



Arbor Place

Brendelwood Village

Deer Ridge

Greenwood Terrace

Highland Park

Oakwood

The Manor

The Woodlands

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**December 24,
2021**

METH-WICK
COMMUNITY
LIFE AS IT SHOULD BE

Life AT METH-WICK

Independence Plus at The Manor *A Refresher Course*

Those of you who came to Meth-Wick Community as independent retirees made the forward-thinking decision to protect your freedom of choice, preserve your financial security and ensure health needs are met through the continuum of care options available. You made the decision to live on a wellness-oriented campus with options for care when and if you need them.

As time goes by, your original independent living unit may not fit the needs of your changing life, such as access to more nutritious meals more frequently and easier availability of social options. Being and/or feeling “stuck” in the home you originally chose is not the way to live your best life or make the wisest use of options Meth-Wick Community offers.

Independence Plus in The Manor is an area of “middle ground,” and sometimes referred to as Supported Independence. Seventy-one apartments comprise this area and are 1 or 2 bedrooms in size with full kitchens and very generous storage space. The Manor is the hub of activity on the campus with easy access to:

- Exercise classes and state-of-the-art fitness equipment for optimum wellness
- Town Center for The Manor Brew coffee shop, billiard room, expanded library, salon, and Sally’s Gift Shop
- Key Club
- Live. Laugh. Learn. Center for social opportunities
- Weekly housekeeping and laundry services
- Hilltop Dining selections *between 7 a.m. and 6:30 p.m.*
- No property taxes or utility costs except for cable and internet

Independence Plus is designed to include services and amenities close by, easily accessed with social connections important to optimum well-being. Eating consistent, nutritional meals and having regular social activity can vastly improve mental clarity and physical vitality, which is what living your best life means at Meth-Wick Community.

At the time of printing there are two two-bedrooms available and three one-bedroom apartments available. We would love to show them to you.

For more information contact Toni Claussen, Sales Manager at 297-8604.

The next issue of *Life at Meth-Wick* will be Friday, January 14. Information should be in writing to Teresa Dusil Friday, January 7. You can do so through campus mail or email at tjkdusil@methwick.org

Thank You!

The family of Bertha "Bert" Long would like to express our sincere thank you to all Meth-Wick staff, and all Meth-Wick residents. Bert and her family sincerely appreciated your help and friendship over the last several years. Bert loved her Meth-Wick family. ~*Bert's Family*

The family of Virginia "Ginny" Cronbaugh would like to thank everyone for the love and support shown to her, and our family, during her time living at Meth-Wick. We are grateful for the care she received from both Woodlands and Custom Care staff, and the friendship and fun she had while living here.

We also deeply appreciate the outpouring of support since her passing from staff and residents alike. Thank you all so much.

~*Chris, Eryn, Dave, Sheila, and Noah Cronbaugh*

Manor Cocktail Club

If you like cocktails, appetizers, and conversation, join us for the first Cocktail Club gathering of 2022 on Thursday, January 7 from 3:00-4:00 p.m. in The Manor Key Club. It will feature a Jack Frost Cocktail and sausage stuffed mushrooms for a cost of \$10. All residents are invited to participate.

General Manager Drew Hebert is your host. Please call 319-297-8632 to reserve your spot. Seating is limited to the first 15.

Chamber Concert Transportation

The next Orchestra Iowa Chamber Concert will be on Saturday, January 15. Please confirm your transportation with Eryn at 319-297-8620 or ecronbaugh@methwick.org. The bus will depart at 6:45 p.m.

**You are Invited to a
walk-through Retirement "Party" for**

**George Thomas
Meth-Wick Bus Driver**

**Tuesday, December 28
between 2:00 & 3:00 p.m.
Live. Laugh. Learn. Center**

Our bus driver, George Thomas, is retiring from regular bus driving at the end of this year. You may still see him substitute driving from time to time. Please come and pick up a cookie and take the chance to thank George and tell him goodbye.

Program Sign-Up Reminder

Please remember that some programs have sign-ups to help us manage social distancing and occupancy in our program areas. If you sign up, please be sure to cancel if your plans change. If you are not signed up, please know that we may not have room for you to attend, based on capacity. Please let Eryn know if you have any questions or concerns at 319-297-8620 or ecronbaugh@methwick.org.



Program Updates:

By Eryn Cronbaugh (297-8620)

Director of Wellness and Recreation

Email: ecronbaugh@methwick.org

Christmas Eve Service

A reminder that our Christmas Eve Service is TODAY, December 24. Please make sure you have signed up at The Manor front desk as there is an occupancy limit. The service begins at 2:00 p.m. in Live. Laugh. Learn. Center.

Bridge

If you would like to play Bridge, please come to Wick Private Dining on Monday, December 27, at 1:00 p.m. to play with other residents. We will be playing weekly, so join us again on Monday, January 3 and 10.

Tech Time

Did you get a new phone or tablet computer for Christmas? Maybe you want to learn about a new feature. Come to Live. Laugh. Learn. Center at 2:00 p.m. on Wednesday, December 29 for tech assistance. Please make sure your devices are fully charged, and you have any applicable passwords with you so we can assist you!

Cooking Class Lunch

Our second Cooking Class Lunch for December will be on Thursday, December 30. Please sign up at The Manor front desk for this class. We will meet at 11:30 a.m. in Live. Laugh. Learn. Center. You will be charged \$5 to your Meth-Wick bill for the meal.

Trivia Slideshow Game

Is one of your New Year's resolutions to challenge your brain a little more? Maybe it is to have a little more fun with others! We invite you to join us on Tuesday, January 4, at 2:00 p.m. in Live. Laugh. Learn. Center to try out a new game that includes trivia in a slideshow format, like *Jeopardy!*



Kubb Game

If you enjoy bowling or horseshoes, then you should come and try out the lawn game Kubb! This game is a mixture of the two, and it's fun! If you do not want to play, we can use a good cheering section as well! Join us at 2:00 p.m. on Wednesday, January 5, in Live. Laugh. Learn. Center.

Movie & Popcorn

Our movie for Friday, January 7 will be *Dear Evan Hansen*. This movie is an adaptation of the hit Broadway musical of the same name. It is the story of an anxious, isolated high schooler aching for understanding and belonging amid the chaos and cruelty of the social-media age. The movie is rated PG-13, and runs 2 hours 17 minutes. Join us at 1:30 p.m. in Live. Laugh. Learn. Center to enjoy the show!

BINGO

Join us on Monday, January 10, for another game of BINGO! Sign up at The Manor front desk to play! We will begin at 2:00 p.m. in Live. Laugh. Learn. Center.

Swamp Fox Book Review

Come to Live. Laugh. Learn. Center at 2:00 p.m. on Tuesday, January 11, to see what interesting new books our friends from Swamp Fox have brought to share! There is always a fun selection, and you can even buy the books to take home if you are interested.

Brain Benders

It is time to stretch your brain again! Join Grace on Wednesday, January 12, for our brain benders class. This is a fun, engaging group that is non-threatening, while giving you brainteasers, tips, and tricks to keep you sharp. Come to Live. Laugh. Learn. Center at 2:00 p.m. to participate!

Cooking Class Lunches

Our cooking Class lunches for January will be held on Thursday, January 13, and Thursday, January 27, at 11:30 a.m. Sign up for these lunches begins at **8:00 a.m. on Thursday, January 6.** Please call The Manor front desk to sign up at or after that time. Reservations will NOT be taken before that. Charge for this program will be \$5 to your Meth-Wick bill.



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Ruth A. Wesbrook

November 30, 1933 – December 7, 2021
Ruth moved to Meth-Wick in March of 2021

Meth-Wick Blog

Did you know that Meth-Wick has a blog?
Visit the page at: <https://methwick.org/blog/> for relevant articles and helpful tips!

Cedar Rapids Bank and Trust

Meth-Wick is a branch location for Cedar Rapids Bank and Trust! You can access banking services on the first Wednesday of each month from the comfort of Meth-Wick! CRB&T representatives will be here January 5.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!

2021 Tax Information

The health portion of the monthly fee that maybe considered at income tax time for independent living residents is \$16 per month per person or \$192 per year if you have lived at Meth-Wick all year. As always, we suggest you consult your tax advisor