



Arbor Place

Brendelwood Village

Deer Ridge

Greenwood Terrace

Highland Park

Oakwood

The Manor

The Woodlands

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Editor

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LIFE AS IT SHOULD BE

Life

AT METH-WICK

September is National Preparedness Month!

By Steve Bonnett, Compliance and Safety Director

As part of National Preparedness Month, we wanted to make residents aware of a new communication tool available through the Iowa Department of Homeland Security and Emergency Management called “Alert Iowa”. This tool is used by counties to communicate information on inclement weather, emergencies, and matters of public safety to you in a timely manner.

You can sign up for Alert Iowa through text opt-in, an online opt-in page, or by downloading the Smart911 App. You can choose how you receive alerts (App, voice, text, or e-mail).

Users are also able to enter in different locations they might want alerts for. If you have family who live out of the area, you could enter their addresses in the app and get alerts affecting their locations. Likewise, family members might be interested in using the app to notify them of alerts affecting Cedar Rapids.

To sign up, visit alert.iowa.gov, send a text to 672-83 with COUNTYNAMEIA (example-LINNIA), or download the Smart911 App. There is no cost for the service or app. There are options available for cell phones or landlines, although you’ll need to sign-up online for the service.

If you need assistance signing up on your smart phone or tablet, watch for the next Tech Time program in October. If you do not have a computer, you may use the computer area in the library at The Manor.

October is Legacy Month—Save the Dates!

October is closer than it seems, and we are excited for this year’s Legacy Month events! Please save the dates, and watch for more information as well as RSVP information and more!

- **Re-Styling the Future:** *Thursday, October 6, 10:00 a.m. Live. Laugh. Learn. Center*—Hear from families who have a loved one at Arbor Place.
- **Legacy Lunch:** *Thursday, October 13, noon.* (This event is invite only) Sponsored by Cedar Rapids Bank and Trust.
- **How to Help Protect Your Investments from Inflation with Christine Casey:** *Thursday, October 20, 2:00 p.m. Live. Laugh. Learn. Center*
- **State of the Campus:** *Thursday, October 27, 10:00 a.m. and 2:00 p.m. Live. Laugh. Learn. Center*
- **State of the Campus Social:** *Thursday, October 27, 4:00 p.m.*

The next issue of *Life at Meth-Wick* will be Friday, September 23. Information should be in writing to Eryn Cronbaugh by noon on Friday, September 16. You can do so through campus mail or email at ecronbaugh@methwick.org

Thank You

A big THANK YOU to all those who expressed or sent greetings for my birthday. It was greatly appreciated! It was also great to be acknowledged in that way.

~Dan Ramaker

What a surprise for my 98th birthday! It was a well kept secret and party.

I appreciate all the beautiful cards and good wishes!

Thank you so much,
~Leona Hotchkiss



100th Birthday Open House!

Join Sally Hagerman to celebrate her 100th birthday between 2:00-4:00 p.m. on Sunday, September 25 in Live. Laugh. Learn. Center.

Welcome

Cindy Lundine is the new resident of B308 in Greenwood Terrace. She possesses an eclectic raft of varied interests, including reading, writing, playing bridge and Canasta, board games (CLUE a favorite), jigsaw puzzles, gardening, nostalgia and history, building and fixing things, lawn care, live theatre, pets and animals, radio broadcasting and production, arts and crafts, bungalows, Chris-Craft mahogany boats, electric trains, darkroom chemical tray black and white photography, fishing, and far too many more to even mention here. She is an avid collector, with favorites being postcards and paper memorabilia, books and school yearbooks, selected antiques, fine art, and classic automobiles. In her younger years, she enjoyed playing sports such as golf, bowling, and tennis, and still enjoys them as a spectator. For years she designed and ran the fun ladies' golf league at the former Town House par three course with over 175 participants competing for the trophies she gave each week. She has been an avid volunteer for which she has won numerous awards (local and national), and has held offices on Boards locally and in the Quad Cities. She holds memberships in NEA, the Cedar Rapids Junior League, Mercy Hospital Auxiliary, Delta Kappa Gamma, Order of the Eastern Star, Elmcrest Country Club, the Rock Island Arsenal Historical Museum Society, the Rock Island Arsenal Women's Club, State College of Iowa Alumni group, Lincoln Highway Association, among others, and is the founder and leader of the Kenwood/Parcrest Daytime Book Club and the Petal Pushers Garden Club which are very active. Cindy served on the founding Board for the Linn County Historical Museum Association, and is an original member of the Doris Day Animal Foundation.

Cindy graduated cum laude from Coe College and received advanced degrees with honors from the University Of Iowa. She also holds diplomas from the New York Institute of Finance and the New York Institute of Art and Interior Design. She has vacationed on six of the seven continents, earning ACBL bridge master points while on her travels, and much enjoys resort stays, with her favorite being the Greenbrier in West Virginia. She is widely recognized as an historian of Cedar Rapids and a longtime freelance author and columnist whose work has been published in various college sources, periodicals, newsletters, and newspapers in the Midwest, as pamphlets and guides, and in multi-media formats. She has written books about the history of Camp Hitaga, as well as three dealing with the history of Kenwood Park, Cedar Rapids and Marion, and homes and properties and their families in the Cedar Rapids and surrounding areas. She is now working on her fourth volume of the series.

Cindy's family is made up of her Pug named Sir Douglas of Dunreath (Duggie), Maine Coon cat named WheeZee, and goldfish named Zephyr. Cindy also enjoys spending time at her horse ranch near Alburnett, summer home on the Wapsi, and childhood bungalow in the Kenwood Park area of Cedar Rapids. She considers Meth-Wick to be a top-notch and lovely place to be!

(Welcomes continued on page 4)

NEW Equipment in the Fitness Zone:

In case you have not heard, the Fitness Zone has 4 new exercise machines. The goal of purchasing this equipment was to develop a space where anyone can come in and exercise, making the Fitness Zone inclusive. The new cardio equipment's seats can slide off allowing accessibility for wheelchairs. Equipment has also been spaced so there is adequate room for walkers, wheelchairs, etc.

Listed below is the new equipment that you will see in the Fitness Zone.

- **The HUR multifunction 5x weightlifting machine:** This machine offers 5 exercises in one (pushup/pulldown, leg extension/curl and chest press). Each exercise is accessed via a touchscreen and Fitness Staff can program an individualized key fob so that the weights automatically adjust to your specifications.
- **(2) SciFit Step One Steppers:** This machine is like the NuStep, however it has more versatility. The seat swivels, lowers up and down, the handle grips can be adjusted to an angle that best suits you and the backrest is adjustable providing maximal comfort as you exercise. The machine also offers various training programs allowing you to challenge yourself and keep your workouts more interesting.
- **SciFit Total Body Exerciser:** This machine combines an ergometer (hand cycle), as well as a recumbent bike working your entire body at once. There is also the option to target the upper body or lower body. Like the SciFit Steppers the seat options and exercise programs are the same allowing you versatility. The bike also offers bi-directional resistance which will provide resistance as you pedal forward or backward.

The Fitness Zone is FREE for residents and employees to use and is open 24/7. The only requirement is that a Fitness Zone orientation has been completed this year.

Please contact Fitness Staff at 319-297-8612 or kvandyke@methwick.org to schedule an orientation or with any additional questions/concerns.

Voting Information

Are you interested in voting by Absentee Ballot in the midterm elections?

You are now able to request your Absentee Ballot. The completed Absentee Ballot Request Form must be received in the Linn County Auditor's Office no later than **5:00 p.m.** on October 24, 2022.

The first day Absentee Ballots will be mailed to you after the Auditor's Office receives your request will be October 19, 2022.

All voted Absentee Ballots must be received in the Auditor's Office by the time the polls close at **8:00 p.m.** on Election Day, November 8.

Be sure to sign your own name on the absentee request form. **It is forgery** for **anyone** other than the voter to sign the absentee ballot request form. This includes all family members.

Also, please note **it is illegal** for a Power of Attorney to sign the absentee ballot request form as a Power of Attorney.

If you would like, we have Absentee Ballot Request forms available at The Manor front desk. You can use that form and mail it to:

Linn County Election Services
935 2nd St. SW
Cedar Rapids, IA 52404

You can also print and fill out the request form at this link:

<https://www.linncountyiowa.gov/DocumentCenter/View/3702/Absentee-Ballot-Request-Form-PDF?bidId=>

****If you live at Arbor Place or The Woodlands, these areas are considered Health Care areas, and staff will work with the Linn County Auditor's Office to provide the opportunity for everyone to vote. Please do NOT request your own Absentee Ballot.****

Election Day is **Tuesday, November 8, 2022**. The polling place for Meth-Wick residents will be the Northwest Recreation Center. The polls will be open from 7:00 a.m.-8:00 p.m. You may also vote early at the Auditor's Office or other Satellite Locations beginning **Wednesday, October 19**.

Please also remember that you will need an Iowa Driver's License or Non-Operator ID Number **OR** the four-digit Voter PIN located on your Iowa Voter ID Card. Any voter may request an Iowa Voter ID Card by contacting their County Auditor's Office at 319-892-5300.

Welcome to Meth-Wick (Continued!)

Ron and Rita Johnson moved into Manor 202 on September 8. Rita was born on her family farm in Newhall, IA. She graduated from Newhall High School in 1959. Rita continued her education at Viterbo College in LaCrosse, WI. She earned a Bachelor's Degree in elementary education. Rita taught second grade in Crawfordsville, Port Byron, IL, Brighton, and Batavia. Rita went back to school for medical transcription; she attended Mount Mercy University and Drake University. She worked as a clerk typist at the University of Iowa in Radiology and Center for Disabilities and Development. She retired in 2004.

Ron was born in Fort Dodge, IA. He was raised on a farm near Strafford. He graduated from Strafford High School in 1963. Ron pursued a Bachelor's and Master's Degree in music from University of Northern Iowa. He was a teacher for six years in Dysart and Emmetsburg. Then, he pursued his music as an independent artist. He played accordion at various events and concerts. He started a career at Amana, where he held various positions over his 32 years there, prior to retirement in 2007.

Rita and Ron married in Iowa City in 1976. They are Catholic and are currently members of St. Mary's in Iowa City. They plan to switch to Immaculate Conception when they move to Meth-Wick. Rita is proud of her work in her church community. She assisted several senior citizen church members, especially with transportation to church activities and services. Rita enjoys reading in her free time. Ron's greatest career accomplishment is being able to make people happy with his music. Ron and Rita have enjoyed a lot of traveling, going to all the states and eight countries. Ron enjoys listening to music and attending performances, as well as working out.

Jean Glaza is moving into Manor 136 on September 23. Jean was born and raised in Cedar Rapids. She graduated from Franklin High School in 1946. Jean continued her education at Mount Mercy University and later completed her Bachelor's Degree in Sociology at Coe College. She started her teaching career in Blainstown, followed by Marion where she taught 6th grade and music. She took some time off to be a stay-at-home mom to her three daughters. Jean returned to teaching when her girls were in elementary school, and finished her career teaching 5th grade and part-time

music for another 10 years at St. Matthew's in Cedar Rapids. After retiring from teaching, she continued to share her love for music by teaching piano lessons part-time.

Jean married Gerard Glaza in 1952. Gerard worked as a lawyer at his private practice. The couple has three daughters, Sarah of Denver, Co, Susan of Cedar Rapids, and Sann Rene of Brussels, Belgium.

Jean is Presbyterian. She is most proud of her teaching accomplishments and raising her children. Jean and Gerard founded a music group called the Serenaders; they used to go around and perform at local nursing homes. Jean also played clarinet in the senior citizen band. She's enjoyed a lot of traveling. These days she enjoys watching the Hallmark channel and the Iowa Hawkeyes.

Sally's Gifts Information

Information about Donations

People have asked whether Sally's accepts donations—YES! Residents may be given something that is not useful to them or not the preferred brand; these unused items may end up in Sally's inventory. Donated items have included—purses, coin purses, cosmetic bags, shopping/tote bags, jewelry, greeting cards, and lotions. A trip to the dentist may result in a new toothbrush and dental floss—they could end up at Sally's. We appreciate anything in saleable condition. Donated items mean Sally's Gifts get the whole amount in the profit column!

Sometimes people tell us to keep the change from their total bill—25 cents or 50 cents. Thank you to everyone who shops at Sally's Gifts—donating or not!



Home and Health Services Changes

As a reminder and follow up to the letter residents have received, our Home and Health Services Department will change to Campus Nursing beginning November 1, 2022. We will be reducing some available services with this change, but many services will remain. If you have specific concerns or questions, please contact Robin Mixdorf at 319-297-8601 or rmixdorf@methwick.org.

Program Updates:

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

Brain Benders

It's time to stretch your brain in a fun environment! Come to Live. Laugh. Learn. Center at 2:30 p.m. TODAY, Friday, September 9 to challenge yourself with friends!



Tailgating: UI vs. ISU
Join us Saturday,
September 10, at 1:30
p.m. in Grandon
Courtyard for Meth-
Wick's Iowa/Iowa State
tailgate!

Fitness staff will lead tailgating games to get geared up for the 3:00 p.m. football game. Then, we'll have the game playing in the Key Club and Manor Brew, so we can cheer together. We hope to see you there dressed in your cardinal and gold, or black and gold. Feel free to bring your own snacks and beverages. Contact Kristin Van Dyke at 319-297-8612 or kvandyke@methwick.org with any additional questions/concerns.

Swamp Fox Book Review

Come to Wick Private Dining on Tuesday, September 13 to learn about new books from Swamp Fox Books. We'll gather at 2:00 p.m.



WalMart Outing

Sign up at The Manor front desk for our monthly outing to WalMart. The bus will depart at 1:00 p.m. on Wednesday, September 14.

CANCELLED: Medleys of Musical Shows by Betty Debban

Unfortunately, we have had to cancel this program on Wednesday, September 14. We are sorry for the inconvenience, and are hopeful Betty can perform this program at a later time.

Cooking Class Lunch

Our next Cooking Class Lunch will be held on Thursday, September 15 in Live. Laugh. Learn. Center. Please sign up at The Manor front desk. The cost is \$5 added to your Meth-Wick bill. The program begins at 11:30 a.m.

Movie/Popcorn: *Elvis*

The long-awaited movie, *Elvis*, is out on DVD, and we're excited to show it on Friday, September 16. The movie begins at 1:30 p.m. in Live. Laugh. Learn. Center. **Please sign up at The Manor front desk.** The movie is rated PG-13, and runs 2 hours 39 minutes.

Trivia Slideshow Games

Enjoy a Jeopardy style trivia game with others on Tuesday, September 20. We'll gather at 2:00 p.m. in Live. Laugh. Learn. Center.



Outing to the Czech and Slovak Museum

We are excited to take a trip to the National Czech and Slovak Museum on Wednesday, September 21. The bus will depart at 1:00 p.m. Current Exhibits include "Righting a Wrong: Japanese Americans and World War II", "George Halas & The Chicago Bears", and "The Second Life of Vendulka V". Cost is \$9 per person for museum admission, and you should be prepared to pay at the museum entrance.

Thursday Lunch Bunch Outing: Big Grove Brewery-Solon

Our lunch bunch outing on Thursday, September 22 will be to Big Grove Brewery in Solon. The bus will depart at 11:15 a.m. **Please sign up at The Manor front desk.**

Nutrition Connection

Our monthly nutrition connection presentation will be held on Friday, September 23. The topic will be: The Mediterranean Diet. Please join dietitian, Alicia Vance Aguiar at 2:30 p.m. in Live. Laugh. Learn. Center.



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Cedar Rapids, IA 52405

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In Memory of:



Evelyn Thompson

August 6, 1934-September 2, 2022

*Evelyn moved to Meth-Wick in
January 2017.*

Program Etiquette

There are some programs we require you to sign up for, based on the number of people we project possibly attending, and maintaining smaller groups in a programming space.

If you sign up, and are not able to attend, please cancel your reservation by calling The Manor front desk. At a recent program we had a full sign-up sheet and there were 10 people who had signed up but did not attend. Please allow for others to attend by canceling your reservation if you are unable to attend.

If you do not sign up, you may show up, but may not be allowed to attend, based on availability. You may be asked to wait in the lobby to see if we have openings in the event of a near-full program.

Community Concert Transportation

The first Community Concert of the season will be held on Sunday, September 11 (this is a different date than sent in your transportation schedule in May). If you are planning to ride the bus, **please confirm your ride with Eryn as soon as possible via phone at 319-297-8620 or e-mail at ecronbaugh@methwick.org.** We usually rent an additional bus to accommodate everyone for this outing, so your transportation charge will be \$4. The bus departs at 1:30 p.m. for this performance.

Brucemorchestra Transportation

Saturday, September 17 begins Orchestra Iowa's season with Brucemorchestra. If you are signed up for transportation, **please confirm your transportation with Eryn at 319-297-8620 or ecronbaugh@methwick.org.** The bus will depart at 5:30 p.m. for this concert. You may bring your lawn chair on the bus, but you must be able to carry it to and from the concert lawn yourself, with NO assistance. Also, consider bringing a flashlight, as it will be dark at the end of the concert.