. She and her sister, receptionist Suzanne Makinster, will likely still create cards with residents.

“You probably won’t ever really get rid of me!” she predicts.

Nor do we want to, Peggy. Enjoy your well-deserved retirement!

Peggy (left), resident Bernice King and Suzanne Makinster sell handcrafted items at this year's Handcrafted Holiday Sale.
Villa residents provide naming bench for Thuesen Cottage

A mother’s love of nature, a husband’s hobby and a light-bulb moment all combined to create a naming monument at one of the two cottages providing specialized dementia care for small groups of residents.

Greg and Peg Pape-Kohls moved into their villa in 2016, the year they were married. Peg’s mom, Shirley Elsberry, moved into the nearby Thuesen Cottage at 5127 Caraway Lane in Jan. 2019, where she lived until passing away in Feb. 2021.

“They took such good care of her at Thuesen Cottage,” Peg reflects, noting the additional comfort of having her so close by for frequent visits.

Peg wanted a way to show appreciation and honor her mom’s memory. Shirley loved being outdoors, especially in the mountains. She worked with her husband at Grand Teton National Park six months out of the year, then came home to Iowa for six weeks before wintering in Texas.

Peg found the inspiration she needed during a trip to Cabela’s in Prairie du Chien. She saw a wooden bench and, knowing that another family had provided a boulder with “Nation Cottage” etched on it as a memorial gift for the cottage next door, Peg presented her idea and got the OK to proceed.

Greg happens to have a 40-year hobby of building wooden models; he’s even built a model of the U.S.S. Arizona. He and Peg found slabs of wood at the What Cheer Flea Market this fall, and a vendor there who specializes in laser steel cutting did the lettering. Peg’s son provided tree stumps, then Greg varnished everything before piecing it all together in one October afternoon.

The bench was installed at Thuesen Cottage in November, creating mixed emotions for Peg – sadness at the loss, but also a meaningful reminder of all the ways Shirley remains with them in spirit.
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 December 10, 2021. 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:

Diana Brandt
LaVerne Puetz

Marian Christiason
Joan Baumgartner
Dorothy Clausen
Constance DeHaan
Jeffrey & Carol Dick
Larry Fox
Daniel Glascock
Dorothy Glascock
Beverly Haugen
Jeffrey & Cynthia Hodgin
George & Judy Jorgensen
Gordon & Mardelle Koch
John & Laurie Larsen
David & Cheryl Neill
Dave & Joy Tokheim
Evelyn Wohlwend

Mavis Cook
Sue DeBower
Louise Frevert
Alice Hansen
Marilyn McCalley

Doris Crandall
June Niedert

Donna Falk
Judy Finkelstein

Lavina Fuller
LaVerne Puetz

Gary Hanks
Marilyn McCalley
LaVerne Puetz

Ken Hoer
Beverly Haugen
Theresa Kindig
Linda Alexander-Maitland
Bob & Dianne Peterson
LaVerne Puetz
Juanita Rekers
Lionel & Victoria Shaw

Marilyn Mehlhaus
Marcia Colwell

Judy Moehlis
Louise Odle

Marjorie Sanders
Connie Peters
Phyllis Murphy

Olga Tidwell
Judy Finkelstein

Larry Wagner
LaVerne Puetz

Annual Appeal - Employee Appreciation Fund
Barb Anderson
Ed & Sally Baker
Mrs. Larry Baker
Larry & Diana Brandt
Winston Burt
Marcia Colwell
Ken & Carol Cox
Loretta Dykes
John Falk
Arlene Fleming
Stephen Fortgang
Lorraine Freet

Nancie Handorf
Eugene & Aurelia Harringa
Joanne Helland
Douglas & Connie Herbon
Shelton & Mary Hornback
Dean & Barb Hutchison
Miriam Krallman
Harold & Sharon Kreb
Mary Jardine
Margaret Johnson
JoAnn Johnson
(in memory of Jim Johnson)
Ethel Ann Koch
Lucinda Klodt
Jim & Kathy Madill
June Niedert
Ron & Connie Phillips
Mary Rittgers
Charles & Marilyn Roudebush
Joan Rozendaal
Wendy Schmitt
Margaret Shay
Gary & Marlene Sheetz
Richard & Patricia Sulentic
James & Teresa Townsend
Clifford Wiebke
Evelyn Wohlwend
Don Wood
David & Karen Zwanziger

Mary Taylor Scholarship Fund
Stephen Fortgang
Vincent & Yvonne Heuer
JoAnn Johnson
(in memory of Jim Johnson)
Online giving part of new website

Western Home Communities launched a new version of its website December 17, including an updated online giving form for the foundation.

Donors to Western Home Foundation may now use the site to designate gifts to specific funds, provide a monthly recurring gift, and direct their gifts in honor or memory of someone.

“These functionalities weren’t previously available to us online,” explains Chief Operating Officer Jerry Harris. “We know online giving if easy, convenient and safe. We’re excited to offer this to our supporters.”

The site can be viewed at WesternHomeCommunities.org.
Chaplain’s Corner: Good news is meant to be shared

by Chaplain Mark Eggleston

We love to share good news with others: a new baby, a promotion, a clean bill of health, even a win by our favorite team. This is equally true in the business world. Retailers rely on customers to pass along the good news of their shopping or dining experiences to others.

When I was in business, we found that 71% of our business came from happy customers who were willing to call us again; 27% of our business came from satisfied customers telling their friends to give us a try. So 98% of our business came from repeat customers or referrals.

This principle holds true in the spiritual realm. Scripture reveals God’s plan for his people is to share the good news about God and his ways with others. In the Hebrew culture, religion was an integral part of everyday life, with daily experiences used as a classroom to teach the next generations about God.

I’ve heard it said: “The measure of good parenting is how the grandchildren turn out.” I’m not sure that is totally accurate, but it is a good motivator. How do we pass along a spiritual inheritance so next generations will be “repeat customers” of what we teach them about God, then “referring” the good news on to the generations that follow them?

The Psalmist has some advice. “Great is the Lord and greatly to be praised; and his greatness is unsearchable. One generation shall praise your works to another and shall declare your mighty acts. I will meditate on the glorious splendor of your majesty and on your wondrous works.” Psalm 145:3-5.

First, we must notice God. To do this in our lives takes intentionality and time. When was the last time you just sat and meditated on who God is? The creation around us and the words of our Bible declare to us God’s greatness and glory. Will you recommit yourself to notice God and praise him for who he is?

Next, we must notice God’s work in our lives and tell our family about it. That is the obligation of all who are following God and experiencing his wondrous work in their lives. Are you telling others – children, grandchildren, nieces, nephews, friends – about what he is doing? If we follow Jesus, we have the best of all news to be shared, the work of salvation. We are told to go into all the world and share this good news, and it must begin with our family.

As we begin this new year, let me encourage us all to notice and praise God for who he is and what he does in our lives every day. Then let’s share and spread that good news so it sticks in our families for generations to come.

Worship with us!
As The Journal went to print, Fresh Wind Worship was still being offered virtually instead of in person due to a COVID-19 positivity rate hovering around 17% in Black Hawk County. We continue to monitor the spread of infection and hope we can meet together soon.
In the meantime, please join us online or via television for weekly worship. A recorded service will be livestreamed on YouTube.com (search for Fresh Wind Ministries) each Sunday morning at 10:30 a.m. Or 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.
Bob Olson of Prairie Wind takes a moment for a photo with resident coordinator Morgan Arjes.

Live music makes a comeback! Dave Wirtz entertains at the Prairie Wind party.

From left, Marge Polacek, Twyla and Jed Moschel have fun at the Prairie Wind party.

Jim Heisinger and Carol Neumann enjoy fireplace seating at the Prairie Wind party at Table 1912.

At the Prairie Wind party, from left going clockwise: Ned Ratekin, Marleta Matheson, Betty and Gaylen Brocka enjoy good food and great conversation.

Resident coordinator Sarah Rynearson refills coffee for residents at the Windridge party.
A concert by one of gospel and country music’s most successful quartets, and a Grand Ole Opry show, highlighted a trip to Nashville in early December for a group of 40 travelers, who returned to Cedar Falls full of seasonal spirit!

The smooth harmonies of The Oak Ridge Boys fill the venue inside the Opryland Hotel. Members of the quartet have performed together for more than 50 years.

Posing for a picture at one of the Opryland Hotel’s trees are tour host Carolyn Ayers with her husband, Steve, who made his first “Away from Home with Western Home” trip.

Notice the bag of mini Goo Goo Clusters in the hand of Dick Johnson, with his wife, Linda, in downtown Nashville, where America’s first combination candy bar was invented in 1912.

Residents walk along a tribute wall to the Tennessee River at Bicentennial Capitol Mall State Park.
Satisfy your wanderlust in 2022

“Away from Home with Western Home” plans five overnight out-of-state trips in this new year. Registration for the first two trips – Kentucky and Nebraska – begins January 10.

**Ark Encounter & Creation Museum**
**Williamstown and Petersburg, Kentucky**
Tour a life-size Noah’s Ark and meet Noah, his family and the animals in three decks of world-class exhibits. This theme park near Cincinnati also features a zoo, zip lines and timber-frame restaurant. Its sister attraction, the Creation Museum, brings Bible history to life through exhibits, dinosaur bones, fossils, a botanical garden and planetarium.

**Arbor Day Farm**
**Nebraska City, Nebraska**
Come explore 260 acres of natural beauty. This national historic treasure is home to Lied Lodge and Arbor Lodge State Historical Park. Search for forest gnomes, journey through orchards and vineyards, take an educational course or dine on artfully prepared local food.

**Yellowstone and Grand Teton National Parks**
**Jackson Hole, Wyoming**

**Fall in the Smoky Mountains**
**Gatlinburg, Tennessee**

**Christmas in the City**
**Milwaukee, Wisconsin**
Stay tuned – Carolyn Ayers will have more details at this month’s independent living and villa resident council meetings!

*Location subject to change.

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**Chaplain Q** shows off a festive Christmas sweater as the group enjoys dinner before the Oak Ridge Boys concert.

**Pam Hileman** meets a real character inside the Opryland Hotel.

The poinsettia tree in the Magnolia Lobby of the Gaylord Opryland Hotel always wows guests.

A lunch stop turns festive as Martha Garms, Marlys Simpson and Jane Wilson sit a spell outside the Cracker Barrel in Mt. Vernon, Illinois.
Wellness news you can use

by Director of Wellness
Morgan Lehmann

Join us for wellness open houses

To kick off 2022, your wellness team will host an “open house” in each independent living building’s wellness space. Stop by to meet us, ask questions, learn how to use the fitness equipment, and start to improve your well-being. We look forward to seeing you in the new year!

Tuesday, January 4 at 1 p.m. - Windcove
Tuesday, January 11 at 1 p.m. - Windermere
Tuesday, January 18 at 1 p.m. - Windridge
Tuesday, January 25 at 1 p.m. - Windgrace
Tuesday, February 1 at 1 p.m. - Willowwood

Try a new class in the new year: Gentle Flow Yoga

In this 45-minute class, movements coordinate with breath to flow from one pose to another. Postures are practiced to increase balance while strengthening and lengthening muscles in the body. Prior yoga experience is not necessary; however, participants should be able to transition from the floor to standing movements.

We will be kicking-off an 8-week session of Gentle Flow Yoga on Tuesdays and Thursdays from 10:30 – 11:15 a.m. from Jan. 18 through Mar. 10. The class will be available in person and via Zoom.

We’re excited to add a new instructor for this class. Jessie Jule was born and raised in Cedar Falls, went to UNI to pursue teaching and now, with a husband and four children, loves living in the Cedar Valley. Her passions are her family, her church, reading, running, and teaching and practicing yoga. She’s excited to start this journey of yoga with you!

Join us for a virtual “Meet and Greet” with Jessie
Tuesday, January 11 @ 10:30 a.m. via Zoom
10:30am via Zoom

Please email morgan.lehmann@westernhome.org for the Zoom link.
WELLNESS RECIPE OF THE MONTH  Stuffed Pepper Soup  
Enjoy this warm, hearty dish during a cold Iowa winter!

**Ingredients**
- 2 pounds ground beef
- 1 small yellow onion diced
- 2 teaspoons minced garlic
- 1 teaspoon seasoned salt
- 1/4 teaspoon pepper
- 30 ounces canned diced tomatoes
- 30 ounces plain tomato sauce
- 1/3 cup Worcestershire sauce
- 4 - 6 cups chicken broth
- 4 cups roughly chopped green bell peppers  
  (3 medium peppers)
- 2 cups instant white rice

**Instructions**
1. Brown ground beef in a large stock pot, drain. Add the onion, garlic and seasoned salt; cook until the onions are translucent.
2. Pour in the diced tomatoes, tomato sauce, Worcestershire sauce and 4 cups of chicken broth. Bring to a simmer.
3. Add the bell peppers; cover and cook for 20 minutes.
4. Add in the rice and cook until done (about 5 minutes, or according to package directions).
5. If needed, stir in the remaining chicken stock until the desired consistency has been reached.

Festive fun breaks out at Windcove

We interrupt this December resident council meeting to bring you….a Christmas caroling flash mob!

Several residents planned ahead for the surprise and jumped up in the midst of announcements to serenade employees and fellow residents with a raucous version of Jingle Bells. Oh, what fun it is!

The “mobsters” strategically placed themselves around the room for everyone to see and hear the surprise.
### Happy January birthday!

<table>
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**Save the date for WHC Night at UNI men’s basketball**

After a 2021 hiatus due to the pandemic, our annual night in the Alumni Suite is reserved for **Wednesday, Feb. 9, 2022**, when the Panthers take on Southern Illinois. Tipoff is at 7 p.m. The pre-game reception will begin at 6 p.m. Game tickets will be $15. Watch your front desk or K4 Connect for information on purchasing tickets, and for the latest information on transportation; a bus decision will be made later in hopes the county’s virus positivity rate declines.
Scenes of the Season

Bev Hogle of Thuesen Cottage shares a Christmas message.

A cardinal-themed Christmas tree brightens a corner at Thuesen Cottage.

Esther Lageschulte, Eunice Easton, Donna Iverson and Eileen Wilson share a festive table at Windhaven.

Robert Hayes, Emogene Marty and Mimi Zischke celebrate Christmas at the Windhaven party.

This happy group at Windhaven includes, from left, Russ and Pat Schultz, Jeff Hansen, Margaret Wiebke and Sue Jacobsen.

Enjoying the Windhaven party are, from left, Beverly Miller, Kurt and Shelby Wiethorn, and Donna Thompson.

A wish for all of us from Dorla Hill at Thuesen Cottage.

Robert Hayes, Emogene Marty and Mimi Zischke celebrate Christmas at the Windhaven party.

This happy group at Windhaven includes, from left, Russ and Pat Schultz, Jeff Hansen, Margaret Wiebke and Sue Jacobsen.

Enjoying the Windhaven party are, from left, Beverly Miller, Kurt and Shelby Wiethorn, and Donna Thompson.

A wish for all of us from Dorla Hill at Thuesen Cottage.
The annual Christmas party for employees went drive-thru for the second year in a row, due to rising rates of COVID-19 in the county. On Dec. 3, organization leaders and HR representatives greeted employees outdoors with a hearty carryout meal and gift card to help them celebrate the season.

### Congratulations!

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

- **Terry Hahn**
  - 41 years
  - January 6
  - Facility Services Technician

- **Suzanne Makinster**
  - 41 years
  - January 15
  - Lead receptionist

- **Hollie Beem**
  - 20 years
  - January 23
  - Leisure Services Coordinator, TS

- **Bekki Martin, RN**
  - 10 years
  - January 27
  - Clinical Development Coordinator

### Employees celebrate, drive-thru style

Meet our Employee of the Month, Sabrina Mast

Sabrina works as a CMA at Creekside. She has been part of the Western Home Communities family since July 2017.

Here are a few things that were said about Sabrina:

- Sabrina shows up to work every day with a cheerful, positive attitude.
- She works in whichever role is needed that day, whether it be CMA, CNA or even cook.
- Sabrina truly shows up to serve the residents in any capacity she can.
- She provides thorough and exceptional care to the residents, all with a contagious smile and personality.

Your Western Home Communities family congratulates you, Sabrina, on being named our employee of the month for December 2021.
**Notes of appreciation**

Kindness and prayers have meant so much to us and will always be remembered. Thank you for the rose! We miss you all so very much. *Love, Clive Cook and family*

I want to wish a special thanks to all the nursing staff on the second floor of Martin Suites. They all have done a wonderful job of taking care of my brother, Allen Baker. He is very happy there. Merry Christmas and a very Happy New Year to all of you. *Larry D. Baker*

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**Promise**

Remember, the time of year
when the future appears
like a blank sheet of paper
a clean calendar, a new chance.

On thick white snow
You vow fresh footprints
then watch them go
with the wind’s hearty gust.

Fill your glass. Here’s tae us. Promises made to be broken, made to last.

*by Jackie Kay*  
*Former Poet Laureate of Scotland*  
*Chancellor, University of Salford, UK*

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**BOARD OF DIRECTORS**

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- Susan Card  
- Bob Dieter  
- John Falk  
- Bev Michael, ex-officio  
- Miller Roskamp  
- Martha Stanford

**Building Abbreviations**

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

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**In sympathy**

- Pearl Goos, DS  
  Dec. 14
- Leonard High, DS  
  Dec. 12
- Martha McCutcheon, DS  
  Dec. 8
- Helen Hansmeier, MS  
  Dec. 7
- Dorothy Krusemark, DS  
  Dec. 5
- Evelyn Chien, DS  
  Dec. 4
- Judy Moehlis, DS  
  Dec. 4
- Doris Crandall, MS  
  Dec. 1
- Hazel Scheppele, DS  
  Dec. 1
- Irene Kulman, WC  
  Nov. 30
- Mervin Andersen, WC  
  Nov. 29
- Marge Sander, DS  
  Nov. 14

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*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.
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