



Arbor Place

Brendelwood Village

Deer Ridge

Greenwood Terrace

Highland Park

Oakwood

The Manor

The Woodlands

**Robin Mixdorf**

*President*

**Ruth Nebergall**

*Board Chair*

**Teresa Dusil**

*Editor*

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2021

  
**METH-WICK**  
COMMUNITY

LIFE AS IT SHOULD BE

# Life AT METH-WICK

## **Annual Meeting of The Meth-Wick Board Installs Officers**

The annual meeting of the Meth-Wick Board of Directors was held Thursday, July 22. This was the first “in-person” meeting in many, many months.

Gratitude was expressed to Ruth Nebergall for her service as the Chair of the Meth-Wick Board of Directors for the past year. Ruth will remain an officer as Past-Chair. The Board welcomed Brian Scott as he began his term as Board Chair. Brian had been serving as the Vice Chair since July of 2020. Dr. John Herring has been elected the Vice Chair of the Meth-Wick Community Board. Deb Gertsen, Treasurer and Mike Dulaney, Secretary are continuing with their positions. Other members of the Board include Denise Brown, Lois Buntz, Greg Cleveland, Gary Ernst, Mary Ann Hindman Grobstich, Dick Johnson, Jim Koch, Mary Ann Osborn, Paul Sale, Dara Schmidt, Marty Stoll, Bob Vancura and Erica Yoder.

Meth-Wick is fortunate to have a dedicated volunteer board of directors with a variety of backgrounds, expertise, and passion for the community. Each member serves on at least one of the following committees: Development, Governance and Compliance, Finance and Audit, Long Range Planning and Quality of Resident Life and Health Committee.

## **Meth-Wick Voted Best of the Corridor!**

### ***Best Senior Living Community – Three Years in a Row!***

For the third year in a row Meth-Wick has been voted Best Senior Living Community in the corridor. As printed in the Corridor Business Journal: *Meth-Wick has maintained its status as a senior living community leader in Cedar Rapids for 60 years! With a unique status as a not-for-profit organization, a flourishing foundation, and an innovative group of leaders and residents, Meth-Wick is poised to preserve its top ranking for many years to come.*

## **Enjoy Food from Willie Ray’s Food Truck August 5**

Willie Ray’s Food Truck will be in The Manor parking lot from 10:30 a.m. – 12:30 p.m. on Thursday, August 5. Residents are welcome to buy lunch that day and get to know the famous Willie Ray who has done so much for Cedar Rapids and other communities as well.

Thanks to Karen and Bob Moubry, residents of Brendelwood, who are treating the employees to lunch at the food truck that day!

The next issue of *Life at Meth-Wick* will be Friday, August 13. Information should be in writing to Teresa Dusil Friday, August 6. You can do so through campus mail or email at [tjkdusil@methwick.org](mailto:tjkdusil@methwick.org) *Life at Meth-Wick* comes out on the 2<sup>nd</sup> and 4<sup>th</sup> Fridays of each month.

*Thank  
You*

Meth-Wick Friends:

I would like to express my thanks to all of you who gave me cards or in-person greetings acknowledging my recent birthday. This was just another way of being able to experience the “Meth-Wick way” of living as we have been told would happen. Larry and I were also pleased to have our anniversary noted by so many of you. We are pleased to be your friends and neighbors.

*Carol Bowen*

Many thanks to Emily for her great effort in helping me with a recent disaster in my apartment. She is a wonderful asset to the maintenance staff. All of us residents just love and appreciate her.

*Dolores “Dee” Skalsky  
Manor 145*

*Welcome*

**Larry and Connie Wigger** moved to Deer Ridge 256 on Monday, July 19.

Larry was born and raised on a farm by Olin, Iowa. He graduated from Olin High School and then joined the Navy. He was in the Navy for three years and two months during the Vietnam War. After the Navy, he worked at the Anamosa Reformatory for six months, Collins Radio for six months and then at Stamats Publishing Company as a printer for 23 years until the printing section closed. He then worked for small print shops in Cedar Rapids and worked part time at the golf course.

Connie was born and raised in Knoxville, Iowa. She graduated from Knoxville High School and went on to graduate from Central College in Pella. She earned her degree in Elementary Education and began teaching in the Cedar Rapids Community School District where she taught for 35 years. While teaching she earned her master’s degree from the University of Iowa.

On March 12, 2014, Larry and Connie were united in marriage. Larry has four children. Timothy lives in Solon while Sheryl, Allen, and Leslie all reside in Cedar Rapids. He has 2 grandchildren and 2 great-grandchildren. Larry was an avid golfer and is an avid fisherman. He also participated in table tennis tournaments and enjoys being active. He is a member of The Knights of Columbus.

Connie enjoys reading and listening to music, exercising, and visiting with friends. She also enjoys traveling and has enjoyed boating, bowling, and water skiing in the past. She is part of The Retired Teachers’ Association and has enjoyed volunteering at St Luke’s Hospital.

**Lewis and Ardyth Finch** are making their new home at Manor 344 on August 13.

Ardy was born and raised in Wellsburg, Iowa and graduated from high school there. Lew was born in Newton Iowa but grew up in Bondurant. He graduated from Bondurant High School and then went to Iowa State Teachers College for three years before transferring to Utah State to earn his bachelors in secondary physical education. He also earned his masters and doctorate in educational administration at Utah State. He worked in public schools for 60 years, moving often and in many different positions. Ardy did secretarial and temporary work throughout her career. When Lew retired, he was superintendent of the Cedar Rapids School District.

Lew and Ardy were married August 3, 1957. They have three children: Teresa Saxowsky of Eagan, MN; Kristyn Gray of Elbert, CO, and Michael Finch of McMinnville, OR. They have five grandchildren and three great-grandchildren.

They are members of First Lutheran Church in Cedar Rapids. Ardy likes to read, knit, exercise, watch movies, play cards, do puzzles and travel. She has been a school volunteer, participated in many bible study groups and served as a Students Minister for 11 years. Lew likes to fish, hunt and travel. He learned to fly when he was 14. He has been a Rotarian for ten years and was active in many organizations throughout his career. He served as president of Urban Superintendents of America and was named Superintendent of the Year in Iowa in 2004.

## **Program Updates:**

**By Eryn Cronbaugh (297-8620)**

**Director of Wellness and Recreation**

**Email: [ecronbaugh@methwick.org](mailto:ecronbaugh@methwick.org)**

## **Book Club**

Our book club is back up and running! Please join us to discuss the first book we have read together since the pandemic started on Monday, July 26 at 2:00 p.m. in Live. Laugh. Learn. Center. You will get the next book as well!

## **Ray Blue Jazz Concert**

We are thrilled to announce the acclaimed New York jazz and blues saxophonist, Ray Blue, will be here Wednesday, July 28 for a concert as part of his Iowa tour.

Ray grew up in Virginia and New York, then attended William Penn and the University of Iowa. He joined the New York jazz scene and has toured and taught internationally.

This outdoor concert will be at 2:00 p.m. in Grandon Courtyard, weather permitting. In case of bad weather, we will move to Live. Laugh. Learn. Center. Attendance will be limited to 45 people, first come, first serve. Keep your fingers crossed for nice weather!

## **Meth-Wick Olympics**

Join us Friday, July 30<sup>th</sup>, for our first ever Meth-Wick Olympics. The

day will include bike and walking races, chair volleyball, balloon tennis, and more. Check your campus mail, bulletin boards, displays and the Meth-Wick Channel for further information.

Please contact Kristin Van Dyke at 297-8612 with any questions or concerns.



## **Cycle Rides**

If you are interested in a ride on our tandem cycle with a staff member, please come down to the front lobby at The Manor on Monday, August 2. We will begin rides at 2:00 p.m. All you must do is sign a waiver, wear one of our helmets, and join in the fun! You can choose to share in the pedaling, or just enjoy the ride!

## **Red Cedar Chamber Music**

We are delighted that Carey and Mierra will perform a special duo concert on campus Tuesday, August 3, at 2:00 p.m. in Live. Laugh. Learn. Center. They have put this together exclusively for Meth-Wick residents. We are grateful for this extra concert since the one scheduled in May was canceled due to weather.

Please sign up The Manor front desk because space is limited.

## **Balaam's Donkey**

You may remember Jack the Donkey along with his mule buddy, John, who visited us last year. They are happy to be coming back to visit on Wednesday, August 4, at 10:00 a.m. They will be outside at The Manor, along with Anita and Mike, if you would like to see them, pet them or given them treats. (This visit is weather permitting, and we will try to reschedule if necessary.)

## **Nutrition Talk**

Join dietitian, Rebecca Stevens, on Tuesday, August 10 for our next Nutrition Talk! We will meet at 2:00 p.m. in Live. Laugh. Learn. Center.

## **Brain Benders**

Our August Brain Benders class will be held on Wednesday, August 11. Join us at 2:00 p.m. in Live. Laugh. Learn. Center to enjoy stretching your brain and learning ways to keep your mind active and challenged!

## **Cooking Class Lunches**

Our Cooking Class Lunches for August will be held on Thursday, August 12 and Thursday, August 26 at 11:30 a.m. in Live. Laugh. Learn. Center. Please sign up at The Manor front desk to participate.

**Sign up begins at 8:00 a.m. on Thursday, August 5.** Cost is \$5 per person, billed to your Meth-Wick bill.

## **BINGO**

Our volunteer, Barb, will be here on Monday, August 16, for our next game of BINGO! Sign up at The Manor front desk to participate due to limits on the room capacity. The games begin at 2:00 p.m.

## Grocery Shopping Update

We are excited to announce we are starting bus transportation to HyVee again Thursday, August 5. Things may feel a little bit different due to some changes in HyVee's operations, but we will work through those changes, and hopefully be able to provide a grocery service that works well for everyone again.

Departure time is 9:00 a.m. on Thursday mornings. Bus loading begins at The Manor, then to Greenwood Terrace, Deer Ridge, and finally Oakwood. If residents of Brendelwood or Highland Park want to participate, it would be helpful for deliveries if you could pick up and drop off at The Manor, Greenwood, Deer Ridge, or Oakwood. If that is not possible, please talk with Eryn. You will have approximately 45 minutes to shop after you have arrived at HyVee. George will give you a meeting time. HyVee will assist us by delivering your groceries to a common area at each living area mentioned above. From there you will pick your groceries up to take back to your apartment or condo. If you are not familiar with the way things ran in the past, and would like more information, please visit with Eryn at 297-8620 or [ecronbaugh@methwick.org](mailto:ecronbaugh@methwick.org).

## The Garden Patio is Beautiful!

Please take a moment on a nice day to walk out to *The Garden Patio* off the first floor of The Manor. It is simply beautiful, thanks to the dedication and hard work by volunteer Joyce Robison. Take some time to enjoy the outdoors and the variety of flowers and plantings that graces this area. There is a pavilion and furniture as well at this stunning hidden gem at Meth-Wick!

## Fitness Class Sign Up

It is time to sign up for August-September fitness classes. This includes, In Motion, Fitness Zone, Sport Leagues and Pool sessions. **SIGN UP STARTS AT 6:00AM MONDAY, JULY 26.** Please note that all messages via email and phone are time stamped and will be scheduled in the order in which they are received. Please check your campus mail for further detailed information about all fitness classes offered in August-September.

We cannot wait to see you in classes! 😊

## Coming in August New Fitness Mini Course: *Sculpt and Stretch*

This class will help to tone and sculpt your muscles using free weights, resistance bands, and your own body weight. You will also be led through both dynamic and static stretches to increase flexibility and help prevent injury. Both a seated and standing version of this class will be offered. Sign-up will be required. Look for additional information coming soon via campus mail.

Done regularly, **resistance exercises** help to build and maintain muscle strength and endurance and preserve bone density, independence, and vitality with age. In addition to many health benefits, increasing muscular endurance can help make daily activities easier.

**Stretching** allows for greater movement in joints and improves posture. It also helps to release muscle tension and soreness and reduces the risk of injury. Lastly, it may also improve circulation and muscle control as well as balance and coordination.

## Meth-Wick Church Services to Begin

We are excited to be able to offer church services again, **beginning August 1.** There will be a few changes to our services since before the pandemic and we ask for your patience and understanding. We will begin services at **9:00 a.m.**, in Live. Laugh. Learn. Center. **Because of the limited capacity of the room, you must sign up at The Manor front desk.** The capacity will be 48 people, including volunteers. Sign up is now available for the month of August.

On Sunday morning, you will need to have your temperature taken at the main entrance to Live. Laugh. Learn. Center, and will need to have your name checked off the list. If you are not able to attend, please call the front desk to cancel. If you are not signed up and there is room, you will be allowed to join the service. If there is not room, unfortunately, you will not be able to stay. We also understand that the 9:00 a.m. time is earlier than in the past. This is to be able to accommodate changes needed in the health services areas of campus so all residents have an opportunity to participate in services should they wish. Please contact Eryn at 297-8620 or [ecronbaugh@methwick.org](mailto:ecronbaugh@methwick.org) with questions.



## Independent Living Program Etiquette

As we enter this era of Wellness and Recreation programming you will notice some requirements that were not necessary before the pandemic. We continue to follow CDC guidelines, and as of this printing, we ask that if you are unvaccinated, you wear a mask. If you are vaccinated, you are not required to wear a mask, but you are welcome to if you would like.

For programs in *Live. Laugh. Learn. Center*, we ask that you arrive early enough (even Manor residents) to screen in at the kiosk. If it is a larger program, we plan to have a staff person at the door to *Live. Laugh. Learn. Center* with a thermometer to scan to speed up the process. We will take attendance (writing names down or checking them off a sign-up sheet) for contact tracing purposes.

Some programs will require reservations, due to room capacity limits. If you sign up and later decide you cannot attend, it is important to call The Manor front desk and cancel your reservation as soon as possible. It is **VERY** important that you do so that another person may take your place if the program is full. It also saves time, so we do not have to call you to see if you are coming.

If you have screened in at The Manor earlier in the day (exercise class), just bring your pink slip and show it to the greeter at *Live. Laugh. Learn. Center*. They do not have to re-take your temperature but will record your name or check it off the list.

After the program, if you decide to go further into The Manor (stay for a meal, visit a friend, go to Manor Brew, etc.), you will need to complete the full screening process at the kiosk, if you have not already done so that day.

On the rare occasion that we have a bigger crowd than expected, and did not institute a sign-up sheet process, we may limit participation. This has not happened but our current capacity limit for *Live. Laugh. Learn. Center* is 50 people, including the people leading the program.

Please contact Eryn with any questions at [ecronbaugh@methwick.org](mailto:ecronbaugh@methwick.org) or 319-297-8620.

## The Brief Devotions RERUNS Schedule for August!

The RERUNS schedule for Brief Devotions in August is set and ready to roll.

- For the week of August 1-6, reflection on the sermons and life of Rev. Dr. Martin Luther King, Jr. from the book, *The Preacher King: Martin Luther King Jr. and the Word that Moved America*
- For the week of August 8-13, you will hear stories from *Weavings: A Journal of the Christian Spiritual Life*.
- For the week of August 15-20, taken from the book, *Five Biblical Portraits* by Elie Wiesel, as he explores the lives of Joshua, Elijah, Saul, Jeremiah, and Jonah.
- For the week of August 22-27, we explore the learnings from *On Being*, Krista Tippett's book from her many years of interviews and the learning that flowed from those conversations.

Devotions are aired on Channel 16 on Monday, Tuesday, Wednesday, Friday, and Saturday at 10:00 a.m. and 7:00 p.m. In addition, reruns will also occur on Thursday at 10:00 a.m. If you have any questions, you can always reach the chaplains at extension 622 or send an email to [chaplains@methwick.org](mailto:chaplains@methwick.org).

And thanks for watching and listening!

*Grace & Peace be with you all,  
Chaplain Carol*





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### **In Memory**

#### **Jeanette E. Madsen**

April 30, 1925 – July 7, 2021

*Jen moved to Meth-Wick in May of 2009*

#### **Myrtle Yanecek**

September 6, 1928 – July 10, 2021

*Myrtle moved to Meth-Wick in June of 2004*

### **Cedar Rapids Bank and Trust is Back!**

Cedar Rapids Bank and Trust will be back on campus the first Wednesday of each month.

|                  |                                       |
|------------------|---------------------------------------|
| 9:00-9:30 a.m.   | Deer Ridge                            |
| 9:30-10:00 a.m.  | Greenwood Terrace                     |
| 10:00-10:30 a.m. | Knapp Conference Room<br>At The Manor |

### **Please join us in Celebrating the life of Jo Ann Wilch**

Jo died of complications from COVID-19 last fall. Jo lived at Meth-Wick where she enjoyed a sense of community, making new friends and strengthening bonds with longtime acquaintances. Thanks to the Meth-Wick residents and staff who supported and nurtured her.

Because of the pandemic we were unable to come together to honor and recall her vibrant personality, sense of humor and love of life. Our family would like to invite her Meth-Wick friends to a reception on Jo's behalf held in Mt. Vernon, the town she called home for over 50 years:

**Friday, August 6**

**From 11:00 a.m. to 1:00 p.m.**

**Lester Buresh Community Wellness Center  
855 Palisades Road SW, Mount Vernon**

*A light lunch will be served.* Please no flowers or gifts.

Our family hopes to see you on August 6.