



Arbor Place

Brendelwood Village

Deer Ridge

Greenwood Terrace

Highland Park

Oakwood

The Manor

The Woodlands

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Brian Scott  
Board Chair

Eryn Cronbaugh  
Editor

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**METH-WICK**  
COMMUNITY

LIFE AS IT SHOULD BE

# Life AT METH-WICK

## Legacy Month Thank You!

Legacy Month is over, and thank you to the many, many donors who participated in our annual fundraiser. All the events were well-attended, and we were so pleased to be able to see people and spend time together in-person again! The food was wonderful, the events were fun, and great time was had by all.

The generosity of residents, board members, family, friends, and employees help Meth-Wick fulfill its mission of “providing a secure and caring living environment to those we serve as well as maintaining the dignity and enhancing the quality of life as they age.” These gifts also enhance the working environment of employees and the ability for family and friends to enjoy visiting the campus.

Thank you, everyone!

## Campus Nursing Services

As of November 1<sup>st</sup>, we have changed our Home and Health Department to our Campus Nursing Department. Cindy Scott, as the campus nurse, as well as another staff member will continue to be available to help. The campus nurse will also respond to calls from the emergency call button along with other staff just as we always have.

Listed below are the services Meth-Wick can continue to provide Monday-Friday during the hours of 8:30 a.m.- 4:30 p.m. with the Campus Nursing Department. To arrange for services, please contact Cindy Scott at campus extension 611.

Services we will continue to offer:

- Blood Pressure clinics
- First Day Home visits
- Coordination of Laboratory and Podiatrist services

Additional individually contracted services we will continue to offer:

- Medication Management
- Medication Administration
- Wound Dressing
- Well Checks
- Whirlpool Assistance
- Limited transportation on-campus and to appointments

The next issue of *Life at Meth-Wick* will be Friday, November 25. Information should be sent in writing to Eryn Cronbaugh through campus mail or e-mail at [ecronbaugh@methwick.org](mailto:ecronbaugh@methwick.org) by noon on Friday, Nov. 18.

## Thank You

A special thanks to all of you, that sent cards and called, to wish me a Happy 94<sup>th</sup> Birthday. And, also to my “Better Half” for my beautiful flowers.

~Grace Ebert

Thank you for the beautiful flowers and cards that you sent me while I am home recovering from surgery. I appreciate all of your thoughtfulness. Meth-Wick is a great place to work.

~Jan Hoekstra



### Decoration Reminder

As a reminder, while we start to decorate for the holidays, please remember that we cannot hang any live greenery in our buildings. If you put a live wreath on your condo or apartment door, we will have to ask you to take it down.

# Welcome

**Mona Myhlhousen** will be moving to Manor 212 in November. Mona was born in Maquoketa, IA. In seventh grade she moved with her family to Wyoming, IA. She graduated from Wyoming High School in 1952. Mona worked as a

clerk at Standard Appliance and worked at Collins. She then became a homemaker when her children were young.

Mona married Bob Myhlhousen in 1953. Bob worked at Quaker and then Ogden and Adams Lumber for 30+ years before retiring. Bob and Mona had four children together, Diane of Cedar Rapids, James of Wisconsin, Terry of Cedar Rapids, and Shelly of Cedar Rapids. Mona has several grandchildren and great grandchildren.

Mona is most proud of her long career at Collins, while managing a household. She formerly enjoyed trying her luck at local casinos. She was also a member of the YMCA and Silver Sneakers, and is a lifetime member of the Eagle’s Club. These days she enjoys going out to eat with friends and watching Westerns.

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### Sally’s Gifts News:

#### Holiday Card Information

Several people are ready to start on Holiday cards and have asked about them at Sally’s Gifts. The boxed sets have just been put out at the time of this printing. Sally’s Gifts will have twenty-four choices in general Holiday/Christmas cards and twenty-one choices in religious Christmas cards—early shoppers get the biggest variety! Each box has 16 cards and envelopes. Single Holiday cards will go out a day or two before Thanksgiving when those cards are put away.



#### Sally’s Gifts Needs Volunteers

There are Sally’s Gifts volunteers living all over campus--you may know a few. Sally’s Gifts could be a good place for you to spend some time if you like to talk to people, meet new people, see old friends, and help shoppers find things. You need balance the cash box (\$40.00), record the sales you make, and make people feel welcome in the shop.

Please contact Judy Workman, Janet Blackledge, or Eryn Cronbaugh if you are interested in knowing more. You will be set up with one of our volunteers for training. Each shift is two hours long and the shop is open Monday-Friday mornings and afternoons and Saturday mornings. Shifts are filled with time slots requested by each volunteer.

Volunteers work from one to six shifts each month.

## **Program Updates:**

**By Eryn Cronbaugh (319-297-8620)**

**Director of Wellness and Recreation**

**Email: [ecronbaugh@methwick.org](mailto:ecronbaugh@methwick.org)**

### **Veterans Breakfast**

Sodexo and the Wellness and Recreation Department are working together to provide a Veterans Day Breakfast TODAY, Friday, November 11. Join us between 7:00 a.m.-9:00 a.m.

### **BINGO**

Join us at 2:00 p.m. on Monday, November 14 for BINGO! We will gather to WIN in Live. Laugh. Learn. Center.

### **Community Concert**

If you are planning to ride the bus for the Community Concert on Monday, November 14, please confirm your ride with Eryn by calling 319-297-8620 or [ecronbaugh@methwick.org](mailto:ecronbaugh@methwick.org). Please CONFIRM your ride each time, so we have an accurate count. Buses depart at 6:30 p.m.

### **Brain Benders**

If you are ready to stretch your mind, and practice your thinking skills, please join us at 2:00 p.m. on Tuesday, November 15 in Live. Laugh. Learn. Center for Brain Benders.

### **Nutrition Connection**

Join Dietitian, Alicia Vance Aguiar at 2:00 p.m. on Wednesday, November 16 for her next Nutrition Connection program. Alicia will be talking about ways to “Dine Out Sensibly”. Join her in Live. Laugh. Learn. Center.

### **Thursday Lunch Bunch Outing: Pizza Ranch**

Our lunch bunch outing on Thursday, November 17 is to Pizza Ranch. Sign up at The Manor front desk. The bus departs at 11:15 a.m.

### **Take Away Hunger Food Packaging**

We are excited to have an opportunity to help package food for “Take Away Hunger” on Friday, November 18. We will begin at 2:30 p.m. in Live. Laugh. Learn. Center. In order to know how many volunteers we will have, **please sign up at The Manor front desk.** Volunteers will assist with

filling bags, sealing bags, and organizing the pre and post production line.

### **Movie/Popcorn: *Gigi and Nate***

Our movie for Saturday, November 19 will be *Gigi and Nate*, a drama inspired by actual events. Nate suffers a near-fatal illness just before college begins. His mother bring home a service animal, Gigi, a capuchin monkey to help him adjust. Gather at 1:30 p.m. in Live. Laugh. Learn. Center. The movie is rated PG-13, and runs 1 hour 54 minutes.

### **Orchestra Iowa Masterworks**

If you are planning to ride the bus for Orchestra Iowa’s Masterworks Concert on Saturday, November 19, please confirm your ride with Eryn. The bus will depart at 6:30 p.m.

### **Grocery Shopping**

Due to the Thanksgiving holiday, our grocery trip to Hy Vee will be on Tuesday, November 22. The bus will depart at 9:00 a.m. Please sign up at The Manor front desk.

### **Kubb**

Come to Live. Laugh. Learn. Center at 2:00 p.m. on Tuesday, November 22 to enjoy playing the yard game, Kubb, together again! Come and join the fun, or cheer on your friends!

### **Thanksgiving Eve Service**

*Give thanks to the Lord, for he is good; his steadfast love endures forever. Psalm 107:1*

Almost every day, we hear someone say, “I’m so grateful to live here at Meth-Wick.”

Thanksgiving Eve is a perfect time to gather and give thanks to God for all of our blessings, including that of being a part of such a caring community. Join us on Wednesday, November 23.

Worship services will be offered as follows:

*The Woodlands: Nesetrit – 10:00 a.m.*

*Stewart/Lynch – 11:00 a.m.*

*Arbor Place: 1:00 p.m.*

*Live. Laugh. Learn. Center at the Manor: 2:00 p.m.*

Come ye thankful people, come, and join us for worship!

*~Chaplains Kristy Parker and Julie Wehner*



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## The Gravy Games Are Back!

Join us for fun Thanksgiving themed games and challenges! This year's challenges include:



- **“Fixing the Feast” Challenge**  
When: Today, Friday, November 11  
Time: 1:30 p.m.  
Where: Live. Laugh. Learn. Center
- **“Family Game Night” Challenge**  
When: Friday, November 18  
Time: 1:30 p.m.  
Where: Meth-Wick *In-Motion* Room

You can create a team of 4 or sign up on your own to be placed on a team. Call Megan at 297-8612 or e-mail [mhavener@methwick.org](mailto:mhavener@methwick.org) to sign up if you haven't already, or with any questions.

Spectators are welcome!

## Salons on Campus

**The Salon at Deer Ridge**  
Jan Hoekstra-Stylist  
319-297-8642  
Tuesday-Friday



**Town Center Salon at The Manor**  
319-297-8625  
Monday, Tuesday, Thursday, Friday  
Cheryl Ramm—Stylist  
319-929-6940  
Karen Miller—Stylist  
319-721-5332

- Convenience of never leaving campus
- Can use Red Cap Services
- Cost of Salon Service billed directly to your monthly bill. (Tipping not allowed.)
- Quality Stylist-Quality Products

See one of us for all of your hair care needs!