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Brendelwood Village

Deer Ridge

Greenwood Terrace

Highland Park

Oakwood

The Manor

The Woodlands

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Vol. LXI

No. 10

May 27,

2022



LIFE AS IT SHOULD BE

Life

AT METH-WICK

Derecho Damaged Trees

By Tim Pendergast, Director of Facilities

Anyone who has been to the Meth-Wick campus since the August 2020 Derecho knows that it destroyed hundreds of our beautiful trees.

Many people have asked about how our progress has been going since that time. Last year (2021), Landscaping planted over 370 replacement trees, utilizing over 20 varieties.

This year approximately 200 more will be planted in the common maintained areas.

While we have removed many downed trees throughout the campus, there are hundreds of other downed trees in our Low Maintenance Common Areas, defined in the Landscaping Policy as:

- Natural areas not routinely mowed are managed as “Low Maintenance” areas. Dead trees (standing or fallen) in these areas will not be cared for unless they pose a threat to people or facilities.

These areas had a minimum “Derecho Clean-up” to remove snags and some of the debris. We have requested price quotes to clean up these areas some more but believe because of the terrain and accessibility the costs will become extremely cost prohibitive. While the cost may be too high, and the funds could be better used elsewhere, there are other considerations for leaving these areas as they are.

Let Fallen Trees Lie (from an article in a Nature Journal)

On neat, manicured lawns, any stray dandelion or pile of leaves is quickly removed for the sake of appearances. In the woods, it’s a different story.

In short, it’s less about tidiness and more about ecological function. Whether the tree falls due to rough weather or rot, the result is actually beneficial to the surrounding environment. Small animals can take shelter in or beneath the woody structure; deer can nibble on the remaining leaves on the branches; and, as a grand finale, the decomposing organic material will enrich the ground beneath it as fungus moves in to break it down.

“When examining the natural world, a fallen tree is a great place to start. You can find detritivores, small mammals nesting underneath, salamanders navigating their way through the inside, and much more,” says Nina Valentin, Heritage Conservancy’s Conservation Steward. “If you could crack the log open you would find a miniature metropolis of organized creatures.”

So if you’re on a hike and happen to see a fallen tree on the ground, take a moment to examine the soft, nutrient-rich woody (cont’d on pg. 4)

The next issue of *Life at Meth-Wick* will be Friday, June 10. Information should be in writing to Eryn Cronbaugh by noon on Friday, June 3. You can do so through campus mail or email at ecronbaugh@methwick.org



Thanks to all my Meth-Wick friends who remembered me on my birthday, May 13th. I really appreciated all the cards and expressions of well-wishes. It truly made the day special.

*Blessings,
Karen Ramaker, Greenwood*

We would like to thank the Team at The Woodlands for the wonderful care Terry Lamb received.

We appreciate all of the kind words, cards, and support we have received over the last few months from our Meth-Wick friends and family.

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

Thanks to all who have sent cards following my hip surgery. All the positive thoughts move me down the road toward recovery.

Barb May



Suzanne Griggs will be making her new home at A205 Greenwood Terrace on May 31. Suzanne was born and raised in Geneseo, Illinois. She graduated from Geneseo High School, and following high school, she attended Coe and earned a degree in sociology and education. She began teaching elementary students in The

Cedar Rapids Community School District and then went to graduate school at the University of Iowa and became a reading specialist. She worked at the Cedar Rapids Community School District for 30 years, retiring in 1989.

When Suzanne was married for 3 years and pregnant with her first child, her husband died. She later married Carrol Griggs and they were married for 38 years when he passed away in 2003. Carrol was a trust officer at Merchants Bank. Carrol brought 2 children to their marriage and Suzanne brought one child to their marriage. They became one family and Carrol and Suzanne had one child together. Their children are Robin, who lives in Colorado, and Stefanie, Stacy and Steve, who all reside in Cedar Rapids. She has 8 grandchildren.

Suzanne enjoys reading and is involved with two book clubs. She also has spent time volunteering at Mercy Hospital. She is a docent at Bruce Moore and formerly served on the board for foster care and is involved with the Catherine McCauley Center. She enjoys travelling and loves the theater. She tried out for a role in *Steel Magnolias* at Theater Cedar Rapids, was cast, and found the experience to be very enjoyable.

Doris Waid moved into Manor 236 on May 26. We will welcome her in the next issue of *Life at Meth-Wick*!

Shopping Outing Interest

Prior to the start of the COVID-19 Pandemic, we used to take shopping trips on the bus once a month to Target, and once a month to WalMart. We are trying to gauge interest in these trips again, and need your help. If you might be interested in one of these trips, please contact Eryn at 319-297-8620 or ecronbaugh@methwick.org to let her know. If there is enough interest, we will start something by July at the latest!

Cedar Rapids Bank and Trust

Remember, 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!

Welcome to Meth-Wick (Continued!)

Roger Johanson and Judy Vopava will be moving to Manor 107 on June 7. Roger was born in Sioux Falls, SD, moved to White Bear Lake, MN, and graduated from White Bear Lake Senior High School in 1967. He went to Luther College and earned his Bachelor's Degree in Mathematics and Psychology, and earned his Doctorate in Mathematics Curriculum and Instruction from Cornell University. Roger taught in South Dakota, New York, Minnesota, and Wisconsin, before coming back to Iowa. He worked at Coe College for 30 years teaching mathematic fundamentals and acting as the Director of Teacher Education.

Judy was born in Decorah, IA and grew up in Ridgeway. She graduated from Crestwood High School in 1968. Judy continued her education at Luther College and completed her Bachelor's Degree at Augustana College in Sioux Falls. Judy also earned her Doctorate in Psychology from Cornell University. She taught at various colleges for 12 years and transitioned into the role of academic advisor at the University of Iowa. She retired in 2015.

Roger and Judy married on August 21, 1971. The couple has two children, Bruce of Cedar Rapids and Kira of Essex Junction, VT. Judy and Roger agree their greatest accomplishments are their children and grandchildren. Judy is also proud of her work with college students, especially helping first-generation students adjust to college. Roger is very proud of his accomplishments as a college athlete; making it to four cross country National Meets and a track National Meet, while at Luther. Roger earned a Fulbright scholarship to study computer literacy in Costa Rica. He continued to give others this opportunity, taking ten college student study trips to Costa Rica over a 20-year period.

Judy and Roger are currently members of First Presbyterian Church of Mount Vernon. They are both actively involved with their church, but have slowed down due to the pandemic. They are also currently members of a book club. Roger is a member of the League of Women Voters. Roger and Judy enjoy playing bridge, reading, and puzzles. Roger maintains his active lifestyle and continues to run.



Chaplaincy Services at Meth-Wick Community

We all know that a balanced lifestyle is important to our health and happiness. Social interaction, exercise, recreational programming, and trips out to the greater community are all essential to our residents here at Meth-Wick. For many people, spirituality and religion can be another important part of their lives. We are fortunate to have two part-time chaplains on staff who coordinate, provide, and moderate Sunday worship services, Bible study/devotions, and support groups across campus.

Here is a summary of the spiritual services provided for residents.

- Ecumenical Sunday worship services are held at 9:00 a.m. at Live. Laugh. Learn. Center at The Manor, as well as at The Woodlands and Arbor Place. ***Please sign up at The Manor front desk each week.***
- Bible study meets on Tuesdays at 9:30 a.m. in Wick Private Dining Room at The Manor.
- Weekly devotions are provided for residents of Custom Care, Arbor Place, and The Woodlands.
- Two Support Groups meet monthly in Wick Private Dining at The Manor.
 - Life Beyond Loss (Bereavement Support Group) meets on the second Monday of each month at 10:00 a.m.
 - Caregivers group (supporting people who are primary caregivers for their spouse, family member or friend) meets on the third Monday of each month at 10:00 a.m.

We are currently studying the book of Genesis in our Bible study group. We have a vibrant and stimulating discussion each week. All are welcome to join the independent living worship services, Bible Study, and support groups.

If you would like more information, have any questions, or would like to speak with the chaplains for any spiritual needs, please contact them via e-mail at: chaplains@methwick.org or call (319)297-8622. (Campus ext. 622).



Derecho Damaged Trees (cont'd from pg. 1)

pulp that's settling into the soil, or the holes drilled into the bark from woodpeckers feeding on burrowing insects. It just goes to prove that the value of a tree lasts even after it's no longer standing!

After all, downed trees, open the forest canopy, allowing for more light. They also provide shelter for small animals such as rabbits, chipmunks, and squirrels, and serve as a food source for deer and other animals that eat tree bark. More than that, as fallen trees rot and break down, their remains fertilize the ground, benefiting forest growth.

Decaying logs retain moisture and nutrients that benefit new plant growth and support soil organisms. Young trees sometimes sprout from a downed limb known as a nurse log, and dead wood serves as a ground cover, reducing soil erosion and preventing animals from over-browsing seedlings. As well, wildlife trees become softer as fungi, bacteria, and wood-boring insects eat and break down the wood.

These areas of our campus were established over decades, some of the destroyed trees were over 200 years old. Clearing the areas with heavy equipment would destroy the built-up nutritional humus and require extensive grading for erosion control.

So, while we will check on the cost of doing some further clean up, our plan is to plant a variety of seedlings to help with reestablishing "forest like" wooded areas with the minimum disturbance to the existing natural conditions.

Voting Transportation

Would you like a ride to the polls? Please sign up at The Manor front desk. The bus will depart at 2:00 p.m. on Tuesday, June 7. There is no charge for this service.



Fish Food Is Now Available!

The water is warm enough, and Sally's Gifts will have fish food in stock by the week of May 30! Fish food packets are \$1.25 each and will be able to be purchased at The Manor front desk, or in the gift shop!

Memorial Day

Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U. S. military. Memorial Day 2022 is May 30.

Originally known as *Decoration Day*, it originated in the years following the Civil War and became an official federal holiday in 1971. Unofficially, it marks the beginning of the summer season.

Each Memorial Day we take time to remember the residents we have lost since the previous Memorial Day.

Bruce Alexander

Fred Balster

Jeanne Ciha

Ginny Cronbaugh

Thomas Dunlap

Robert Fisher

Kathy Hall

Jo Hedrick

Elaine Johnson

Betty Knupp

Terry Lamb

Bill Lonergan-Highley

LaVone Luther

Mary Lou Mottet

Don Nau

Dawn Nylin

Betty Scheible

Fr. Phil Schmitt

Mary Stearns

Odessa Stout

Mary Streit

Nadine Vandercook

Ruth Wesbrook

Lucy Wittenmeyer

Shirley Zimmerman

Dick Andersen

Patricia Charipar

Marjorie Clemens

Harley Donald

Bea Entrekin

Linda Grote

Barb Harker-Palmer

Evelyn Hollister

Noreen Kime

Joyce Kroul

Carol Loesch

Bertha Long

Jeanette Madsen

Bob Moubry

Thomas Nurre

Helen Saunders

Joyce Schmidt

John Skogsbergh

Hazel Storm

Ruth Streed

Richard Truxaw

Dr. Mary Weimer

Richard Wilford

Myrtle Yanecek

New Merchandise in Sally's Gifts!

Have you been by Sally's Gifts lately? Stop by the gift shop at The Manor for a new selection of snacks. We have stopped selling chips, as they weren't a big seller, but have added new snack items for you to try. We also have individual containers of Boost available if you need a nutritional drink.

Also, check out our selection of Patriotic gift items! You can prepare for Memorial Day, Flag Day, and Independence Day!

Program Updates:

By Eryn Cronbaugh (319-297-8620)
Director of Wellness and Recreation
Email: ecronbaugh@methwick.org

Nutrition Connection: Intuitive Eating

Do you want to improve or understand your relationship with food? Intuitive Eating is non-diet approach to eating that rejects the diet mentality by making peace with food, honoring your hunger, and resisting the "food police" mentality that pervades our culture. We will be holding an informational session **TODAY**, Friday, May 27, in Live. Laugh. Learn. Center. at 2:30 p.m. to introduce these concepts and more as we discuss thoughts about restrictive eating, what a diet mentality is, and how it affects our mental health.

M&M Scholars: Dr. Joe Hendryx

Dr. Joe Hendryx is an assistant professor of English at Mount Mercy University. He specializes in 20th and 21st century American poetry. He is currently putting together a literature course on science fiction, and we get to benefit from and enjoy his research and coursework! If you don't consider yourself a "Science Fiction" fan, don't let it discourage you. Science fiction has a fun and strange history starting way back with texts from the 1600's. It also parallels well with the history of changes in popular media, like novels to pulp magazines to film and television.

Join Joe for this M&M Scholars program on Tuesday, May 31 at 2:00 p.m. in Live. Laugh. Learn. Center. ****Please sign up at The Manor front desk.**



June Birthday Party

Were you born in the month of June? Please join us for our June birthday party at 2:00 p.m. on Wednesday, June 1 in Live. Laugh. Learn. Center. We are

excited to be able to celebrate together! (If your spouse was born in June, you're welcome to join them at the party!)

Cooking Class Lunches

Our first Cooking Class Lunch of June will be Thursday, June 2 in Live. Laugh. Learn. Center. Lunch begins at 11:30 a.m. The second lunch of

June will be held on Wednesday, June 22. ****Sign ups will open on Tuesday, May 31 at 8:00 a.m.** We realize this is a different sign-up window than usual, so please be aware. Please sign up at The Manor front desk.

Tech Time

If you want some help figuring out how to do something with your smart phone or tablet, please join us at 2:30 p.m. on Friday, June 3 in Live. Laugh. Learn. Center. Please make sure your device is fully charged!

Brain Benders

It's time to challenge your brain! Join us Monday, June 6 at 2:00 p.m. in Live. Laugh. Learn. Center for this fun opportunity.

M&M Scholars: Dr. Phil Drey

Our next M&M Scholars program will be a continuation of Dr. Phil Drey's previous program: *The World of the Bible: Archaeology and Scripture*. He left off on Exodus last time he was here, and we're excited to learn more! Professor Drey is an Assistant Professor in Religious studies at Mount Mercy University. Please join us at 2:00 p.m. in Live. Laugh. Learn. Center on Wednesday, June 8. ****Please sign up at The Manor front desk.****

Class Act-Lunch Outing-June 9

Our lunch outing for Thursday, June 9 will be to The Kirkwood Hotel's Class Act restaurant. Please sign up at The Manor front desk. The bus will depart at **12:00 p.m.**

Nutrition Connection: Hydration

Our June Nutrition Connection program will be about making sure you're getting adequate hydration! Join dietitian, Alicia Vance Aguiar, at 2:30 p.m. on Friday, June 10 in Live. Laugh. Learn. Center to learn more!

Wood Chippers Group to Resume

Do you have an interest in wood carving? We are happy to be resuming our Wood Chippers group beginning June 1. John Marion, of the Cedar Valley Wood Carvers, will be the instructor and the group will meet from 1-3 p.m. on the first and third Wednesday of each month in the Creative Arts Room at The Manor. No sign up is needed.



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In Memory:

Robert W. Mallory

March 19, 1929-May 21, 2022

Bob moved to Meth-Wick in September 2015.

Teresa Dusil's Retirement Reception!

After 40 years at Meth-Wick, Teresa Dusil has decided to permanently file away her contracts and has turned over her Wish List items to pick up her golf clubs full time!



**Join us on:
Tuesday, June 7th
2:30 pm – 4:00 pm
Hilltop Dining**

We will wish Teresa good luck in her retirement. We are in the process of finding her replacement, so until the new person is trained, don't be surprised if you see Teresa roaming the halls to fill in when needed.

Thank you, Teresa for all your years of service and all you have done for the residents and staff at Meth-Wick!

ARTSFEST Celebration

The Arts and Worship Ministries of St. Paul's United Methodist Church is holding an ARTSFEST beginning Sunday, June 12, and running through Saturday, August 6, 2022, at the church.

This festival celebrates performing, visual, and literary arts combined with educational experiences, which includes an exhibit of Robert and Joan Kocher's artwork, sourced from the Iowa community that has embraced their art, including loans from several Meth-Wick residents. Joan and Robert Kocher moved to Brendelwood Village in 2014. Bob passed away in 2020, while Joan still resides at Meth-Wick.

The show opens Sunday, June 12 with an opening reception 10:15-11:15 a.m. and remains up through the last performance of the musical, *You're A Good Man Charlie Brown*, on August 6.

We will provide a bus to the opening reception, departing at 9:45 a.m. Please sign up at The Manor front desk.