



Arbor Place

Brendelwood Village

Deer Ridge

Greenwood Terrace

Highland Park

Oakwood

The Manor

The Woodlands

Robin Mixdorf
CEO

Brian Scott
Board Chair

Eryn Cronbaugh
Editor

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LIFE AS IT SHOULD BE

Life AT METH-WICK

Meth-Wick Board to Install Officers at Annual Meeting

The annual meeting of the Meth-Wick Board of Directors will be held on Thursday, July 28.

Brian Scott will continue in the role of Chair of the Meth-Wick Board of Directors. He began his term as chair in July of 2021. Dr. John Herring will continue in his role as Vice Chair, which he also began last July. Paul Sale will take the place of Mike Dulaney as Secretary, and Jim Koch will take the place of Deb Gertsen as Treasurer.

We will also welcome three new board members. Sam Black is retired from the Iowa Department of Corrections, and is a family member of Meth-Wick residents. Wes Fowler is the Vice President of Human Resources at Kirkwood Community College. Joni Howland, MSW, LISW is the Social Work Program Director at Mount Mercy University. We welcome them all to the board!

Other members of the Board include: Denise Brown, Lois Buntz, Mike Dulaney, Gary Ernst, Deb Gertsen, Dick Johnson, MaryAnn Osborn, Dara Schmidt, Marty Stoll, and Bob Vancura. Board members Greg Cleveland and Ericka Yoder completed their terms on the board as well, and we are grateful for their years of services!

Meth-Wick is fortunate to have a dedicated volunteer board of directors with a variety of backgrounds, expertise, and passion for the community. Each member serves on at least one of the following committees: Development, Governance and Compliance, Finance and Audit, Long Range Planning, and Quality of Resident Life and Health Committee.

Arbor Place Restyle Tour

We had a wonderful turnout for our Arbor Place Restyle Tour on Monday, July 18! Those that toured were able to see the newly remodeled Lynch Cottage at Arbor Place, complete with 2 new one-bedroom apartments and studios with showers, and remodeled common spaces. Arbor Place residents moved to their new homes on Tuesday, July 19, with construction on the Friendship Cottage beginning on Wednesday, July 20!

O Avenue NW Paving for Progress Project Completed

Construction of the final project segment of O Avenue NW, between 27th Street and Edgewood Road, is complete. This marks the final milestone in a multi-year improvement program on O Avenue NW, completely replacing the street from Ellis Boulevard to Edgewood Road. Planning for the full project started in 2014. The project included significant community involvement and construction over multiple phases.

The next issue of *Life at Meth-Wick* will be Friday, August 12. Information should be in writing to Eryn Cronbaugh by noon on Friday, August 5. You can do so through campus mail or email at ecronbaugh@methwick.org

Shopping Outings:

- **Target**

Our shopping trip to Target, will be Wednesday, July 27. **Please sign up at The Manor front desk.** The bus will depart at 1:00 p.m.

- **WalMart**

Our next outing to WalMart will be Wednesday, August 10. **Please sign up at The Manor front desk.** The bus will depart at 1:00 p.m.

Municipal Band

Concerts:



There are two more Municipal Band concerts we are providing transportation to. 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 both concerts. Concerts are:

- Sunday, July 31 to Ellis Park (*the location was incorrect in the last Life at Meth-Wick*)
- Sunday, August 7 to Bever Park

Welcome!!

Bonnie Carpenter-Ikeda will be making her new home in Manor 250 on August 2. Bonnie was born in Grinnell and raised in Brooklyn, IA. She graduated from BGM High School in 1969. Bonnie received her nursing education at St. Luke's School of Nursing and earned her BSN from Coe College in 1972. Bonnie and several of her classmates entered the US Navy Nurse Corps in 1971. After graduation, she served as a nurse stationed in Portsmouth, Virginia and Agana, Guam. She left the Navy after the birth of her first child.

Bonnie married Lyle Carpenter in 1973. Lyle was also in the Navy. The couple had two children, Michael of Ottumwa and Megan of Menomonie Falls, WI. Bonnie and her husband relocated to Cedar Rapids, and she started working at St. Luke's Hospital. She worked in the maternity department and was a manager in the Birth Care Center for many years. Bonnie has five grandchildren. After Lyle passed away in 2009, Bonnie attended a support group where she met Akio Ikeda. They married in 2011. Akio currently resides at Arbor Place. Bonnie happily serves as grandmother to Akio's grandchildren as well.

Bonnie is a member of Hillside Wesleyan Church. She is proud of her work at St. Luke's, helping design the Birth Care Center, and training the employees. Bonnie was named one of the 100 Great Iowa Nurses in 2009. She enjoys sewing, quilting, gardening, and going out with friends.

Barb McClain will be making Manor 249 her home on August 3. Barb was born in New York City. She lived there until age two, when her family relocated to Ohio. Barb graduated from Rocky River High School. She continued her education at Ohio State University, earning her Bachelor's in Education. Barb worked as an elementary school teacher in Columbus and Oberland, OH. After moving to Iowa, Barb attended The University of Iowa, earning her Master's in Education. She taught first and second grade in Mount Vernon for several years, prior to retiring.

Barb married Joseph McClain in 1963 in Ohio. Joe worked for college food services, and his career relocated the family to Mount Vernon, IA. Joe then opened a local bar, Joe's International Airport in Mount Vernon. Joe passed away in 2017. The couple had one daughter, Wendy, and one granddaughter, Noelle. Wendy passed away in 2022.

Barb is a member of the United Methodist Church of Mount Vernon. She is most proud of her role as a mother and grandmother. She enjoys playing Bridge, gardening, reading, and knitting, and was a member of a Bridge group in Mount Vernon.

Peg Moore will be making her new home in Manor 314 on August 8. Please look for her welcome in the next *Life at Meth-Wick* newsletter!

Lunch Bunch Outings-Sign up at The Manor front desk

- **Riverside Casino**

Thursday, July 28, load the bus at 11:15 to enjoy any of the restaurants, as well as time for gambling and people watching.

- **Sally's on Broadway**

Thursday, August 11 load the bus at 11:15 to Sally's on Broadway in Springville.

Program Updates:

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

Book Club

The next Meth-Wick Book Club will meet Monday, July 25th at 2:00 p.m. in Live. Laugh. Learn. Center. We will be discussing *The Woman In The Window* by A.J. Finn. All are invited to join us, whether you've read the book or not! The discussion is always interesting, and the group is very open and friendly. Come if you enjoy reading!

The Cedar Rapids Public Library provides a monthly book kit containing 10-15 books, some large print. We distribute the next books at the end of each meeting.

Cooking Class Lunch-July

Our second cooking class lunch in July will be held on Tuesday, July 26. **Please sign up at The Manor front desk**, and join the group at 11:30 a.m. in Live. Laugh. Learn. Center.

Movie: *Downton Abbey: A New Era*

If you are interested in the movie, *Downton Abbey: A New Era*, **please sign up at The Manor front desk**. We will begin at 1:30 p.m. in Live. Laugh. Learn. Center on Wednesday, July 27. This sequel to the first movie reunites the cast, and adds a few new characters. It is rated PG, and runs 2 hours and 5 minutes.

Ice Cream

Join us on Friday, July 29 for ice cream in Grandon Courtyard at The Manor. We will have different flavors of ice cream available from 2:00-3:00 p.m. We'll move indoors to Live. Laugh. Learn. Center in the case of inclement weather.

Diversity Talks: LGBTQ+ 101

We have had several residents express an interest in learning more about diverse populations as well as issues surrounding diversity, equity, and inclusion.

We are pleased to have Sarah Schlegel, daughter of Meth-Wick resident, Carolyn Johnson, with us on Wednesday, August 3 at 2:00 p.m. in Live. Laugh. Learn. Center. She will provide us with an informational program that introduces key

concepts and terminology pertaining to the LGBTQ+ (lesbian, gay, bisexual, transgender, queer, and intersex) community in order to promote greater understanding and awareness. Sarah is a middle school teacher, the mother of a gay son, and the board president of PFLAG Sauk Valley in Illinois. **Please sign up at The Manor front desk!**

Stay tuned for more talks in this series in the future, and thank you for letting us know about topics of interest to you!

Cooking Class Lunch

Our Cooking Class Lunches for August will be on Thursday, August 4 and Tuesday, August 30. They will be held beginning at 11:30 a.m. in Live. Laugh. Learn. Center, with a \$5 charge to your Meth-Wick bill. **Sign-ups begin at 8:00 a.m. on Thursday, July 28 at The Manor front desk!**

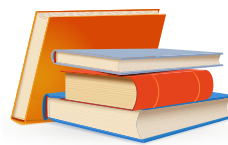
Meet Alissa's New Dog, "Wick"!

You may remember Alissa from prior to the start of the pandemic. Alissa brought Shade the Great Dane to visit. Shade has since retired, but Alissa has a new Great Dane puppy named "Wick" for us to meet! Meet him at 2:30 p.m. in Live. Laugh. Learn. Center on Friday, August 5!

Bingo

Come play BINGO on Monday, August 8 at 2:00 p.m. in Live. Laugh. Learn. Center. **Please sign up at The Manor front desk!**

Swamp Fox Books



Come and learn about new books on Tuesday, August 9 in Live. Laugh. Learn. Center at 2:00 p.m. with our friends from Swamp Fox Books.

Birthday Party

Our monthly birthday party will be held a week later than normal, on Wednesday, August 10. If you were born in August, join us to celebrate at 2:00 p.m. in Live. Laugh. Learn. Center.

Tech Time

Do you have a question about your smart phone or tablet? Come to Live. Laugh. Learn. Center at 2:00 p.m. on Friday, August 12 to get your questions answered!



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In Memory:

Kay F. Galli

January 14, 1940-July 6, 2022

Kay moved to Meth-Wick in October of 2016.

Sarah “Sally” J. Tripp

November 18, 1938-July 10, 2022

Sally moved to Meth-Wick in May of 2013

Congratulations!

Congratulations to Greenwood Terrace resident, Nancy Skogsbergh for receiving the “Founder’s Award” from St. Luke’s for her “significant and outstanding impact on healthcare through a lifetime of leadership and devotion”! If you’d like to see more of this great recognition, and Nancy’s story, here’s a link to the video from St. Luke’s: <https://youtu.be/fkVW5qZ8nrw>

Fitness Excursion: Fencing

Join us for our August Fitness Excursion to Iowa City Fencing Center on Tuesday, August 2 with the bus departing at 9:00 a.m.

Important Notes:

- There will be a \$5 charge added to your monthly bill to participate in this excursion.
- Long pants are required.
- Masks must be worn.

You will be learning how to fence! This 1-hour program will teach you the basics of foil fencing which include learning to stand on guard through attacks, defense and then first bouts. We hope to see you there as we embark on another adventure. On Guard! **Sign up at The Manor Front Desk by August 1.** If you have any questions/concerns, contact Kristin Van Dyke at 319-297-8612.

Field of Dreams Baseball Game

Join us on Thursday August 11 in Grandon Courtyard at 10:00 a.m.! Come join Fitness Staff as we host our first ever Field of Dreams Baseball Game. No sign up is required. You’re welcome to play and/or cheer. Peanuts, cracker jacks and flavored water will be provided. No baseball experience is required. We hope to see you there!