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The Manor

The Woodlands

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METH-WICK
COMMUNITY

LIFE AS IT SHOULD BE

Life AT METH-WICK

Emergency Plan for The Woodlands Skilled Nursing Facility

The Woodlands' Skilled Nursing Facility has an Emergency Operations Plan (EOP) in place to provide guidance on how we will protect our residents in the event of an emergency. This plan is based on an all-hazards approach to emergency management that identifies the top risks our skilled nursing facility might face. The plan addresses how we will manage and conduct actions under emergency conditions, which includes important internal and external emergency contact information, written policies and procedures and support documents critical to continuing our operations. We also prepare our staff for emergencies by using functional exercises and drills for training to develop our ability to respond in the event of an actual disaster.

By providing a comprehensive approach to emergency management we hope to support the following objectives:

- Maintain a safe and secure environment for our residents, staff, visitors, and vendors.
- Sustain our organization's functional integrity, including our usual service and business functions (continuity of operations); and
- Integrate into the community's emergency response system, as necessary.

The scope of our plan extends to any event that disrupts, or has the potential to disrupt, our normal standards of care or business continuity. This includes the impact due to internal incidents, such as a fire, or external incidents, such as a tornado.

- Critical emergency response resources available at The Woodlands include:
 - Infection Control Procedures (Pandemic – COVID-19 Preparedness and Response)
 - Back-up emergency generator
 - Life-safety fire protection systems
 - Emergency lighting, lanterns, and flashlights
 - Communication plans
 - Emergency medical supplies
 - Disaster water and meal plans
 - Plans for evacuation or to shelter-in-place

Our campus administrators and staff are committed to preparing for events that may have significant impact to our residents and facility. We review and update our plan at least annually or as necessary based on "lessons learned" during exercises or real events, the evolution of new "best practices;" or changes to local, state, and federal regulatory requirements.

(continued page 2)

The next issue of *Life at Meth-Wick* will be Friday, February 11. Information should be in writing to Teresa Dusil Friday, February 4. You can do so through campus mail or email at tjkdusil@methwick.org

Emergency Plan
(Continued from page 1)

In the past year, 2021, we continued to be affected by the COVID-19 pandemic. To manage through the pandemic, we worked in cooperation and collaboration with our local, County, State and Federal emergency agencies to maintain an integrated response to keep our residents safe. We relied on the guidance and support that we received from the Centers of Disease Control (CDC), Department of Health and Human Services (DHHS), Centers for Medicare and Medicaid Services (CMS), Iowa Department of Public Health (IDPH), Linn County Public Health (LCPH) and LeadingAge Iowa, a statewide membership organization of non-profit providers of aging services to manage our response and communications. In addition, we partnered with CVS and Main Healthcare Pharmacies to provide vaccination clinics and boosters once the COVID-19 vaccines became available.

*By Steve Bonnett
Director of Regulatory
Compliance and Safety*

Welcome!

Janette Benzing is making her new home at Manor 327 on February 10. She was born in Fort Madison, IA, and grew up on a farm just outside of town. She was one of eight siblings. Janette attended grade school in a one-room schoolhouse and graduated high school from Denmark Academy.

Janette became a long-distance telephone operator after graduating from high school. Janette married Keith Benzing on August 23, 1958. The couple lived in Cedar Rapids and had four children: Bebe of Cedar Rapids, Tammy of Delaware, Penny of Des Moines, and Shelley of Tennessee. While her children were growing up, Janette and her friend started an annual Christmas Craft boutique. The pair did this for 20 years. Janette then became a real estate agent and had this career for 29 years. Her husband, Keith, had a career in insurance sales. Keith passed away in 2010.

Janette liked volunteering her time for her church and spent several years helping at Hospice of Mercy. She is a member of Trinity-St. James United Methodist Church in Cedar Rapids. Janette enjoys making crafts, doing puzzles, and playing cards, such as Canasta, Hand and Foot, and Euchre.

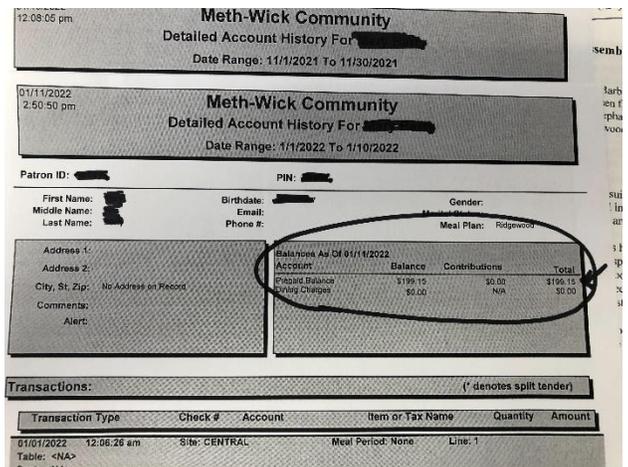
Meth-Wick Meal Minimums Go Unused:

Most residents on campus have a meal minimum. RidgeWoods residents are on a six-month cycle, and Manor residents have a monthly minimum. It has been noted that some residents do not use all their money. Those unused funds are paid directly to Sodexo.

At a recent Central Committee meeting we had a good discussion on how to inform everyone about their balance and help them spend their money. There were several suggestions...

- Inviting friends, family, fellow residents to a meal and then pay for theirs – treat someone to dinner!!
- Notice on each meal statement sent to a resident shows the balance as of the day the statement is printed (area circled.) Any resident can, of course, call the accounting office at any time to also verify your current balance (campus extensions 532, 626, or 617.)
- **Special events!** Reminders include flyers posted on bulletin boards, in mailboxes and on channel 16.

We will introduce our new dietician as well as go over the Bite app at an upcoming Nutrition Talk.



Program Updates:

By Eryn Cronbaugh (297-8620)

Director of Wellness and Recreation

Email: ecronbaugh@methwick.org

Valentine's Craft

Get a head start on your Valentine decorating by making a pretty, floral wreath in Live. Laugh. Learn. Center at 2:00 p.m. on Friday, January 28. A sample is available at The Manor front desk.



Grab and Go Hot Chocolate Bar

Come to Live. Laugh. Learn. Center between 2:00-3:00 p.m. to grab a "to-go" cup of hot chocolate. You can add a variety of things to doctor it up a little or leave it plain. Take it with you and enjoy the warm-up on Monday January 31.

Brain Benders

Are you ready to stretch your brain? How about working on some brainteasers to increase your brain function? Join us on Tuesday, February 1, for our next round of Brain Benders! We will gather in Live. Laugh. Learn. Center at 2:00 p.m. This is not a competitive program; it is just fun "brain food."

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 is fun! If you do not want to play, we can always use a good cheering section! Join us at 2:00 p.m. on Wednesday, February 2, in Live. Laugh. Learn. Center.

Movie & Popcorn: *No Time to Die*

Our movie for Monday, February 7 will be *No Time to Die* starring Daniel Craig for his last role as James Bond, starring alongside OSCAR-winner Rami Malek. Bond has left active service and is enjoying life in Jamaica. His peace is short-lived when his old friend Felix Leiter from the CIA turns up asking for help. The mission to rescue a kidnapped scientist turns out to be far more treacherous than expected, leading Bond onto the trail of a mysterious villain armed with dangerous new technology.

The movie begins at 1:30 p.m. in Live. Laugh. Learn. Center. Please sign up at The Manor front desk. This movie is rated PG-13 and runs 2 hours 43 minutes.

Swamp Fox Book Review

We are thrilled to have our friends from Swamp Fox Book Store (a small, independent bookstore in Marion) with us on Tuesday, February 8, at 2:00 p.m. in Live. Laugh. Learn. Center to educate us on our current book! Join us!

Larry Jensen Piano Performance

We are excited to have a new (to us) performer to add to our calendar named Larry Jensen. Larry is originally from Wichita, KS, and currently lives in the Iowa City area. He plays solo piano, with a variety of styles. You can check out his website at www.larryjensenmusic.com if you would like to sample his style prior to the performance. Sign up at The Manor front desk for this program. We will begin at 2:00 p.m. in Live. Laugh. Learn. Center on Wednesday, February 9.

Cocktail Club February 10

Sign up for the next Cocktail Club event by calling 319-297-8632 to reserve your seat! Enjoy a chocolate cherry martini with cheese tasting for \$10. This gathering will be held at Manor Key Club from 3:00-4:00 p.m. on Thursday, the 10th.

Cooking Class Lunch

Our Cooking Class Lunches for February will be held on Friday, February 11, and Thursday, February 24 at 11:30 a.m.



Sign-ups will begin at 8:00 a.m. on Thursday, February 3. Please call The Manor front desk to sign up. Groups will be limited to fifteen participants, and a charge of \$5 will be added to your Meth-Wick bill.

Pictionary

It is that time of year when indoor games can be so much fun! Join us for a game of *Pictionary* on Friday, February 4, in Live. Laugh. Learn. Center. We will begin the game at 2:30 p.m. No experience or artistic ability necessary...just come join in the laughter!



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In Memory:

Joyce E. Kroul

August 26, 1935 – January 17, 2022

Joyce moved to Meth-Wick in August of 2012

LaVone A. Luther

June 15, 1927 – January 20, 2022

LaVone moved to Deer Ridge in 1999

Meth-Wick Blog to Focus on Innovation

In honor of Meth-Wick's 60th anniversary the upcoming blogs will focus on innovation. Read how Meth-Wick has focused on innovation over the years.

Please go to

<https://methwick.org/2022/01/building-on-innovation-for-60-years/> to read the January blog.

'Life as it Should be'

Ninety-nine years

I am so grateful to have been able to celebrate nine-nine years of my life this past month. Almost fifteen years of the ninety-nine were spent as a resident of Meth-Wick Community.

Thank you for the beautiful flowers, cards, and telephone calls. Your thoughtfulness is truly a blessing.

Sincerely,

Bernice Brooks, Manor 310

We would like to send a heartfelt "thank you" to all of our Meth-Wick friends who have shown us so much care and love to us through cards and hugs and phone calls and prayers after the death of our daughter, Stacy. Friends like you have helped to make our burden seem lighter. We are so blessed to have your love and support. God bless you all.

Ted and Mary Le Smyth