



Arbor Place

Brendelwood Village

Deer Ridge

Greenwood Terrace

Highland Park

Oakwood

The Manor

The Woodlands

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Editor

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February 25,

2022


METH-WICK
COMMUNITY
LIFE AS IT SHOULD BE

Life AT METH-WICK

Concert Transportation Confirmation:

If you are planning to ride the bus to any of the following concerts, be sure to confirm this with Eryn Cronbaugh by calling her at 319-297-8620 or emailing her at ecronbaugh@methwick.org.

- **Chamber Concert: Saturday, March 5**

Orchestra Iowa's Chamber Concert is on Saturday, March 5. The bus will depart at 6:45 p.m.

- **Community Concert: Tuesday, March 8**

The next Community Concert is Tuesday, March 8. This is a joint concert featuring the area's top high school jazz bands! The Corridor Jazz Project pairs each band with an adult professional, and they record together for the annual Corridor Jazz Project CD. This year, the CD release party returns to the Community Concerts! You will hear the top jazz bands from Cedar Rapids, Marion, Iowa City, and surrounding communities, divided between 5:30 and 7:30 sessions.

If you plan to ride the Meth-Wick bus, please contact Eryn as soon as possible to confirm your transportation, and **which** concert you plan to attend. The bus will depart at 4:30 P.M. FOR THE FIRST CONCERT, and 6:30 P.M. FOR THE SECOND, dropping off residents to the second concert, while picking them up from the first.

- **Masterworks Concert: Saturday, March 12**

The next Masterworks Concert for Orchestra Iowa will be held on Saturday, March 12. The bus will depart at 6:30 p.m.

- **Joyful Noises Concert: Saturday, March 26**

We are happy to be offering transportation to the *Joyful Noises Concert* in support of Family Promise, which will be held on Saturday, March 26. If you are interested in attending, tickets are on sale. They are \$20 ahead of time, and \$25 at the door. The concert will be held at The Olympic Southside Theatre in the New Bo District. There is elevator service to the concert area. Transportation sign-up is at The Manor front desk. The bus will depart at 6:00 p.m. for to 7:00 p.m. concert.

Bus Trip to Noelridge Greenhouse

You may have seen advertisement lately that the greenhouse at Noelridge Park is open for tours, visits, and enjoyment! We are thrilled that they are having groups come in as well and that they are fully ADA compliant. We have arranged a tour at the greenhouse on Wednesday, March 9. You must sign up at The Manor front desk and the bus will depart at 1:00 p.m.

You may want to dress in layers as it will be warm inside the greenhouse. There is no cost beyond the transportation cost to this outing.

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

Cedar Rapids Bank and Trust

Meth-Wick is a branch location for Cedar Rapids Bank and Trust! This 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
9:30 Greenwood Terrace Nurse's Office
10:00 Knapp Conference Room (Manor)

They are willing to help with all your banking needs!

Home and Health Telephone Extension -- 654

There has been some confusion over what phone number to call for Home and Health Services. Please call campus extension 654 if you need to schedule transportation or services with Home and Health. Do **NOT** use extension 675, as it has been reassigned to a different department.

Welcome to Meth-Wick!

George and Erika Walker moved to Oakwood 204 this week from their home in Indiana.

Erika was born in Canonsburg, PA, was raised in Houston, PA, and graduated from Chartiers High School in 1958. Erika went on to attend Capital University in Columbus, OH, where she received her BA in English Literature. In 1964 she received her Master's in Library Science from Case Western Reserve University in Cleveland, OH.

George was born in Chillicothe, OH. He moved to Michigan City, IN in 1954 and is a 1958 graduate of Santa Fe High, in Santa Fe, NM. George went on to receive his bachelor's degree from Wesleyan University in Middletown, CT and received his Master's in Physics from Case Western Reserve University. In 1966 he received his PhD in Theoretical Physics. George went on to become a Tenured Professor at Indiana University from 1970-2001. George also worked as the Dean of the Graduate School and Vice President of Research. George continued his career as Senior Scholar at Carnegie Foundation for the Advancement of Teaching until 2006. George also worked as the Vice President of Research and the Dean of the Graduate School at Florida International University in Miami and Cleveland State University. He was also interim Provost at Cleveland State until 2014. George now works as a consultant in academic analytics and is a Senior Advisor and mentor at University of Charleston in Charleston, WV.

Erika and George married on June 6, 1964, in Columbus, OH. Erika became a homemaker and raised their three children. Their children are Elizabeth "Beth" McCollum of Mt Vernon, IA; Patricia Walker of Colorado Springs, CO; and Christopher "Chris" Walker of San Francisco, CA. All their children are married, and they have five grandchildren. Erika and George identify as Protestants. They will be looking for a place of worship once moved to Meth-Wick.

Erika enjoys being a mother to three great children and having five grandchildren. She also enjoys reading, crossword puzzles, hiking, traveling, socializing, and quality time with friends. George enjoys being an active physicist and academic advisor. He enjoys singing, hiking, traveling, and reading.

Are you Bored? Looking for a way to be Helpful and Meet New People? Sally's Gifts Needs You!

Sally's Gifts can be a positive answer to any of those questions. Sally's is looking for more volunteers to fill shifts each month. The shop is open 9:30 am to 11:30 am and 1:30 pm to 3:30 pm on Monday -Friday and from 9:30 to 11:30 on Saturday—that is about forty-four shifts each month. There are currently twenty-two volunteers at Sally's, with varying amounts of shifts. During the winter, some volunteers are gone to warmer areas and others would rather stay home during the cold weather, so there are times when Sally's Gifts is closed.

If you are interested in volunteering please contact Stephanie Frantz (Manor), who is the trainer and the scheduler for the shop.

Program Updates:

By Eryn Cronbaugh (297-8620)

Director of Wellness and Recreation

Email: ecronbaugh@methwick.org

Spirituals with Betty Debban and Linda Strauser

February is *Black History Month*. To acknowledge, in a small way, the rich cultural heritage, triumphs and adversities that are part of our country's history, two of our residents will present a program of Ten Spirituals. Linda Strauser, soprano, will sing each spiritual followed by Betty Debban, pianist, playing an arrangement of the spirituals. Please join us **TODAY**, Friday, February 25, at 2:00 p.m. in Live. Laugh. Learn. Center for this program. Please sign up at The Manor front desk.

Book Club

Join us in Live. Laugh. Learn. Center at 2:00 p.m. on Monday, February 28 for Book Club. We will be discussing our February read and will pick up the book to read for March. We would love to see you for the discussion!

Movie & Popcorn: *American Underdog*

Our movie for Tuesday, March 1, will be *American Underdog*, which is based on the true story of Kurt Warner, who longs to become an NFL player.

The movie is rated PG and runs 1 hour 52 minutes long. It will begin at 1:30 p.m. in Live. Laugh. Learn. Center.

Nutrition Connection:

Dietitian's Top 10 Superfoods!

What is a Superfood, and what are the BEST superfoods for you? Join our dietitian, Alicia Vance Aguiar, on Friday, March 4 at **2:30 p.m.** in Live. Laugh. Learn. Center. She will recommend her top 10 Superfoods and will discuss their benefits!



Kubb Game

Join us for our next game of Kubb! 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 is fun. If you do not want to play, we can always use a good cheering section as well! Games begin at 2:00 p.m. on Monday, March 7, in Live. Laugh. Learn. Center.

Swamp Fox Books

If you are interested in hearing about the latest new books or are wanting to learn about a book you may have missed, stop in Live. Laugh. Learn. Center at 2:00 p.m. on Tuesday, March 8, for a book review from Swamp Fox Books, a small, local bookstore in Marion.

You can even purchase books to take home with you if you would like.

Lent Begins March 2

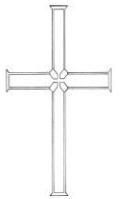
Lent is a time of preparation, prayer, and almsgiving. Lent includes Ash Wednesday as well as Holy Week and culminates in the celebration of the Resurrection of our Lord Jesus on Easter Sunday.

We will mark the beginning of Lent on March 2, Ash Wednesday, with a service in Live. Laugh. Learn. Center at The Manor. The service will be at 2:00 p.m. and ashes will be distributed. Please note that you must sign up to attend this service.

To help with the practice of daily prayer and spiritual preparation during Lent, devotional booklets will be available for residents at the following locations on campus: The Manor front desk, Greenwood Terrace mailroom, and Deer Ridge front desk (see the receptionist). The booklets will be available on March 1. For those living in other areas please contact the chaplains at 319-297-8622. You can also email us at chaplains@methwick.org.

We hope that this Lenten season will be a time of peace and the presence of the divine for you. We look forward to seeing you at the Ash Wednesday service on March 2.

Chaplains Terry and Kristy





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Cedar Rapids, IA 52405

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In Memoriam:

Mary Lou Mottet

August 8, 1931 – February 7, 2022

Mary Lou moved to Meth-Wick in June of 2017

Nadine Y. Vandercook

February 10, 1927 --- February 15, 2022

Nadine moved to Meth-Wick in September of 1998

Lucille Wittenmeyer

July 5, 1922 – February 20, 2022

Lucille moved to Meth-Wick in February of 2006

Red Cap Drivers Needed

We need a few more volunteer drivers for our Red Cap Intercampus Transportation system. If you like to drive and would not mind being on the schedule one to two times a month, please contact our volunteer scheduler, Janet Blackledge at 319-361-0971 for more information. We would love to have you drive our residents back and forth across campus.

March Cooking Class Lunches

Our cooking class lunches for March will be held on Friday, March 4 and Thursday, March 24. Please note that the meal will include seafood due to the Lenten season. Please talk with Dining Services if you have any allergies or concerns.

Sign-up sheets will be available **beginning Thursday, March 3 at 8:00 a.m.** Please sign up for the lunches at that time by calling or stopping by The Manor front desk. Lunches will start at 11:30 a.m. and will have a \$5 charge to your Meth-Wick bill.

Cocktail Club at Manor Key Club

Thursday -- March 10 -- 3:00 p.m.

Cocktail and Appetizer \$10

Sign up with Dining Services