



Arbor Place

Brendelwood Village

Deer Ridge

Greenwood Terrace

Highland Park

Oakwood

The Manor

The Woodlands

Robin Mixdorf
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Board Chair

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Editor

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METH-WICK
COMMUNITY
LIFE AS IT SHOULD BE

Life AT METH-WICK

October is Legacy Month – Celebrating 60 Years

We are looking forward to seeing you and celebrating the generosity and longevity at Meth-Wick. By now independent living unit residents have received their annual giving letter. We are focusing on two projects – Arbor Place Restyle and Woodlands Specialty Suites. However, if someone chooses another project, item or fund the donor only needs to indicate that on the card. During the month of October, **undesigned gifts will go to either the Woodlands Specialty Suite Fund or Arbor Place Restyle.**

We were unable to gather last year for our State of the Campus and annual social. This year we are having three socials to have some semblance of crowd control. Fortunately, Brian Scott, Chair of the Board, will say a few words at each.

Yesterday Manor and Oakwood residents gathered in Live. Laugh. Learn. Center for the first of the socials. Thursday, October 14, Greenwood Terrace and Brendelwood Village residents are invited to Live. Laugh. Learn. Center and the final social will be October 28 with Deer Ridge and Highland Park residents. (Transportation is available.)

We are pleased to meet again for our annual Legacy Luncheon on October 21. Legacy Society, Heritage Circle, and Lifetime Donors are all invited to this special event. Indicate if you want a ride when you RSVP.

Vaccine Clinics on Campus:

COVID Booster Shot and Flu Vaccine Clinics (Pfizer only) will all be held in Live. Laugh. Learn. Center.

Tuesday, October 19 th	9 a.m. – 4:30 p.m.	Deer Ridge, Highland Park, Manor Residents (<i>except Custom Care</i>)
Wednesday, October 20 th	9 a.m. – 4:30 p.m.	Greenwood Terrace, Brendelwood Village, Oakwood and Manor Residents (<i>except Custom Care</i>)

Meth-Wick and Sodexo employees will also be receiving their vaccines at the same clinics. Woodlands, Custom Care and Arbor Place residents and employees will receive their vaccines in their work setting and living area.

If you were not able to attend the paperwork clinics in September, you can complete the paperwork the day of your vaccine clinic.

Please be prepared to wait as it will be first come first serve or feel free to contact The Manor front desk to check on the wait time. There will not be a shuttle service, but you can use Red Cap.

The next issue of *Life at Meth-Wick* will be Friday, October 22. Information should be in writing to Teresa Dusil Friday, October 15. 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.

Thank you!

Thank you for all the cards and calls wishing me a Happy 80th birthday!

Bette Davis



Ice Cream Parlor Open House

You are invited...

Thursday, October 21

3:00-5:00 p.m.

Nesetril Neighborhood

The Woodlands –

Enter through

Andersen Courtyard!

Welcome

Kathy Hall moved to Manor 318 last week. Kathy was born in Marshalltown, IA and grew up on a farm outside of town, near Clemons. Kathy graduated from

Clemons Community High School in 1962. She attended Iowa State University. She graduated with a BS in English and a Master's in History. After completing college, Kathy dedicated her time to her family. Kathy married David Nicholas in 1967. David worked as an electrical engineer. The couple had three children together, Christopher of Quincy, IL, Sarah of Long Island, NY, and Jane of Cedar Rapids. The family moved to Cedar Rapids in 1969. Kathy became a stay-at-home mom to her three children. She also volunteered as a preschool teacher at Jane Boyd Community House. Kathy enjoyed teaching so much that she returned to school; she received her Master's in Early Childhood Education in 1987 from University of Iowa. Kathy taught in the school system for 15 years before retiring. A large portion of her teaching career was spent at Harrison Elementary.

Kathy retired in the early 2000s but continued to work as a tutor until 2020. Kathy did most of her tutoring at the Catherine McAuley Center in Cedar Rapids and taught children about nature at Indian Creek Nature Center. Kathy also enjoyed volunteering with refugees, helping them to get settled in Iowa. Kathy is an active member in supporting nature and the environment. She is a member of the Nature Center, Sierra Club, and Audubon Society. Kathy enjoys reading and is a member of four book clubs. Kathy is also a member of Workers for Peace Iowa. Kathy is a Quaker and is a member of the Whittier Friends Meeting in Whittier, IA.

Mandatory 10-Digit Dialing Becomes Effective October 24, 2021

The Federal Communications Commission (FCC) has adopted 988 as a new three-digit number to be used nationwide to reach the National Suicide Prevention and Mental Health Crisis Lifeline, starting July 16, 2022. Customers will need to continue to dial 1-800-273-TALK to reach the Lifeline until July 16, 2022.

For 988 to work in our area code the mandatory 10-digit local dialing will be implemented. Starting October 24, 2021, to complete all local calls, you will now need to dial **area code + telephone number**. This applies to all local calls with your area codes that are currently dialed with seven digits. As of October 24, 2021, if you do not use the 10 digits – a recording will inform you that your call cannot be completed as dialed.

Manor Telephone System Upgrade Impact!

If you live at The Manor and are using the Meth-Wick phone system *you will need to start using this mandatory 10-digit dialing effective October 13*. A new phone system will be installed necessitating the change on October 13. Residents at The Manor also need to use 11-digit local dialing because you must dial “9” first – before the area code. If you do not use the digits necessary – your call will not go through as dialed.

Program Updates:

By Eryn Cronbaugh (297-8620)

Director of Wellness and Recreation

Email: ecronbaugh@methwick.org

Active Aging Week Celebration

Wrap up Active Aging Week TODAY, OCTOBER 8, with a celebration in Grandon Courtyard at The Manor from 2:00-3:00 p.m. We will move indoors should the weather necessitate. We hope you'll join us!

Orchestra Iowa Concert

If you're planning to go on the bus for the Orchestra Iowa concert on Saturday, October 9, please confirm your ride with Eryn using the above contact information. Departure time is 6:30 p.m.

Bingo

Please sign up at The Manor front desk to play BINGO on Monday, October 11. Games begin at 2:00 p.m. in Live. Laugh. Learn. Center.

Nutrition Connection—*Spices & Herbs*

Our next Nutrition Connection program will be at 2:00 p.m. on Tuesday, October 12. Please join our dietitian, Rebecca to learn more about *Spices and Herbs*.

Brain Benders

Stretch your brain and engage your mind at 2:00 p.m. on Wednesday, October 13. Join us in Live. Laugh. Learn. Center for Brain Benders!

Cooking Class Lunch

Our Cooking Class Lunches for October will be on Thursday, October 14 and Thursday, October 28, at 11:30 a.m. **Sign-ups for the lunches begin at 8:00 a.m. on Monday, October 11.** Please call The Manor front desk at that time or after to sign up. No early sign-ups will be taken.

Movie and Popcorn: *12 Mighty Orphans*

Our movie for Friday, October 15, will be *12 Mighty Orphans*. This football movie with inspiration set during the Great Depression will be shown at 1:30 p.m. in Live. Laugh. Learn. Center. The movie is rated PG-13 and runs 1 hour and 58 minutes.



Swamp Fox Books Book Review

Terri will be bringing a bunch of new books for us on Tuesday, October 19! Please join her at 2:00 p.m. to see what's new, and perhaps purchase a new book or two! This month, we will meet in Wick Private Dining.



Election Rules Have Changed

On November 2, Iowa will have its first election under the election laws changes that were made last year. Rules for requesting an absentee ballot and for returning the ballot have changed. Every vote is important, so let's get updated!

On Monday, October 11, League of Women Voters member, and Meth-Wick Resident, Myrna Loehrlein, will be in the four Independent Living buildings offering Absentee Ballot Request forms and other non-partisan information related to voter registration and voting.

Deer Ridge – 9:00-10:00 a.m.

Greenwood – 10:15 – 11:15 a.m.

The Manor – 11:30 a.m. – 12:30 p.m.

Oakwood – 12:45-1:45 p.m.

Election Day is coming right up, so stop by to "Talk Voting."

Red Cedar Chamber Music:

Licorice Schtick

We are thrilled to have Red Cedar Chamber Music with us on Friday, October 22, for a performance of their newest program, *Licorice Schtick*. They will be joined by clarinetist, Christine Bellomy, and violist, Elizabeth Oakes. This program includes the works of five living composers.

You will enjoy Jerry Owen's *Licorice Brittle*, as well as *Four Chorinhos for Little Brazilian Birds* by composer-in-residence Michael Kimber. Joyous, haunting, and melodious works by Gwyneth Walker, Natalie Hunt, and Jeff Smallman round out the program.

The program begins at 2:00 p.m. in Live. Laugh. Learn. Center. **Please sign up at The Manor front desk as we will limit the audience to 45 members.**



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In Memory:

Shirley A. Zimmerman

December 17, 1929 – September 21, 2021

Shirley moved to Deer Ridge in May of 2012

Manor Library Newspaper Etiquette

Several people have taken the current newspapers out of the library to read in their apartments lately. Please remember the newspapers in The Manor library are for everyone's enjoyment. You should read the newspaper in the library and return it to the newspaper area when you are finished. If you want to read a newspaper in your own apartment, you need to order your own subscription.

If you don't mind day old news, it's fine for you to take the newspapers out of the library after they are **at least** one day old.



Come see us at The Manor Salon

Cheryl Ramm & Karen Miller

Salon hours...

Mondays 8:00 a.m.-5:00 p.m.

Tuesdays 8:30 a.m.-5:00 p.m.

***Karen is available after 4:00 p.m. on Wednesdays
for appointments***

Thursdays 1:00-4:00 p.m.

Fridays 8:30 a.m.-2:00 p.m.

Please call ext. 625 or 297-8625