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Deer Ridge

Greenwood Terrace

Highland Park

Oakwood

The Manor

The Woodlands

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# Life AT METH-WICK

## ***High Gas Prices are Not Just at the Gas Pump***

*By Tim Pendergast, Director of Facilities*

Our utility budget for 2022-2023 was based on projections prior to the current inflation spike. MidAmerican and Alliant say the cost of providing electricity is rising as the price of fuel climbs. Current costs and projections show heating gas pricing through June 2024 at two to three times the cost of the past few years. Whatever can be saved in electric costs will help offset the high heating gas costs for the next 2 to 3 years.

### **Energy company energy use recommendations:**

- The Department of Energy (DOE) recommends that you live with a heating temperature of 68 degrees Fahrenheit in cold months and 78 degrees Fahrenheit in hot months. Turning your air conditioner off while you're away and blasting it way down when you get home won't save energy and won't cool your home quicker, the DOE notes. Instead, try adjusting your air conditioner or heating unit up or down three to five degrees, depending on the season.
- Alliant Energy electric rates are higher in summer (May 16 – Sept. 16) than in winter. Typically, each kwh costs 20% more in summer than all other months. Fuel and transmission costs for electricity generation are a pass-through component on Alliant bills.
- Air conditioners use a lot of power, so every degree warmer you can tolerate will save energy and money.
- On average, for every degree you turn your thermostat up or down, you save 3% to 5% on your energy bills. In the summer 78 degrees is the ideal temperature to save money, but that's not ideal for everyone.
- Turn off unnecessary lights and appliances. Use LED bulbs and natural light but close shades on hot days and turn lights off when you're not there. Keep windows closed and latched while running cooling or heating.

Iowans could face rolling blackouts this summer if extreme heat and spiking demand coincide with insufficient power. But the system won't disrupt service to critical facilities such as hospitals. Officials said service would be disrupted for only about an hour at a time before rolling on to another group of customers, if required. Before interrupting power, utilities likely would first make a public appeal to customers to reduce their energy use, says Dan Custer, director of MidAmerican's electrical system control.

**A Meth-Wick recommendation:** keeping the settings as high as possible and tolerated in the summer at 76° and as low as possible in the winter at 70° in all Meth-Wick controlled spaces other than care areas.

The next issue of *Life at Meth-Wick* will be Friday, July 8. Information should be in writing to Eryn Cronbaugh by noon on Friday, July 1. You can do so through campus mail or email at [ecronbaugh@methwick.org](mailto:ecronbaugh@methwick.org)

### **Thank You!**

Those words just don't seem like enough! Wow! What a party and thank you so much for coming and your kind words! It was so nice to see each of you and I loved reading all the cards, reminding me of details of the many years at Meth-Wick.

I have always enjoyed being a part of Meth-Wick and felt fortunate to work with such good people – residents, board, and staff. The culture is so friendly & honest and walking into work each morning on this beautiful campus was a treat.

It has been a fun and fulfilling career thanks to all of you (and those before you.)

*Teresa Dusil*

A big thank you to all my friends here at Meth-Wick for the cards, calls, and “Happy Birthday” wishes on my 94<sup>th</sup> Birthday. Also, to my family for coming from near and far (20 of them) for a wonderful family dinner.

*Mary Jo McAlister*



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

**Doris Hansen** will be making her new home at Manor 504 in early July. Doris was born in Central City and spent most of her childhood living in Walker. Doris attended Walker High School until her senior year, then transferred to Vinton High School and graduated in 1964. Doris started working at Collins Radio right after high school. At Collins Radio she was an inspector and worked on the line for 12 years.

Doris married Robert Hansen on April 23rd, 1966. He worked in Sales for Lefebure, selling Banking Equipment. Robert's company transferred the couple to Florida. Once Doris settled in Florida, she got a job at Costco and worked in the bakery for 15 years. Doris and Robert moved several times. They lived in Arkansas for eight years, Missouri for two years, and then moved back to Cedar Rapids in 2014. Doris and Robert had two children, Rick and Mark. Both sons live in Florida. Robert passed away in 2016. Doris and Robert had been married 50 years.

Doris is a Christian. She has many hobbies, including gardening, tending to her house plants, cooking and baking, canning, and spending time with friends and family, including her dog, Molly.

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### **O Ave. Construction Update | 6-13-2022**

All O Avenue NW roadway pavement and side street intersection returns have been constructed. The contractors are grading and constructing the new sidewalk and driveways. Crews are also placing topsoil and preparing these areas for sod placement. Because of temperature restrictions, sod placement will be paused mid-June to mid-August. Temporary erosion control measures will be used in the interim.

Installation of permanent traffic signs, reinstallation of residential mailboxes, placement of remaining pavement markings, and final cleanup will occur in upcoming weeks. Project to be completed by late August.

### **Newsletter Reminder:**

Remember, *Life at Meth-Wick* newsletter transitions to a **digital format for family members and friends of Meth-Wick** with our next edition: July 8. You can find it at: <https://methwick.org/news/life-at-meth-wick-newsletter/> on the 2<sup>nd</sup> and 4<sup>th</sup> Friday of each month. We will also link each newsletter to our Facebook page at: <https://www.facebook.com/MethWickCommunityCR>. **Current residents, and people on the Meth-Wick waiting list will continue to receive a print copy.**

### **Transportation Opportunities:**

**Community Concerts:** The Community Concert information for the 2022-23 season is available, and transportation information is in your campus mailbox. Please call, e-mail, or return your flyer to Eryn to reserve your seat on the bus!

**Voices of Hope:** Sign up for 6:00 p.m. departure to Voices of Hope on Tuesday, June 28. The performance is free.

**Municipal Band:** Sign up: for June 26 or July 10 at Bever Park. Transportation departs at 6:30 p.m. **Bring your own chair.**

## Program Updates:

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

### Fitness Excursion: Literary Walk

If you have signed up for the June Fitness Excursion Literary Walk in Iowa City, you will depart at 8:30 a.m. **TODAY**, Friday, June 24.

### Book Club

Bonnie is back, and ready to lead our next Book Club gathering on Monday, June 27 at 2:00 p.m. in Live. Laugh. Learn. Center. for the book: *The Alice Network* by Kate Quinn.

As a reminder, everyone who is interested is invited, whether or not you have read the book! We have a good group of people who attend, and the discussion is always lively! We will also distribute the next book from the library.

### Movie/Popcorn: *Operation Mincemeat*

Our movie for Tuesday, June 28 will be *Operation Mincemeat*. Set in 1943, the Allies are determined to break Hitler's grip on occupied Europe, and plan an all-out assault on Sicily; but they face an impossible challenge -- how to protect a massive invasion force from potential massacre. It is the extraordinary and true story of an idea that hoped to alter the course of the war -- defying logic, risking countless thousands of lives, and testing the nerves of its creators to the breaking point.

Join us at 1:30 p.m. in Live. Laugh. Learn. Center. The movie is rated PG-13, and runs 2 hours and 8 minutes. **\*\*Please sign up at The Manor front desk.\*\***



### Patriotic Music at the Piano by Betty Debban

This historical program features the background for some patriotic music beginning with 1776, the Revolutionary War, through 1945, the end of WWII. Join Betty for this patriotic program on Wednesday, June 29 at 2:00 p.m. in Live. Laugh. Learn. Center. **\*\*Please sign up at The Manor front desk.\*\***

### Lunch Bunch Outing-Bluebird Café (Solon)

Our lunch bunch outing for Thursday, June 30 will be to Bluebird Café in Solon. The bus will depart at 11:15 a.m. **\*\*Please sign up at The Manor front desk.**

### Tech Time

Bring your digital phone or tablet (fully charged) to Tech Time on Friday, July 1 for assistance with questions you may have! Please join us at 2:00 p.m. in Live. Laugh. Learn. Center.



### M&M Scholars: Phil Drey

We are happy to have Phil Drey's presentation rescheduled. It will be a continuation of his 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 hear more. Professor Drey is an Assistant Professor in Religious studies at Mount Mercy University. Join us at 2:00 p.m. in Live. Laugh. Learn. Center on Tuesday, July 5. **\*\*Make sure to sign up at The Manor front desk.\*\***

### Birthday Party

If you were born in the month of July, please join us for our July birthday party! Come to L.L.L. Center at 2:00 p.m. on Wednesday, July 6.

### Cooking Class Lunch

The Cooking Class Lunches for July will be Thursday, July 7 and Tuesday, July 26 at 11:30 a.m. in Live. Laugh. Learn. Center. Sign-ups for these will begin at **8:00 a.m. on Thursday, June 30.** Please call The Manor front desk to reserve your spot. The charge is \$5 on your Meth-Wick bill.

### Nutrition Connection: Hydration

We had to postpone this program in June, so please join us for the rescheduled date on Friday, July 8 at 2:30 p.m. in Live. Laugh. Learn. Center. Our July Nutrition Connection program will focus on ways to maintain adequate hydration! Join dietitian, Alicia Vance Aguiar, to learn more!



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### **Manor Beauty Shop Notice**

Manor hairstylist, Karen Miller, will be gone from July 7 through July 25. If you need any hair assistance during her absence, please call Jan Hoekstra in Deer Ridge at extension 642.

### ***Thank you, continued!***

The Bruce Alexander family continues to be overwhelmed and thankful to the many who have given thoughts, condolences and memorials. Your efforts will always be appreciated.

*Shirley, Mark and Scot and families.*

### **Shopping Outings!**

We are happy to return to our pre-pandemic shopping outings beginning in July. We will be shopping at Wal-Mart on the 2<sup>nd</sup> Wednesday of each month, and Target on the 4<sup>th</sup> Wednesday of each month. The bus will depart at 1:00 p.m., and you'll have approximately 1 hour to shop and return to the bus after being dropped off. Please sign up at The Manor front desk for these trips.



### **Meth-Wick Marathon Results**

Congratulations to the 46 residents who completed our challenge of walking a marathon in the month of May!

- 21 participants completed a full marathon (26.2 miles)
- 24 participants completed an ultra-marathon (50 miles)

We also had 5 participants who completed 2 ultra-marathons (more than 100 miles) and 2 residents who completed 3 ultra-marathons (more than 150 miles)!

As a group, our 46 participants walked a total of 3,319.28 miles. That is approximately the distance from New York to Lisbon, Spain!

Keep an eye on campus bulletin boards and Channel 16 to see a list of all participants.

### **Sally's Gifts Summer Items!**

Sally's Gifts has summer needs— sunscreen, bug repellent, and various kinds of hats. Stop in and see what you can find!