



Arbor Place

Brendelwood Village

Deer Ridge

Greenwood Terrace

Highland Park

Oakwood

The Manor

The Woodlands

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LIFE AS IT SHOULD BE

Life

AT METH-WICK

Meth-Wick Community Recognized as “The Best of the Corridor”

We are thrilled to announce The Meth-Wick Community was selected AGAIN as “Best Senior Living Community” in the corridor, and was recognized in the *Corridor Business Journal* Best of the Corridor issue. This is the fourth year in a row Meth-Wick has won this honor!

Meth-Wick was also named First Runner Up for Best Home Health Care by *Corridor Business Journal* Best Of Survey. This is the first time we were nominated in the category and feel honored to receive this recognition.

Thanks to everyone who voted for Meth-Wick in this annual program. These are two wonderful recognitions for The Meth-Wick Community and our Meth-Wick team!

Arbor Place Restyle Tour

Come by Arbor Place on Monday, July 18th between 1:00-2:00 p.m. to tour our newly renovated Lynch Cottage at Arbor Place. This will be the only open house we have, so stop by and see how the “Restyle” is coming along!

Meth-Wick Open House at The Manor



Please join us on Thursday, July 21st, 2022

**9:00-9:30 a.m.: Estate Plan Check Ups:
Second Opinions Aren’t Just For Your Health**
With Johni Hays, J.D., FECF, Executive Vice President of
Thompson & Associates.
During this presentation enjoy coffee and donuts in
Live. Laugh. Learn. Center.

9:30-11:30 a.m.: View Manor Apartments
Light refreshments will be served.
Visit with Manor residents in Manor Brew.

RSVP to Kris Kuester at 319-297-8638

The next issue of *Life at Meth-Wick* will be Friday, July 22. Information should be in writing to Eryn Cronbaugh by noon on Friday, July 15. You can do so through campus mail or email at ecronbaugh@methwick.org

Join Meth-Wick's "Walk to End Alzheimer's" Team!

This year the "Walk to End Alzheimer's" is on September 24th at the McGrath Amphitheater.

Our Meth-Wick Fundraising team is looking for residents and staff to walk with us at this event! The Walk to End Alzheimer's raises funds and awareness for Alzheimer's care, support, and research.

Meth-Wick's goal is to raise \$4000.00 for the Alzheimer's Association. Currently, we have raised \$614.00.

If you would like to register to walk with our team, please go to this website:

https://act.alz.org/site/TR/Walk2022/IA-Iowa?pg=team&fr_id=15517&team_id=725908&skip_login_page=true

If you would like a paper registration form, please call Katie Christensen at campus extension 659 or (319-297-8659). Our Meth-Wick team will have t-shirts for the walk. If you are planning to walk, please call Katie with your shirt size.

Woodlands and Sodexo Staff to Present at a National Conference

The Woodlands embarked on its culture change journey seven years ago based on the following three principles:

1. Person-directed Care-Philosophy of Care
2. Organizational Redesign - "Rejuvenate" and added Household Coordinators
3. Architecture/Thoughtful Design - "Neighborhoods"

This journey has resulted in positive quality outcomes for our residents. During the COVID-19 Pandemic, we had to adjust and accommodate. There were some setbacks; however, our culture survived, and we are driven to come out of this pandemic even stronger in our culture than prior to the pandemic. Our journey is an Interdisciplinary Team effort and this has been key to our success. Team members work together to find solutions to challenges.

A presentation, developed by a combined team of Meth-Wick and Sodexo staff members, has been selected to be given at the "Pioneering a New Culture of Aging Conference" hosted by the Pioneer Network in Denver, Colorado this July.

The presentation will cover Person-directed care at The Woodlands. It is titled "It's a Beautiful Day in the Neighborhood – The Woodlands: An Interdisciplinary Team Approach". The presentation team includes: Amber Jedlicka, Drew Hebert, Bobby Wullner, Billie Snider, Dondee Crow, Emily Haymond, Kris Miller, and Dr. Alicia Vance Aguiar.

The presentation has also been selected for the fall LeadingAge Iowa conference. Congratulations to the team for being invited to speak about the great work we do at The Woodlands!

You don't have to travel to Denver to see the presentation. Join the team at 2:00 p.m. on Wednesday, July 13 to get a sneak peak, and give them some practice before they head to the conference! **Please sign up at The Manor front desk.** We will gather in Live. Laugh. Learn. Center. It's a great opportunity to support our amazing staff, and learn about their great work. We hope you can join us!

Volunteer Opportunities

We still have volunteer opportunities available at Sally's Gifts, and driving Red Cap Intra-Campus Transportation. If you are interested in more information about either of these opportunities, or would like to sign up to volunteer, please contact our scheduler, Janet Blackledge, at 319-361-0971. She would be happy to tell you all about the positions, and help get you scheduled!

Beanie Babies

Do you have extra Beanie Babies around that you would like to donate to a good home? We would love your clean, gently used Beanie Babies to give out at The Woodlands as options for BINGO prizes. If you are interested in donating, please contact Kris Miller, Recreation Therapist, at 319-297-8629 or kmiller@methwick.org.

Program Updates:

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

Nutrition Connection: Hydration

We had to postpone this program in June, so please join us for the rescheduled date TODAY, 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 Director of Dining Services, Drew Hebert, to learn more!

BINGO

Join us for BINGO on Monday, July 11 in Live. Laugh. Learn. Center. We will begin the fun at 2:00 p.m.! **Please sign up at The Manor front desk.**

Swamp Fox Book Review

Join representatives from Swamp Fox Books of Marion for a dive into the newest books available on Tuesday, July 12. We will meet at 2:00 p.m. in Live. Laugh. Learn. Center to chat and learn what's new!

Culture Change Program

See page 2 for a more thorough explanation of this program. **Please sign up at The Manor front desk** to join us at 2:00 p.m. in Live. Laugh. Learn. Center on Wednesday, July 13.

Lunch Bunch Outing-Bobber's Grill

Our lunch bunch outing on Thursday, July 14 will be to Bobber's Grill in North Liberty. Enjoy views of the Coralville Lake while eating your lunch! **Please sign up at The Manor front desk.** The bus will depart at 11:15 a.m.

Cocktail Club

Drew's Cocktail Club will be held on Thursday, July 14 at 3:00 p.m. in the Key Club at The Manor. This month features a wine tasting where you'll sample a variety of wines and local cheese. Cost is \$20. Please call Drew at 319-297-8632 to make a reservation.

WalMart Shopping Outing!

Our shopping outing to WalMart will be Wednesday, July 13. Please sign up at The Manor front desk. The bus will depart at 1:00 p.m.

Brain Benders

It's time to stretch your brain! Join Grace on Friday, July 15 to challenge yourself while having fun. Please join her at 2:30 p.m. in Live. Laugh. Learn. Center.

Larry Jensen Piano Music

We are pleased to have pianist, Larry Jensen, join us again on Monday, July 18 at 2:15 p.m. Larry plays a variety of music and is happy to take requests. Please come and enjoy this great entertainment in Live. Laugh. Learn. Center. **Please sign up at The Manor front desk.**

Trivia Slideshow Games

Are you interested in challenging your mind and playing a fun game with friends? Join us on Tuesday, July 19 at 2:00 p.m. in Live. Laugh. Learn. Center to enjoy a fun Jeopardy-style game. We hope to see you there!

The Freeze Ice Cream Truck

We are excited to have the ice cream truck from Marion's "The Freeze" ice cream shop stop here on Wednesday, July 20. They will be at The Manor from 1:00-2:00 p.m., and a treat for each resident or staff member is on us! We look forward to this fun way to connect with each other!

Lunch Bunch Outing-General Store (Anamosa)

Our lunch bunch outing on Thursday, July 21 will be to the General Store in Anamosa. **Please sign up at The Manor front desk.** This is a great drive in Grant Wood country with tasty food. The bus will depart at 11:15 a.m.

July Art Classes

Our art classes with Deb Weiser for July will be held on **Monday, July 11** and **Monday, July 18** due to the holiday. Please join her at 1:00 p.m. in the Creative Arts Room at The Manor. Cost is \$15 per session, billed to your Meth-Wick bill.



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In Memory:

Anthony “Tony” Balik

August 13, 1943-July 4, 2022

Tony moved to Meth-Wick in November of 2014.

Municipal Band Concerts:

There are three Municipal Band concerts we are providing transportation to in July. Please **sign up at The Manor front desk** if you are interested in riding the bus.

Remember the terrain is uneven, and you must bring your own chair. The bus will depart at 6:30 p.m. for all three concerts. Concerts are:

- Sunday, July 10 to Bever Park
- Sunday, July 17 to Ellis Park
- Sunday, July 31 to Bever Park

Mamma Mia Outing

Did you sign up to ride the bus to *Mamma Mia* at Theatre Cedar Rapids? Make sure you’ve purchased your tickets at TCR. The bus will depart at 6:30 p.m. on Thursday, July 21 for the outing.

Fitness Excursion: Forest Bathing

Our Fitness Excursion for July will be Forest Bathing at Veterans Trail. The bus will depart at 8:30 a.m. on Friday, July 22.

Forest Bathing was developed in Japan and simply means that you immerse yourself in the forest and soak up the atmosphere using all your senses. Extensive research has shown that forest bathing decreases stress and fatigue as well as improves mood, vigor, and awe.

The Veterans Trail is a ¼ mile accessible trail. This trail includes a bird observation area, various rest areas for quiet reflection, and an 80-foot bridge.

This excursion is for anyone that is interested in taking a leisurely walk and is ready to fully immerse themselves in a forest. Anyone is welcome to join it does not matter if you use a walker, wheelchair, etc.

Sign up at the Manor front desk starts Monday July 11. Please sign up by Thursday July 21. We hope to see you there! Contact Kristin Van Dyke at 319-297-8612 or kvandyke@methwick.org with any questions.