



Arbor Place

Brendelwood Village

Deer Ridge

Greenwood Terrace

Highland Park

Oakwood

The Manor

The Woodlands

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2021**


METH-WICK
COMMUNITY

LIFE AS IT SHOULD BE

Life AT METH-WICK

Meth-Wick Home and Health Offers an Array of Services

*By Cindy Scott RN, Home & Health Clinical Nurse Manager –
(319) 297-8611*

Residents and family members are often surprised at the variety of services **Home & Health** offers to residents and families on campus. Keep on reading to learn more. The goal in providing these supportive services is to enable residents to maintain and thrive in independent living. Many individuals can benefit from home health care and we can schedule services to meet your needs. **Home & Health Services** are offered seven days a week.

Here are some of the services that are available:

Medical: Home and Health staff can assist you with personal care needs that will allow you to remain in your home without many of the stresses or challenges you might face when certain health or aging issues arise. Home and Health staff can support you with regard to medications, taking vitals, wound care, doctor correspondence and/or telehealth visits (a telehealth cellphone is available if needed upon request.) Simple medical procedures such as changing dressings and/or catheter care can be done in the comfort of your home.

Clinics: Home and Health staff coordinate the clinics on campus including podiatry, UI nurse practitioners, audiology, blood pressure, flu shots, and labs. We are available for incontinence supply consultation, emergency calls, to assess acute medical situations & nursing recommendations. Should you need assistance with food & fluid intake and/or monitoring or need a wellness check – Home and Health is available for support.

Errands: Home and Health is available for shopping assistance. We can pick up what you want or need or take you shopping if that is more comfortable. This can be grocery, pharmacy, or any other type of shopping.

Chores: Light cleaning and/or organizing, laundry, ironing, seasonal clothes sorting, bedmaking, changing sheets, organizing cupboards or closets and more can make your life easier and Home and Health can tailor the service for your specific needs. You can decide if you want meal prep, cleaning, grocery lists, etc. If you need help with your cell phones, computers, tablets, etc. you can hire Home and Health to work with you on basic technology.

Home and Health is the department to call if you have questions regarding your stay safe button. When batteries need to be changed, new pendants programmed, assistance with fixing pendant issues & replacing neck chains and/or wristbands call extension 611. If you would like help packing and unpacking, preparing for trips or moving, or pet and plant care while away – we are the ones to call.

(Continued on page 2)

The next issue of *Life at Meth-Wick* will be Friday, April 9. Information should be in writing to Teresa Dusil by Friday, April 2. You can do so through campus mail or email at tjkdusil@methwick.org. *Life at Meth-Wick* comes out on the 2nd and 4th Fridays of each month.



Meth-Wick Library Books

The Manor, Greenwood Terrace and Deer Ridge all have libraries that are managed by volunteers. All the books in the libraries that can be checked out have a library card inside the front cover.

Please be sure to sign out any book you take from the library.

Home and Health Services – Continued from page 1

- **Companionship:** (this service can be used to help fall prevention at higher levels of care, and for individuals who may need or want a little company)

Home and Health can escort you and support you for family events. An out-of-town wedding would be an example, as would a family reunion. A companion to spend quality time taking walks, helping with exercises, playing games, reading, crafting & more are options as well.

Reoccurring well checks can be scheduled and tailored to support everyone's interests and goals.

- **Transportation:** (including rides out-of-town)

Transporting to and from appointments, activities, events, stores & more are on a first come first serve basis and will meet your schedule. Cars and wheelchair vans are both available for transportation and companionship is available for any transportation request.

Welcome to Oakwood

Jim and Colleen Nieman are quite familiar with Meth-Wick Community since they brought Holy Communion to Meth-Wick Catholic residents every Sunday for 15 years.

Jim graduated from Rapid City High School in South Dakota. He worked as a lineman for an electric company. He attended and graduated from Black Hills State College with a degree in business administration. Jim moved to Iowa and worked for (Iowa Electric) IES Utility as an electrical engineer. He worked in Cedar Rapids and moved to Fairfield and later returned to Cedar Rapids in the corporate office for a total of 27 ½ years with the company, retiring in 1996. Jim went on to work part time at Younkers and drove a school bus for College Community School District and Holy Family School for 12 years.

Colleen taught at LaSalle for one year and taught French at Kennedy High School for six years. When they lived in Fairfield, she was the Religious Education Director for their parish for three years and taught high school Spanish. When they later lived in Cedar Rapids, she did substitute teaching for 23 years. Jim and Colleen married on January 8, 1977. They feel blessed to have found each other and believe God gifted them with each other.

The Niemans have four children: Jeanne lives in Des Moines, Lisa in Arizona, Jeffrey lives in North Carolina and Ruben resides in California. They have 9 grandchildren and 3 great grandchildren.

Jim and Colleen are Catholic and members of St. Jude's Catholic Church in Cedar Rapids. They have been quite involved in their church over the years. Jim and Colleen have enjoyed wintering in California and enjoy travelling. The Niemans are both very service oriented and have hosted 49 international guests over the years. They also volunteer as companions for Hospice of Mercy.

Program Updates:

By Eryn Cronbaugh (297-8620)

Director of Wellness and Recreation

Holy Week Services

In the coming Holy Week, we realize we are entering the most sacred of Biblical stories. The narrative begins with a parade of palm branches under a donkey's hooves. Then the week in Jerusalem sees the inevitable confrontation between those who hold human power and Jesus, using his power not to save himself but the whole world. We hear the teachings of Jesus on Thursday as he washes his disciples' feet and prepares them for the events only hours away. In the Good Friday worship, we listen in agony as the "trial" turns to shouts of "*Crucify Him!*" and the long walk through the streets of Jerusalem to Jesus' final breath. And sorrow turns to surprise and joy in the "empty tomb" on Easter Sunday.

Our Holy Week worship services will follow the biblical story with its joy and sorrow and surprise and redemption.

All services can be watched on Channel 16.

- **Palm Sunday – Sunday, March 28 @ 10:00 a.m.**

This is the last Sunday of the month, so be prepared with a small glass of juice and a bit of bread and we will celebrate Holy Communion liturgy at the end of the service.

- **Holy Thursday Tenebrae Service – Thursday, April 1 @ 2:00 p.m.**

Beginning with Holy Communion that reminds us of the Last Supper of Jesus with the disciples, we will move to a Service of Tenebrae, or "*Shadows*," is an extended meditation on the passion of Christ from John 18:1-19:42.

- **Good Friday Service – Friday, April 2 @ 2:00 p.m.**

It has been said that one must be brave to face the brutality and pain of the cross, and yet it is through this horrific door that salvation and grace are poured out upon the world. We will recall Jesus' suffering with reverence and trembling.

- **Easter Sunday – Sunday, April 4 @ 10:00 a.m.**

"Christ has Risen! He Has Risen Indeed!"

*With you on the Journey,
Chaplain Carol and Chaplain Terry*

Cooking Class Lunch

Our next cooking class lunches will take place in April on Tuesday, April 6 and Thursday, April 22. As we did in March, the lunches will be limited to 10 people for each seating. Sign up will begin at 8:00 a.m. on Wednesday, March 31. Please sign up by calling The Manor front desk. Cost will be \$5 billed to your Meth-Wick bill.

Bus Ride Interest

As the weather gets nicer, we are considering having a bus ride available for residents who may enjoy getting out for a scenic ride. If you are interested in this possibility, please let Eryn know. We are trying to gauge interest right now and would love some feedback. To maintain proper social distancing and sanitation, rides would be limited to 6 residents, with a specific seating configuration, residents would need to wear masks through the ride, and rides will just be for a ride, not for any destinations at this time (we will **not** be starting any shopping trips or lunch outings, etc. at this time). Let Eryn know at 319-297-8620 or ecronbaugh@methwick.org if this may be of interest to you.

Joyful Noises Concert April 10

The *Joyful Noises* concert that usually takes place as a fundraiser for the local non-profit, Family Promise, will be a virtual concert this year. It will be held Saturday, April 10, from 7:00-9:00 p.m.

There are several ways you can watch the concert.

- Facebook Live.
- Turn your television to channel 9.2 if you do not have cable.
- If you have ImOn/Meth-Wick cable, turn to channels 709 or 817.
- Mediacom subscribers should turn to channel 109 or 815.

This year the concert features local musician: Lynne Rothrock, Kevin "B.F." Burt, Jonny Lipford, Vivian Shanley Due, The Low Down Four and Blue Rapids. It is being filmed at the beautiful Olympic South Side Theater in Cedar Rapids.



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**In Memory:
Keith O. Lawrence**

April 7, 1925 – February 7, 2021

*Keith moved to Deer Ridge in 1997 and moved to
Decorah in 2011*

**MASKS ARE REQUIRED IN ALL PUBLIC AREAS AT
METH-WICK.**

Please continue to social distance and remember to
wash your hands.

Thank all of you for the cards, singing Happy
Birthday to me and the best wishes for a Happy
Birthday. You made my 94th very special!
God Bless You!

Bertha Long

Ten Reasons Why Age 90 is So Special:

1. You realize that a postage stamp today costs more than a movie did when you were young.
2. Seen it all – done it all. Cannot remember most of it.
3. Nostalgia is not what it used to be.
4. Warning 90-year-olds knows almost everything and has plenty of time to tell you about it.
5. It is not the age. It is the mileage.
6. Young at heart. Slightly older in other places.
7. Over the hill? Where? When? I do not remember any hill.
8. Just when I was getting used to yesterday – along comes today.
9. Ever stop to thank and forget to start again?
10. Age is important, only if you are cheese
-contributed by a 90-year-old

Meth-Wick Fun Fact: As of 3/23/21 there are 128 residents at Meth-Wick that are 90 years old or older!