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Brendelwood Village

Deer Ridge

Greenwood Terrace

Highland Park

Oakwood

The Manor

The Woodlands

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# Life AT METH-WICK

## ***Life at Meth-Wick Changes-Joining the Digital Age!***

*By Eryn Cronbaugh, Director of Wellness and Recreation*

Beginning with the first July issue of *Life at Meth-Wick*, which will be published on July 8, we will be changing the format of our newsletter. While residents and members of our waiting list will continue to receive a print version of *Life at Meth-Wick*, we have decided to transition family members and friends of Meth-Wick to our digital newsletter available on our website.

You can already check out the digital format here:

<https://methwick.org/news/life-at-meth-wick-newsletter/>.

The publishing timeline will remain the same, with *Life at Meth-Wick* being available on the 2nd and 4th Friday of each month. The digital format will enhance access time to the information we publish and events we have scheduled. Additionally, we will link the *Life at Meth-Wick* newsletter on our Facebook page for each edition as well.

While you're visiting the website, you can also access the programming calendars for our Wellness and Recreation programs for all levels of care, copies of the *Legacy* Newsletter, the *Mindful Scoop* nutrition newsletter, and the Dietary Innovation calendar for special menu items and fun opportunities through Sodexo Food and Nutrition Services.

Please let us know if you have any questions between now and our transition date of July 8. You may direct questions or comments to Eryn Cronbaugh at [ecronbaugh@methwick.org](mailto:ecronbaugh@methwick.org) or 319-297-8620.

## **Cedar Rapids Municipal Band Concerts**

We are pleased to be able to offer transportation this year to SOME of the Cedar Rapids Municipal Band concerts. These trips will be to concerts at Ellis or Bever Parks, and will be weather permitting.

The first concert we're providing transportation to will be on Sunday, June 12 to Bever Park. The bus will depart at 6:30 p.m.

The second concert will be on Sunday, June 19 at Ellis Park. The bus will depart at 6:30 p.m. Please sign up at The Manor front desk, and speak with Eryn if you have any questions.



**\*\*IMPORTANT INFORMATION: You must take your own lawn chair, and be able to carry it yourself. These concerts take place on grassy areas, and you need to be able to walk on uneven ground, while carrying your own lawn chair safely to attend.\*\***

The next issue of *Life at Meth-Wick* will be Friday, June 24. Information should be in writing to Eryn Cronbaugh by noon on Friday, June 17. You can do so through campus mail or email at [ecronbaugh@methwick.org](mailto:ecronbaugh@methwick.org)

### **Thank You!**

To my family and friends: "Make new friends, and keep the old" is my way of saying how much I appreciate your part in helping me celebrate my 90<sup>th</sup> birthday. My sincere 'Thank You' to everyone.

*Margaret Sears*



### **Mindful Eating Group:**

Do you want to improve or understand your relationship with food? "Intuitive/mindful eating" is a non-diet approach that rejects the restrictive diet mentality.

We'll be having a 45-minute monthly guided discussion about these concepts using the workbook: *The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food* by Evelyn Tribole & Elyse Resch.

If you'd like more information, contact Alicia Vance Aguiar, at [dietitian@methwick.org](mailto:dietitian@methwick.org) or 319-297-8632 for group location and times.

### **Welcome to Meth-Wick!**

**Duane and Mary Abbey** moved to Oakwood 306 today, June 10. They were united in marriage on October 21, 1972. Duane attended Iowa State University and earned a degree in electrical engineering. He worked at Rockwell as a design engineer for 39 years, retiring in January 2005. He contracted with Rockwell for another 4 years. Mary earned her teaching degree from the University of Northern Illinois. She was an elementary teacher in the Cedar Rapids Community School District for 36 years, retiring in 2005. She volunteered at school after retirement until the pandemic. They have 2 children: Evan lives in Des Moines and Kerin lives in St. Peters, Missouri. They have 3 grandchildren. They are members of Lovely Lane United Methodist Church.

Duane enjoys spending time doing computer research for personal writings. He also spends time digitally restoring old photos and does some photographic and video work. Mary enjoys making cards. She also likes to read and is involved in two book clubs. She spends time walking and doing word puzzles. Mary also belongs to the League of Women Voters. They have both volunteered for the church for many activities.

**Ann Nagy** will be making her new home in DR 254 today, June 10. Ann was born in Anamosa and raised in Stone City, Iowa. She graduated from Anamosa High School, Clarke College in Dubuque, and University of Ottawa, St. Patrick's School of Social Welfare in Ontario, Canada. She was a medical social worker working in direct service and administration in the Milwaukee hospital system. She fully retired in 2016.

Ann and Allan Nagy were married in 1968. Allan died in 2012. He worked in research and development and in industrial sales. Ann is Catholic. She enjoys spending time with family and friends, travelling, reading, playing bridge, attending the theatre, symphony, and lectures. She is looking forward to making new friends and enjoying life back in Iowa.

**Bette Nicolls** is looking forward to making her new home at B405 Greenwood Terrace on June 20. She has enjoyed a warm welcome from the neighbors she has already met. Bette grew up in the St. Louis, MO area, where she attended Nerinx Hall High School and graduated with a degree in Sociology from Webster College. Later in life, she received a Master's Degree in Pastoral Studies from Loyola Univ. in New Orleans.

Bette and her husband, Rich, were blessed with fifty-nine years of marriage before his death in 2020. They often reminisced about their days of sailing on Lake MacBride and lakeside vacations. Favorite travels were to England, Ireland, and a family sail in the British Virgin Islands. The family moved to Cedar Rapids when Rich was employed by Square D as an engineer. Today, son Phil lives in Cedar Rapids while Jamie and his wife Michelle, live in Fairfax. Two grandchildren live out of town, Jenna in Cedar Falls, and Jason in Burnsville, MN.

Bette is an active member of St. Pius X Parish and a longtime supporter of Prairiewoods Spirituality Center. She has had a lifetime interest in faith formation so especially enjoyed ten years as a catechist/teacher in her parish. For over 20 years, she was part of a process for adults entering the Catholic Church, accompanying new members on their faith journey. Reading, discussion groups, crosswords, and playing bridge are fun activities for Bette.

## Program Updates:

By Eryn Cronbaugh (319-297-8620)

Director of Wellness and Recreation

Email: [ecronbaugh@methwick.org](mailto:ecronbaugh@methwick.org)

## Nutrition Connection: Hydration

As the weather gets warmer, our June Nutrition Connection program will focus on ways to maintain adequate hydration! Join dietitian, Alicia Vance Aguiar, TODAY, Friday, June 10, at 2:30 p.m. in Live. Laugh. Learn. Center to learn more!

## Arts Fest

Sign up at The Manor front desk for transportation to the St. Paul's ARTSFEST Celebration on Sunday, June 12. The bus will depart at 9:45 a.m. for the 10:15 a.m. opening reception at the church. This will include an exhibit of Meth-Wick residents, Robert and Joan Kocher.

## BINGO

It's time to try your luck at BINGO again! Join us at 2:00 p.m. on Monday, June 13 in Live. Laugh. Learn. Center. **\*\*Please sign up at The Manor front desk.**

## Swamp Fox Book Review

Are you looking for some new summertime reads? Join our friends from Swamp Fox Books on Tuesday, June 14 at 2:00 p.m. in Live. Laugh. Learn. Center. to see what new books they have to tell us about!

## Movie/Popcorn: *Cyrano*

Our movie for Wednesday, June 15 will be *Cyrano*, the story of Cyrano de Bergerac and the timeless tale of a love triangle. The movie is rated PG-13, and runs 2 hours 3 minutes. Please join us at 1:30 p.m. in Live. Laugh. Learn. Center.

## Ox Yoke Inn- Lunch Outing-June 16

Our lunch outing for Thursday, June 16 will be to the Ox Yoke Inn in Amana. **Please sign up at The Manor front desk.** The bus departs at 11:15.

## Charlie Becker--Ukraine

We are thrilled that Camp Courageous CEO, Charlie Becker, will join us on Friday, June 17 to talk with us about his experience taking medical and

other supplies to Ukraine as the war there was starting. Please join us at 2:30 p.m. in Live. Laugh. Learn. Center to hear more. **\*\*Make sure to sign up at The Manor front desk.\*\***

## Doug Wagner Presentation

Doug Wagner, brother of Meth-Wick resident, John Wagner, is also known to many of you as the morning voice of WMT. Join Doug on Monday, June 20 to learn more about him and his life as a radio personality! The program begins at 2:00 p.m. in Live. Laugh. Learn. Center. **\*\*Please sign up at The Manor front desk.\*\***



## First Day of Summer Milkshakes!

We will enjoy milkshakes from Sodexo for the first day of Summer on Tuesday, June 21 in Grandon Courtyard at The Manor. In the case of inclement weather, we'll move inside to the Key Club area. Join in the fun between 2:00-3:00 p.m.

## Cooking Class Lunch

The second lunch of June will be held on Wednesday, June 22 at 11:30 a.m. in Live. Laugh. Learn. Center. (Please note, this is a different time than what the calendar states). **\*\*Please sign up at The Manor front desk.**

## Cello Concert

Local musicians, Hannah Holman, cello, and Rene Lecuona, piano, will join us on **Wednesday, June 22 at 3:00 p.m.** in Live. Laugh. Learn. Center (please note the time change for this program) for a program featuring movements from their upcoming CD recording project.

They are recording the cello/piano sonatas of women composers that deserve more notoriety. They will play gorgeous music by Ethel Smyth (British 1858-1944), Henrietta Bosmans (Dutch 1895-1952), and Dora Pejacevic (Croatian 1885-1923), and will speak about the works. **\*\*Please sign up at The Manor front desk.\*\***

## Tommy's-Lunch Outing-June 23

Our lunch outing for Thursday, June 23 will be to Tommy's restaurant. The bus will depart Meth-Wick at 11:15 a.m. **\*\*Please sign up at The Manor front desk.**



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### **In Memory:**

#### **Ruth Ann Volesky**

December 1, 1919-June 3, 2022

*Ruth Ann moved to Meth-Wick in October of 2010.*

### **Welcome to Meth-Wick (cont'd)**

**Doris Waid** is making her new home at The Manor 236. Doris was born in Philadelphia, PA. She grew up in the area and graduated from Abington High School. After graduation, she went to work at Exide Batteries doing typing and shorthand, then continued her clerical work at Collins Radio, when she moved to Cedar Rapids. While her children were young, she babysat, then worked at Farmstead Meat Packing, finishing her career at Little Drug Store Co. She retired to winter in Saint Cloud, FL.

Doris and her husband, Bill, married in 1956. He was a member of the Navy. Once discharged, the family moved to Cedar Rapids for Bill to start his career at Iowa Electric. The couple

had five children, Deb of Swisher, Diane of Minnesota, Darcy of Cedar Rapids, Bill of Dubuque, and Daneen of Mount Vernon. Doris has 12 grandchildren and 14 great grandchildren. Bill passed away in 2010.

Doris is most proud of her children and being able to put all of them through college, having a long marriage, and living in her home since 1961. She is a member of the Stone Bridge Church. Doris used to enjoy sewing and cross stitch. These days, she mostly enjoys crosswords, puzzles, reading, and socializing.

### **Kona Ice Truck**

Come to Grandon Courtyard between 1:00 p.m. and 1:30 p.m. on Monday, June 13 to enjoy a shaved ice treat from the Kona Ice truck. There is no charge for this event. Just come and enjoy!

### **Mamma Mia Transportation**

We will provide bus transportation to *Mamma Mia* at TCR on Thursday, July 21. Please call The Manor front desk to sign up for transportation. Call TCR for tickets to the show!