



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

Exciting Fitness Zone Update!

Starting April 4, the Fitness Zone will be open 24/7 again, with no appointments needed if you have completed a Fitness Zone Orientation.

If you have not done the Fitness Zone orientation you will need to do so to get your Key Fob activated to get in the Fitness Zone door. The Fitness Zone will be open for Staff as well if you complete the Fitness Zone orientation. Sign up today! Note: Sign-ups will be on a continuous basis.

Fitness Staff have allotted the following times in April for Fitness Zone Orientations:

- Mondays at 10:30 a.m. and 2:00 p.m.**
- Tuesdays at 9:30 a.m., 11:00 a.m. and 2:00 p.m.**
- Wednesdays at 10:30 a.m. and 2:00 p.m.**
- Thursdays at 9:30 a.m. and 11:00 a.m.**
- Fridays at 10:30 a.m.**

Upcoming Concert Transportation:

- ***Joyful Noises* – March 26**

Please sign up at The Manor front desk for transportation to the *Joyful Noises* concert on Saturday, March 26. The bus will depart at 6:00 p.m. Tickets can be ordered for \$20 as an early bird by calling Kay Galli at 319-361-4234 or e-mailing billkaygalli@gmail.com. Tickets are \$25 at the door.

The concert features Blue Rapids, Craig Erickson, Diamond Rountree, Deep Dish Divas, Lisa Moy, Metro Mix, and Red Cedar Chamber Music, and is a fundraiser for Family Promise, which provides temporary shelter opportunities for homeless families.

- **Orchestra Iowa Masterworks**

If you are planning to ride the bus for the Saturday, April 2 Masterworks concert, please confirm or cancel your ride with Eryn at 319-297-8620 or ecronbaugh@methwick.org. The bus will depart at 6:30 p.m.

- **Community Concert**

The last Community Concert for the season will be Tuesday, April 5. If you are planning to ride the bus for the concert, please confirm or cancel your ride as soon as possible with Eryn at 319-297-8620 or ecronbaugh@methwick.org. It is important to determine numbers early so we can secure additional transportation if needed.

Thank you!

One of the last times I was with Bruce, he was still hoping that all of you wonderful folks living at Deer Ridge will keep up the good work he helped get going at the garden on the hill, especially the tomatoes.

*Shirley Alexander
Sons, Mark and Scot
Six grandkids spread
throughout the east and west*

Although words cannot express how appreciative we are of the outpouring of kindness and support you have given us during Terry's long recovery, we extend a heartfelt thank you to our neighbors, friends, and staff for their time, kind words, and prayers.

*Terry, Shirley, Mark
and Lynne Lamb and the rest
of the Lamb family*

Thanks to everyone who remembered my birthday. My grandmother lived to be 100. So, I am going to strive for 100 just to see what it feels like at the century mark.

Deloris Luse

Bug Spray Resumes:

Bug spraying on the normal schedule in the buildings on campus will begin again April 1.



Wesley and Nancy Nygren will be making their new home at Deer Ridge 243 at the end of the month.

Wes was raised in Lindstrom, MN. He graduated from high school there in 1957 and later graduated from Minnesota School of Business as a Court Reporter. His first job was in Cleveland where he and Nancy met. In early 1962 he joined the USAF. He and Nancy were married at Lackland AFB in San Antonio on July 13, 1962. They also lived in Japan and Washington DC.

After military service, Wes worked as a Court Reporter for Polk County in Des Moines where their twin daughters were born. In 1974 the family moved to Cedar Rapids where, until 2010, Wes was co-owner of Kool & Nygren, Inc., a free-lance court reporting firm. In the later years, because of some hearing loss, Wes had begun transitioning to "Plan B" and became a Certified Legal Video Specialist. He retired from Nygren Videography on his 80th birthday.

Nancy's hometown is Upper Sandusky, Ohio. After graduating from high school in 1956, she attended Otterbein College, graduating in 1960 with a BS in Business Ed. She later received an MA from Coe. She first worked for Pan Am in Cleveland. In each place Wes was stationed, she taught and/or worked on base. Once they moved to Cedar Rapids, Nancy taught at Linn-Mar. Nancy began the Job Shadowing program and eventually became the first Metro JS Coordinator. After retiring in 2001, she continued her interest in personalities and became a Certified Personality Trainer under Florence Littauer. She also enjoys piano and reading. She is a member of P.E.O. Chapter LI.

Their daughters are third generation (MA) teachers. Sheryl Collett teaches at Prairie Hill; Shayna teaches for the Forest Lake District in MN. Wes and Nancy have seven grandchildren.

Since joining St. Paul's UMC in 1975, they have been members of Compass Class and active volunteers. In the mid-90's Wes helped install a tech center at the church. He continues to work with videotaping, livestreaming, etc. In 1992 he joined a *Volunteers in Mission* team that traveled to Zimbabwe to help construct classrooms for the new Africa University, a project of the UMC. Wes enjoys woodworking and technology. Together Nancy and Wes have enjoyed ballroom dancing, travel, biking, and Canasta. Nancy has been active in congregational care and focused more recently on leadership in Stephen Ministry. She is a member of UMW's Deborah Circle.

Louise McMaster will be moving to Oakwood 106 on March 31. Watch for her welcome in the April 8 issue.

Program Updates:

By Eryn Cronbaugh (297-8620)
Director of Wellness and Recreation
Email: ecronbaugh@methwick.org

Information for the next issue of *Life at Meth-Wick* should be in writing to Eryn by Friday, April 1. You can do so through campus mail or at the email above. The next issue is Friday, April 8.

Movie & Popcorn: *Belfast*

Our movie for today, Friday, March 25, will be *Belfast*, which is rated PG-13, and runs 1 hour 38 minutes. We will begin the movie at 1:30 p.m. in Live. Laugh. Learn. Center. It features Judi Dench, Jamie Dornan, Caitriona Balfe and Ciaran Hinds in this British-Irish drama centered on a glamorous working-class family and their young son's childhood, as they get caught in the mayhem of Belfast's troublesome times.

Book Club Discussion

Monday, March 28 at 2:00 p.m.
Live. Laugh. Learn. Center

M&M Scholars with Dr. Phil Drey:

The World of the Bible: Archaeology and Scripture

We hope you sign up to join us for our second M&M Scholars event with Dr. Phil Drey. He will be in Live. Laugh. Learn. Center on Wednesday, March 30, at 2:00 p.m.. Bible and archaeology—two terms that when linked together conjure up the romantic ideas of death-defying escapes, incredible finds, and discovery of lost civilizations.

For more information on the program – refer to the last issue of *Life at Meth-Wick*.

Meet KCRG Meteorologist -- Jan Ryherd

We are pleased to welcome KCRG Meteorologist, Jan Ryherd, to our campus on Wednesday, March 30, at 2:00 p.m. in Live. Laugh. Learn. Center. Jan will share about some severe weather myths vs. facts, talk about the 2020 derecho, and more!

Jan moved back to Iowa to join the KCRG-TV9 First Alert Storm Team during the August 2020 derecho. It was a whirlwind of a first few days, but Iowa's crazy weather is exactly why Jan wanted to be a meteorologist. Growing up in north-

central Iowa, she fell in love with the dramatic and ever-changing weather at a young age and loves that her job keeps her on her toes.

Please sign up at The Manor front desk!

Harp Strings 2

Sign up at The Manor front desk for April 7 at 2:00 p.m. in Live. Laugh. Learn. Center. Red Cedar's core ensemble and directors Miera Kim and Carey Bostian are joined by internationally acclaimed harpist Katherine Siochi for a program of music with harp, violin and cello. Katherine, the principal harpist of the Kansas City Symphony, first joined them as a guest artist in 2018. She grew up in Iowa City where she studied at the Preucil School of Music. They will reprise the brilliant and challenging work, *toque de azul*, which Katherine's brother Jeremiah wrote for us in 2018. The program also includes a new work for the trio by Red Cedar's composer-in-residence, Michael Kimber, as well as works by Still, Ibert, Ravel and Debussy.
Special thanks to Artist Sponsor Juanita Dennert.

Volunteer Opportunities!

Sally's Gifts Clerk: Looking for individuals to work a 2-hour shift in the morning or afternoon 1-2 times a month. Training is provided. Please contact Judy Workman at 319-390-0571 for more information.

Red Cap Drivers: Looking for volunteers to drive our intra-campus transportation car 1-2 times per month. Please contact Janet Blackledge at 319-361-0971 for more information.

REMINDER: All volunteers must abide by Meth-Wick's vaccination policy, and need to be fully vaccinated, or apply for, and receive an approved exemption.

More Derecho Cleanup on Campus

The City of Cedar Rapids continues cleanup and will be working at Meth-Wick beginning in April. Their work includes the disposal of tree and vegetative debris from critical waterways throughout the community. We have granted the City a temporary Construction/Access Easement for Vegetative Debris Removal. They will enter the property and remove and dispose of fallen/damaged trees located within the floodway. The work will focus on exterior cleanup that threatens critical city infrastructure.



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Cedar Rapids, IA 52405

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In Memoriam:

Richard J. Wilford

August 29, 1934 – March 15, 2022

Richard moved to Meth-Wick in May of 2019

Odessa R. Stout

December 28, 1920 – March 16, 2022

Odessa moved to Meth-Wick in December of 2008

Cedar Rapids Bank and Trust

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!



Happy 90th Birthday!

"Feisty Irish Gal" **Beverly Hannon** is turning 90!

You are invited to an open house from 2:00-4:00 March 26th in the Deer Ridge dining room.

Enjoy cake, lemonade and coffee.

Bev also plans to deliver cake to Deer Ridge neighbors who are not able to attend. Please join us!

P.S. The partyware will be eco-friendly in honor of Earth Hour at 8:30 p.m. that evening.

Chauffer Transportation Reservations

When making a reservation with The Manor front desk for a ride with the chauffeur – it is important to have the complete address of where you are going. We have a lot of riders. You may have gotten a ride there before, but we still need you to give us the address.