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Brendelwood Village

Deer Ridge

Greenwood Terrace

Highland Park

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The Manor

The Woodlands

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Life AT METH-WICK

Myths vs. Facts About Mental Health

By Megan Caballero (counselor)

Myth: Depression and anxiety do not affect me.

Fact: Depression and anxiety are common issues challenging millions of people in the United States. In fact, nearly 15 million adults in the U.S. deal with depression, while nearly 40 million adults deal with anxiety. According to the CDC, approximately 50% of people in the United States will develop at least one mental illness during their lifetime.

Myth: Depression and anxiety are not medical problems

Fact: Depression and anxiety are real and harmful. It can affect your life as much as diabetes or heart disease can. Depression/anxiety can make life extremely hard for those who are dealing with it, affecting both mind and body.

Myth: Depression only happens when something bad happens to you.

Fact: Depression is more than just feeling sad occasionally. Ups and downs are normal and part of being human. You may feel sad after a serious loss or an unwanted change. Depression is when you experience lengthy periods of having no hope, feeling sad and having no interest in something you usually enjoy. Depression can come out of the blue, even when life is seemingly fine.

Myth: Depression or anxiety are things that strong people can just “snap out of” if they could just be more positive.

Fact: No one chooses to be depressed, just like no one chooses to be diabetic. People with depression or anxiety cannot just “snap out it.” It is not a sign of weakness or being lazy; it is a known health problem.

Myth: Feeling depressed is a normal part of getting older.

Fact: It is common to feel sad and to experience unwanted change as you age. You may be coping with new limits on what you can do safely and feel worried about your future. It can be hard to get used to a new way of life and to cope with the changes that subsequently come. Brief feelings of sadness are normal, but if it lasts longer than a couple of weeks, you may have depression.

Myth: Talking about depression only makes it worse.

Fact: Being depressed can be very lonely and one can feel stuck, lost, and unsure how to move forward. Talking to someone can help you learn about what you are feeling, why you might be feeling it, and how to cope.

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The next issue of *Life at Meth-Wick* will be Friday, December 10.

Information should be in writing to Teresa Dusil Friday, December 3. 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.



My family would like to thank everyone who helped my mother, Elaine Johnson, enjoy her life at Meth-Wick. From Greenwood Terrace to The Manor and to the Woodlands...the staff, in so many ways, helped make her life happy and comfortable. I remember her commenting to me when she was about 95 that she felt she had "landed in a good place."

We are especially grateful to the staff of the Lynch Neighborhood and the Woodlands for their care and support during her time there until she died on November 9th at the age of 100.

Thank you all so much.

The family of Elaine Johnson

Myths vs. Facts About Mental Health (Continued from page 1)

Myth: I cannot afford counseling.

Fact: Most insurance companies, including Medicare and Medicaid, have mental health benefits. Often the out-of-pocket expense is zero or there may be a co-payment.

Myth: So, I think I may be depressed or anxious. How do I find help?

Fact: You are lucky to live in a supportive community living environment that contracts with a leading provider of mental health services in Iowa.

Flowstate is an organization that has trained mental health professionals with experience collaborating with individuals on depression, anxiety, adjustment issues, and more. This professional will meet with you in your apartment or your room to provide support and guidance to ensure that you are living your best life. Ask your social worker -- Cindy Robertson (319-297-8646) or Andrea Santacroce (319-297-8658) for more information and to make a referral today. Today is the best time to start on the rest of your life!

Room Reservations Necessary on Campus

As a reminder, if you would like to reserve a room on campus for a family gathering, or a bridge group, or meal with friends, etc. you need to call campus extension 640 to request a space. You will leave a message and will receive a call back telling you if your requested time and room is available. Remember to give a beginning and ending time and allow time for you to set up if set up is necessary.

You are welcome to use catering from Sodexo for events, however Sodexo staff does not reserve the space.

Volunteers Mandatory Vaccination

As you all know, Meth-Wick has adopted a mandatory vaccination policy for all employees in accordance with Federal regulations. What you may NOT realize is that the policy also extends to our volunteers throughout the Meth-Wick campus to be following those regulations. Volunteers, by the regulatory definition are considered staff for these purposes. The policy requires all volunteers to provide written documentation of full vaccination or an exemption.

If you were vaccinated during any of our on-campus clinics or have turned in your information to Home and Health Services, we have your vaccination information on file, and you do not need to do anything further. If we do not have records of vaccination for you, and you are a volunteer on file, we have contacted you via letter to request that information, or an exemption form from you by Tuesday, November 30.

If you are a resident who recruits new volunteers for positions on campus, please let Eryn know so she can make sure the appropriate information is on file before starting his/her volunteer position. If you have any questions, please contact Eryn.

Program Updates:

By Eryn Cronbaugh (297-8620)

Director of Wellness and Recreation

Email: ecronbaugh@methwick.org

Tech Time

Are you frustrated with your tablet computer or phone? Maybe you just need a little assistance to get something “just right.”



Join us at 2:00 p.m. on Monday, November 29, in Live. Laugh. Learn. Center to get help with your questions. Cassidy and Grace will be there to help with common issues.

You will need:

- your fully charged device and
- passwords needed to access the program you are interested in having help with.

2nd November Cooking Class Lunch

Our second Cooking Class lunch for November will be Tuesday, November 30, and sign up is at The Manor front desk. This will be billed \$5 to your Meth-Wick account. Class begins at 11:30 a.m. in Live. Laugh. Learn. Center.

Kubb Game

We started a new yard game in November called Kubb that is fun to play! Join us at 2:00 p.m. in Live. Laugh. Learn. Center on Wednesday, December 1 to learn how to play, as well as cheer on the teams!

Movie & Popcorn: *Respect*

Our movie for Friday, December 3, will be *Respect*. Following the rise of Aretha Franklin’s career from a young child singing in her father’s church’s choir to her international superstardom, “Respect” is the remarkable true story of the music icon’s journey to find her voice and become the Queen of Soul.

The movie stars Jennifer Hudson as Aretha Franklin is rated PG-13 and runs 2 hours 25 minutes long. The movie will begin at 1:30 p.m. in Live. Laugh. Learn. Center.

The History Center Field Trip

Sign up at The Manor front desk for an outing to The History Center at 1:00 p.m. on Tuesday, December 7.

In addition to their regular exhibits, take this opportunity to see the famous holiday display from Armstrong’s Department Store. Admission is \$7 per person.

Brain Benders

Join us at 2:00 p.m. in Live. Laugh. Learn. Center to engage your brain and learn something new! Enjoy the challenge and fun with friends on Wednesday, December 8.

Transportation Information:

▪ **Voting Shuttle – November 30**

A reminder that the bus will depart for voting at the NW Recreation Center on Tuesday, November 30 at 1:30 p.m. to shuttle residents who would like to vote in the Mayoral runoff election. Please remember to bring your ID and sign up at The Manor front desk.

▪ **Pops Concert -- December 4**

Our next Pops Concert will be Saturday, December 4. Please confirm your ride with Eryn if you plan to ride the Meth-Wick bus. The bus will depart at 6:30 p.m.

▪ **Manheim Steamroller Concert – December 17**

We will be providing transportation to the Manheim Steamroller concert on Friday, December 17. The bus will depart at 7:00 p.m. Please sign up at The Manor front desk.

Bridge Every Monday

Our bridge players will now be playing every Monday in Wick Private Dining at 1:00 p.m. This is open to everyone. Please join them if you are interested!

Harp Music with Gretchen Brumwell

We are thrilled to welcome harpist, Gretchen Brumwell, to Live. Laugh. Learn. Center on Friday, December 10. Gretchen has been Orchestra Iowa’s Principal Harpist since 1995 and will be providing us with a lovely program of Christmas music. The program begins at 2:00 p.m. Please sign up at The Manor front desk to participate in this concert.



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In Memory:

Elaine M. Johnson

August 15, 1921 - November 9, 2021
Elaine moved to Meth-Wick in July of 1999

William B. Lonergan-Highley

July 15, 1933 – November 13, 2021
Bill moved to Meth-Wick in August of 2021

Jeanne M. Ciha

October 31, 1931 – November 13, 2021
Jeanne moved to Meth-Wick in April of 2018

Shirley J. Miller

December 31, 1929 -- November 14, 2021
Shirley lived at Meth-Wick from 2012 until 2020

Bertha E. Long

March 11, 1927 – November 21, 2021
Bertha moved to Meth-Wick in December of 2015

Elinor B. Entrekin

August 21, 1926 – November 22, 2021
Bea moved to Meth-Wick in July of 2006

Red Cap Drivers Needed! – Correction!

We would still like to have more Red Cap drivers! If you would like to drive your fellow residents from building to building on Meth-Wick’s campus, please contact our new Red Cap scheduler, Janet Blackledge, at **319-361-0971**. (The phone number was wrong in our last issue.)

Cedar Rapids Bank and Trust

Remember, Meth-Wick is a branch location for Cedar Rapids Bank and Trust! That means you can access banking services each month from the comfort of Meth-Wick!

CRB&T representatives come on the first Wednesday of the month as follows:

- 9:00 Deer Ridge Lobby Area
- 9:30 Greenwood Terrace Nurse’s Office
- 10:00 Knapp Conference Room (Manor)

They are willing to help with all your banking needs!