



Arbor Place

Brendelwood Village

Deer Ridge

Greenwood Terrace

Highland Park

Oakwood

The Manor

The Woodlands

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METH-WICK
COMMUNITY

LIFE AS IT SHOULD BE

Life

AT METH-WICK

Happiness is a gift, and the trick is not to expect it, but to delight in it when it comes. Charles Dickens

The past twenty months have been challenging for everyone and we have learned to find happiness in some of the smallest things – COVID vaccines (and their boosters), the warm summer weather with a lot of outdoor time, dining with others and resuming programming through wellness and recreation. It has been a time of learning to smile with our eyes, to be virtually present and for looking after our fellow residents and staff members.

I know that I delight in hearing laughter in the hallways and from groups of residents gathered in The Brew or The Key Club and seeing the holiday decorations and small group holiday celebrations. As we

celebrate the 60th Anniversary of Meth-Wick, the original gift from the Wick Foundation to build The Manor has become so much more than the founders may have ever imagined. So many have shared their gifts of time and talent to make Meth-Wick what it is today and to keep us moving into the future.

“I delight in hearing laughter in the hallways”

The gift of grace that we have given each other by way of patience and understanding as things have changed and then changed again over the past year has been exceptional. The UNITY in our COMMUNITY has been outstanding. I hope each of you finds delight in the happiness of the holiday season.

Merry Christmas!



The next issue of *Life at Meth-Wick* will be Friday, December 24. Information should be in writing to Teresa Dusil Friday, December 17. You can do so through campus mail or email at tjkdusil@methwick.org
Life at Meth-Wick

Meth-Wick TV ImOn Channel changes:

On January 1st, NBC Universal will discontinue delivery of the NBC Sports Network, channels **43 and 843**. They are not being replaced.

On January 5th, the DIY Network, channel **126**, will change its name to Magnolia Network. Magnolia will continue the current programming and add new programs.

These changes are due to Network decisions and are out of ImOn's control.

No Tipping!

This is a friendly holiday reminder that no tipping is allowed at Meth-Wick, not even during the holiday season.

Employees were each given a Christmas Reward on our employee platform last week that they can redeem for a gift card among several choices. The gift cards are considered a "gift from the residents."

Please do not tempt employees – it is cause for termination.

Thank You

I really enjoyed all the phone calls and cards that I received on my 93rd birthday.

Glenn Ebert

I am grateful to the many people who greeted me warmly at my 90th birthday party in the Deer Ridge dining room on Saturday, November 20. We all enjoyed cake and refreshments so thoughtfully prepared by the Meth-Wick staff and our family. I have appreciated all of the cards, emails, Facebook notifications and phone calls from people who recognized my milestone.

Gene Young

Our family would like to thank the caregivers at both Arbor Place and The Woodlands for the care you have given to our mom, Jeanne Ciha, during the past 3½ years. During the last month of her life, it became necessary for her to be relocated to The Woodlands where we were so happy to see several of the same caregivers who had shared their gifts and kindness with a previous family member five years ago.

We would also like to thank the nursing and hospice staff as they worked daily to keep Mom as comfortable as possible. The additional services offered, including music therapy, scripture reading and massage, also provided Mom with an easier transition to her ultimate reward of being reunited with loved ones in Heaven.

*Thank you all so much.
The family of Jeanne Ciha*

The family of Linda Grote would like to thank everyone in the Meth-Wick Community, including caregivers and friends, for their care and support of our mother, Linda Grote, during her short time there.

Although she was dealing with a lot of health issues, she was able to get to a place where she was happy and comfortable on the 4th Floor at The Manor. She told me that she felt blessed to have a good seven months living in her apartment and spending time with new friends in a caring environment.

Linda passed on November 8th, at the age of 78 and is now with her husband, Gar, (who passed away in December 2020) laughing down at us from heaven.

*Our sincere thanks –
The Family of Linda Grote*

Merry Christmas

Program Updates:**By Eryn Cronbaugh (297-8620)****Director of Wellness and Recreation****Email: ecronbaugh@methwick.org****Harp Music with Gretchen Brumwell**

We are thrilled to welcome harpist, Gretchen Brumwell, to Live. Laugh. Learn. Center TODAY, 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 enjoy her relaxing tunes this holiday season.

Bingo

Sign up at The Manor front desk for BINGO on Monday, December 13. We will play at 2:00 p.m. in Live. Laugh. Learn. Center.

Nutrition Connection

Our nutrition connection program for December will be Tuesday, December 14. Please join us at 2:00 p.m. in Live. Laugh. Learn. Center to up your nutrition knowledge!

Brass and Organ Concert Transportation

If you have tickets to the Orchestra Iowa Brass and Organ Concert and are planning to ride the Meth-Wick bus on Tuesday, December 14, please confirm your transportation by calling or emailing Eryn.

Christmas Piano Music Betty Debban

We are excited to have our own Betty Debban playing Christmas piano arrangements for us on Wednesday, December 15. Please sign up at The Manor front desk for this program. The music begins at 2:00 p.m. in Live. Laugh. Learn. Center.

**Christmas Light Ride December 15**

Please sign up at The Manor front desk for a festive bus ride to look at Christmas lights on Wednesday, December 15. The bus departs at 6:30 p.m.

Cooking Class Lunch

Our cooking class lunches for the month of December will be Thursday, December 16 and Thursday, December 30. Sign-ups for the lunches began earlier in the month, but please check The Manor front desk to see if there are any openings! Lunches begin at 11:30 a.m.

St Paul's Methodist Carillonneurs

We are happy to have the St. Paul's Carillonneurs back this year for a holiday concert. They will be here Thursday, December 16 at 6:30 p.m. in Live. Laugh. Learn. Center. The Carillonneurs are a five- to six-octave handbell group that plays in the Cedar Rapids community.

Please sign up at The Manor front desk for this concert.

Manheim Steamroller Transportation

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

Nutcracker

If you are planning to ride the bus to the Nutcracker on Saturday, December 18, please confirm your transportation with Eryn via phone or e-mail. The bus will depart at 6:30 p.m.

**Swamp Fox Books**

Join a representative from Swamp Fox Books on Tuesday, December 21, for a review of current books and ideas for post-holiday reading or last-minute Christmas gifts! They will be in Live. Laugh. Learn. Center at 2:00 p.m.

Movie & Popcorn

Our movie for Wednesday, December 22 will be *Meet Me in St. Louis* starring Judy Garland and Margaret O'Brien. It is not rated and runs one hour and 53 minutes. Please join us at 1:30 p.m. in Live. Laugh. Learn. Center for this classic musical comedy.

The popcorn will be available at the end of the matinee for a grab and go treat!

Christmas News from the Chaplains

We are already amid the holiday season, and Kristy and I hope that you are getting all your preparations completed. It can be a hectic time of the year. If you feel like you need your spiritual batteries recharged, please consider coming to one of our Advent Worship Services in the coming weeks.

Also, we invite you to our special Christmas Eve worship service on Friday, December 24th.

Services will be as follows:

Woodlands at 9:45 (Nesetril)

and 10:15 (Lynch/Stewart)

Arbor Place at 11:00 a.m.

The Manor in Live. Laugh. Learn. Center at 2:00 p.m.

(Please sign up at the Manor front desk for Independent Living Service.)

Christ's coming is our reason to hope! Blessings and peace be with you during this special time of the year!



Town Center Salon Update!

Soon Town Center Salon, located on the ground floor of The Manor, will be getting updated thanks to a very generous gift from Peter and JoAnn Bryant.

New wall units will have deeper and closed storage for a tidier look. The cabinets will be especially useful for towel, cape, and tool storage. New chairs will have a better footrest, new floor mats and sinks are on their way, and the walls will get a fresh coat of paint.

Christmas Gifts Enhance Holiday Spirit

The beautiful Hummel nativity set in The Manor lobby was given to Meth-Wick over 40 years ago by resident Hilda Walterick. It has been displayed every year since.

Sally Stewart gave Meth-Wick the carolers you can see in The Manor Library windows this year. They have been on the fireplace; Woodlands display window and other places for all to enjoy.

Shirley Schumacher gave Meth-Wick the darling miniature Christmas tree near The Brew and Library. That tiny tree and presents were made by her, and it has been in this spot each year since it was received.

The large nativity set on the Meth-Wick hill near the 13th Street entrance is thanks to John and Karen Wagner. It is worth the trip just to see this beautiful scene.

Several decorations and ornaments throughout the campus were given to Meth-Wick by Mary Timm. Mary's carolers set is now in The Woodlands display case.

Charlotte Kuriger shared a beautiful Christmas plate that can be seen on a table in the Manor lobby area every year.

No doubt many contributions to the beauty on campus have been overlooked but please know your decoration was appreciated.

Thanks to many employees who make sure that Meth-Wick is festive for the holiday season. Jay Podzimek and his grounds crew do wonderful work outdoors. Housekeeping staff at The Manor and RidgeWoods work on the details throughout the buildings. Wellness and Recreation staff decorate the care areas on campus with the support of health care staff as well. There is a lot of area to cover.

Thank you everyone!

Welcome to Meth-Wick

Nancy Showalter moved to Manor 227 on December 7. She was born and raised in Cedar Rapids and graduated from Jefferson High School in 1959. Nancy attended nurse's training at Allen Memorial in Waterloo. She later returned to school and earned her bachelor's degree in Sociology with Honors from Coe College in 1970. Nancy worked as a registered nurse at Mercy Hospital, then taught nursing courses at Kirkwood. After earning her degree from Coe, she worked at University of Iowa Hospitals and Clinics as a RN and charge nurse. She finished her career at St. Luke's Hospital, retiring at the age of fifty. She then became a caregiver to her parents.

Nancy is a member of the Asbury United Methodist Church. She enjoys reading, watching television, and spending time with her dog, Zeke, who will also be moving to Meth-Wick.

Harlan "Cot" and Kay Graber

moved to Manor 209 on December 6.

Cot grew up in Kingman, KS, and graduated valedictorian from Kingman High School in 1953. He went on to earn a Bachelor's in Mathematics and Physics from Bethel College in 1957. He received awards for his achievements in mathematics, basketball, and football. He attended the University of Kansas, where he received his PhD in Physics in 1964. After graduating, Cot accepted a position at Cornell College to be a physics professor where he worked until he retired in 2000.

Kay was raised in Abilene, KS, Eisenhower's hometown. Kay graduated valedictorian from Abilene High School in 1954 and fondly remembers when Eisenhower was elected to office and her class bunny-hopped downtown at 3:00 a.m. Kay attended Bethel College before transferring to the University of Kansas, graduating in 1958 with a degree in English. She later continued her education and received a master's degree in American Literature. Kay worked as an English teacher in the Lawrence School District. She also worked as a substitute teacher and was president of the school board in Mount Vernon. Kay worked in public information and communication for Grant Wood AEA for 25 years and retired in 2001. She also taught piano lessons. In 1980, Kay started the Eastern Iowa Brain

Injury Association after her son was severely injured in a vehicle accident. She lobbied for helmet laws and was nominated by Channel 9 News' Nine Who Care to go to Washington D.C. to meet with legislators. Kay was a clinic coordinator for Justice for our Neighbors, an immigration center.

Cot and Kay met at Bethel College and were married in August 1958. They relocated to Mount Vernon, IA in 1962. They built a home just outside of Bertram. The couple had three sons: Mark (deceased), David of Wilmington, NC, and Jack of Woodstock, GA. The couple moved into Mount Vernon in 2015.

Kay and Cot have been able to enjoy worldwide travel. They spent sabbaticals in The Netherlands for months at a time due to Cot's position at Cornell. They have traveled to China, Egypt, Russia, Germany, Australia, New Zealand, Ecuador, and several other countries. Cot grew up Mennonite and became a member of the United Methodist Church of Mount Vernon. Cot has an interest in computers and has done many physics programs on the computer. He still enjoys traveling and tries to maintain an active lifestyle. Kay has written five genealogy books about her family. She still enjoys writing, reading, and socializing.

Fred Norris and Betty (Bette)

Stephens are moving to Deer Ridge 347 on December 11.

Fred was born in Salem, Oregon on a dairy farm where he lived until moving to Seattle. He was drafted into the Army and when he returned, he worked in the emergency room of the county trauma center before he became a paramedic. Before retiring he worked at Seattle Transit.

Bette was born and raised in British Columbia, Canada. She graduated from the University of Washington with a major in Mathematics. She worked in information technology for multiple companies and owned her own IT business for 25 years. She retired from Aegon in 2012.

Bette and Fred were united in marriage on August 27, 1983, in Seattle. They have three children: Margaret resides in Cedar Rapids, David, and Mindy both live in Seattle. They have nine grandchildren.

Bette enjoys knitting, crocheting, book club, Mahjong and spending time with friends and family. Fred enjoys hiking, cars, and volunteering.



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Frederick W. Balster

September 16, 1929 - November 24, 2021

Fred and Ruth moved to Meth-Wick in

November of 2015

Joyce A. Schmidt

February 18, 1930 – November 30, 2021

Joyce moved to Meth-Wick in November of 2010

Virginia C. Cronbaugh

December 15, 1936 – December 1, 2021

Ginny moved to Meth-Wick in March of 2021

Barbara J. Harker-Palmer

March 9, 1957 – December 6, 2021

Barbara moved to Meth-Wick in April of 2021

O Avenue NW Update

Work will continue as weather permits, mostly on the south side of O Avenue NW at the 30th Street intersection. Crews are also placing sidewalk, temporary pavement and in general cleaning up the worksite. The intersection of O Avenue NW and 30th Street will remain closed for several weeks while work continues realigning water main and installing new sanitary sewer to accommodate the box culverts. Crews will continue to work on the project as winter weather permits, until the box culvert is connected to a new junction structure about 250 feet north of the intersection. Once that is complete, construction will pause until early April. O Avenue NW will be reopened to traffic after work at this 30th street intersection is done and will remain open until spring work begins.

