



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

Medicare Part D Open Enrollment

By Cindy Robertson, Social Worker



SHIIP

The Medicare Part D OPEN enrollment period will be here shortly. Open enrollment is October 15- December 7, 2022.

A Meth-Wick Community SHIIP counselor can help compare your drug list with available Medicare Part D drug plans. Due to potential yearly changes in the Part D Plans, **it is recommended you review your current plan against new plan options to ensure you are enrolled in a drug plan that provides you with the best coverage at the lowest cost going into the next year.**

If you would like to make an appointment with a SHIIP Counselor to assist you during this year's open enrollment period, please do the following:

- Call Cindy Robertson at 319-297-8646 (campus extension 646) to request a packet be sent to you.
- Complete the enclosed documents: "SHIIP Client Information Form" (front and back).
- Complete the enclosed "Prescription Drug List." (front and back). You may find it helpful to gather your prescription drug containers before you complete this worksheet.
- Complete the final page with your Medicare.gov account information. If you do not know this information, please contact Cindy Robertson to discuss this.
- Return all completed paperwork through campus mail to Cindy Robertson, Social Worker.
- When we receive your completed forms, we will enter this information into the Medicare database.
- **Cindy will CALL YOU to schedule an appointment** once your paperwork has been filled out and received in our office.
- If there are no recommended changes to your plan you will be contacted directly.
- If you have additional questions or need additional forms, please call Cindy Robertson at 319-297-8646 (campus extension 646).

[Medicare.gov](https://www.Medicare.gov)

The next issue of *Life at Meth-Wick* will be Friday, October 28. Information should be in writing to Eryn Cronbaugh by noon on Friday, October 21. You can do so through campus mail or email at ecronbaugh@methwick.org

Thank You!!!

Thank you to all the Manor and Woodlands staff for taking such excellent care of our Pa, Bob Hughes, during his time at Meth-Wick. It was a great comfort to us to know he was at such a wonderful place and surrounded by medical and non-medical staff that really cared about him.

*Sincerely,
Jackie Holkum and Sheila
Williams*

Whether you sent me a card, gave me a hug, prayed for me or spoke/wrote encouraging words to me, your kind and compassionate expressions of sympathy at the passing of my special friend, Bob Hughes, warmed my heart and touched me deeply. You made a difference.

So grateful for the caring friends and staff at my Meth-Wick home.

~Karen Zach

A big thank you, to all of my new friends here at Meth-Wick. Your prayers and cards were very much appreciated for my heart procedure, and also for my birthday cards.

~Deanna Nurre

Welcome

Karla Clark will be making her new home in Greenwood Terrace B204 on October 25.

Karla and David got married in 1963. He was a Cedar Rapids fireman. He passed away in 2012. They have 3

children- Elizabeth lives in Chicago, Amy in Center Point and Jeff in Ely. She has 7 grandchildren and 3 great grandchildren.

Family and friends are so important to Karla. She enjoys spending time with her grandchildren and talking on the phone with her friends. Some of her favorite activities are going out for coffee with friends, going to movies, lunch outings and shopping. She also enjoys baking and reading. She also likes watching TV- especially HGTV and Hallmark.

COVID Booster and Flu Shot Info

If you signed up for a COVID Booster or Flu Shot for Independent Living residents and staff, we will be holding the Vaccine Clinics on Thursday, October 20. You may come anytime between 9:00 a.m. and 1:00 p.m. to The Manor building. The clinic will be held in **the Creative Arts Room**. You may enter through Manor Brew with your keyfob.

Please remember to bring your Medicare Card and your supplemental insurance card with you. We will need to make copies of these cards for the pharmacy to process your vaccine information.

General Program Information

With many restrictions lifted, we are pleased to be able to change a few things with our general programs across campus.

Beginning October 10, **you are no longer required to sign up for church or other large programs unless indicated.** There will still be a few programs that we require sign-up for, but the capacity limitations are largely lifted.

We will also no longer require the use of the plexiglass barriers around our speakers for programs beginning October 10.

Of course, these things are subject to change as needed.

Absentee Ballot Request Assistance

If you would like assistance filling out your Absentee Ballot request form, we're happy to have the League of Women Voters joining us on Monday, October 17 to assist in ballot request forms, and any questions you might have about voting in general. They will be available in the following locations:

9:30-10:30 Deer Ridge Lobby

10:45-11:45 Greenwood Lobby

12:00-1:00 Manor Key Club

Independent Living residents and Custom Care residents are welcome to participate in these events in any location. You're also welcome to pick up a form on your own at The Manor front desk.



Program Updates:

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

Accordion Duo

It has been a long time, but we're excited to have the Accordion Duo back with us to play fun music on Friday, October 14 at 2:30 p.m. in Live. Laugh. Learn. Center.

Trivia Slideshow Games

Join us on Monday, October 17 at 2:00 p.m. in Live. Laugh. Learn. Center to enjoy some fun trivia games together! The questions are great for your brain, and fun to play with others!

Tech Time

Do you have a question about your cell phone or tablet? Come to Tech Time at 2:00 p.m. on Tuesday, October 18 for help with your technology questions. Join us in Live. Laugh. Learn. Center. Please make sure your device is charged, and you have passwords with you.

Fall Trip Outing

At the time of printing, **there were still seats available on the bus for our Fall Trip for Wednesday, October 19!** If you are interested, please contact Eryn at 319-297-8620 or ecronbaugh@methwick.org. We will depart at **9:00 a.m.**, and anticipate returning between 4:30 and 5:00 p.m. ***Remember, this is an earlier departure than advertised on the calendar.**



Nutrition Connection: Micronutrient Supplements

Join dietitian, Alicia Vance Aguiar on Wednesday, October 19 at 2:00 p.m. in Live. Laugh. Learn. Center. Her topic this month is micronutrient supplements. Join her to learn more!

How to Protect Your Investments From Inflation with Christine Casey

Join Christine Casey for this Legacy Month event on Thursday, October 20 at 2:00 p.m. in Live. Laugh. Learn. Center. Please RSVP at The Manor front desk.

Movie/Popcorn: *Where the Crawdads Sing*

Our movie for Saturday, October 22 will be *Where the Crawdads Sing*. The movie is rated PG-13, and runs 2 hours and 5 minutes. Join us at 1:30 p.m. in Live. Laugh. Learn. Center. The movie tells the story of Kya, who is abandoned by her family, and raises herself. When her former boyfriend is found dead, Kya is instantly branded by the local townspeople and law enforcement as the prime suspect for his murder.

Book Club

The Meth-Wick Community Book Club will meet on Monday, October 24 at 2:00 p.m. in Live. Laugh. Learn. Center at The Manor. We will be discussing *The Book Woman of Troublesome Creek*.

All are welcome, whether you have read the book or not. The discussion is always interesting. We will be passing out next month's Cedar Rapids Library Book Club Kit books.

Cooking Class Lunch

Our next Cooking Class Lunch will be held on Tuesday, October 25 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.

Target Outing

Please sign up at The Manor front desk if you'd like to take a trip to Target on Wednesday, October 26. The bus will depart at 1:00 p.m.

Brain Benders

Stretch your brain with us at 2:00 p.m. on Wednesday, October 26 as we gather to do brain bending exercises in Live. Laugh. Learn. Center.

Outing to The Stanley Art Museum

We are excited to take a trip to the newly opened Stanley Art Museum on Friday, October 28. Please sign up at The Manor front desk. There is no admission charge. We will depart at 1:00 p.m.

Orchestra Iowa: *Jurassic Park*

If you are planning to ride the Meth-Wick bus for Orchestra Iowa's *Jurassic Park*, on Saturday, October 29, the bus will depart at 6:30 p.m. Please confirm your ride with Eryn at 319-297-8620 or ecronbaugh@methwick.org.



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In Memory:

David L. Hannon

March 5, 1930-October 3,
2022

*Dave moved to Meth-Wick
in September of 2018.*

State of the Campus/Legacy Social

We invite you to learn more about the State of the Campus on Thursday, October 27. Please join us at **either** 10:00 a.m. or 2:00 p.m. in Live. Laugh. Learn. Center. The information will be the same at each meeting.



Then, beginning at 4:00 p.m., join us to celebrate Legacy Month with a social gathering. We will gather in both Live. Laugh. Learn. Center and Hilltop Dining. (Box lunches will be available for pre-order for dinner service.)

**Red Cedar Chamber Music Concert:
Fresh Folk**

We are thrilled to have the talented musicians from Red Cedar



**RED CEDAR
CHAMBER
MUSIC**

Chamber Music back for a concert on Friday, October 21. Please join them at 2:00 p.m. in Live. Laugh. Learn. Center.

Red Cedar Chamber Music's directors and core ensemble, violinist Miera Kim and cellist Carey Bostian, present folk music from around the world in the first of a series of programs commissioning new settings of folk music.

For this concert program, six proposals were accepted and six new works will be premiered. Travel with Red Cedar to Brazil, Finland, Scotland, Ukraine, the American West, the Czech Republic, and the Philippines. In addition, visit the imaginary world of Fauxmania with the core ensemble.