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.
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 for an itinerary, pricing and reservations.
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 (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 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 Papenthen
- 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 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.
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.
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 and look for information under “events.”

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 to register; donations not required.
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.

Progress of garden delights Thalman Square residents

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.

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

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.

Marylin 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.

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

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!

You may see Camoya Nembhard as a receptionist or working at Gilmore’s Pub in 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).

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

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

Chivonne Campbell learning the ropes of receptionist at Jorgensen Plaza.

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.

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

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.

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 returns after pandemic hiatus

Yehaw! 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!

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

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.

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!

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<td>TS</td>
<td>Sept.</td>
<td>27</td>
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<td>Duane Joblinske</td>
<td>WG</td>
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<td>Mogens Christensen</td>
<td>WR</td>
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<td>Jane Ingraham</td>
<td>PW</td>
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<td>Rita Justis</td>
<td>VTH</td>
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<td>Bob Dieter</td>
<td>VTH</td>
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<td>Louise Odle</td>
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<td>Deb Volgarino</td>
<td>VTH</td>
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Congratulations!
The following employees celebrate their service to Western Home Communities this month. Please thank them for their dedication!

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

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

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.
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.

319-859-9342 GilmoresPubCF.com