



Arbor Place

Brendelwood Village

Deer Ridge

Greenwood Terrace

Highland Park

Oakwood

The Manor

The Woodlands

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Eryn Cronbaugh  
Editor

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2022



LIFE AS IT SHOULD BE

# Life AT METH-WICK

## Carol Montag: “A Carol Christmas”

We are thrilled to have Cedar Rapids performing singer/songwriter, Carol Montag, with us on Friday, December 2. She will be presenting a celebratory Christmas concert titled "A Carol Christmas" at 2:30 p.m. in Live. Laugh. Learn. Center. The audience will enjoy traditional Christmas Carols, contemporary Christmas songs, and a few songs just for fun!

Performing singer/songwriter, Carol Montag, grew up in Ames, Iowa and resides in Cedar Rapids. She accompanies herself on six and twelve string acoustic guitars, piano, and lap dulcimer. She learned to play guitar by ear while listening to the music of Joan Baez, Joni Mitchell, Judy Collins and other folk music legends. These three women were not only an inspiration to Carol, but also ignited her interest in songwriting.

Carol has recorded six albums; "Song for Carrie", "White", "Marigolds", "Second Sermon", "Silent Night", and "Simple Gifts". Montag has performed at numerous music festivals, coffeehouses, colleges, and concert series. She has opened for or shared the stage with Arlo Guthrie, Three Dog Night, Michael Johnson, Tom Paxton, Jim Post, Greg Brown, Kenny Rankin, David Wilcox, John Gorka, John Stewart, and others. She recently was signed to Fervor Records. Come and join us for this special opportunity!

## Advent and Christmas

*By Chaplains Kristy Parker and Julie Wehner*

This is the time of year when we enter a time of preparation. During Advent, we reflect on the coming of Christ into our world once again, and examine what that means for our lives. The chaplains would like to offer you “A Season of Peace, Advent Devotions for Seniors.” Booklets will be available at the front desks of The Manor, Greenwood, and Deer Ridge, and in common areas of Oakwood. They will also be available in the chaplain’s office, so stop by, give us a call at 319-297-8622, or e-mail us at [chaplains@methwick.org](mailto:chaplains@methwick.org)!



The four Sundays of Advent will be observed in worship November 27, and December 4, 11, and 18, with special readings, the lighting of the Advent wreath, and Advent messages and hymns.

Christmas Eve services will be offered to all residents as follows:

Nesetril Neighborhood at The Woodlands – 10:00 a.m.

The Community Room at The Woodlands – 11:00 a.m.

Arbor Place – 1:00 p.m.

Live. Laugh. Learn. Center – 2:00 p.m.

**There will be no services on Christmas Day.**

We hope you will join in these celebrations of peace and joy. As always, feel free to call us anytime or stop in to visit.

The next issue of *Life at Meth-Wick* will be Friday, December 9. 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, Dec.2.

## Chauffeur Ride Punch Cards

Do you or your loved one ride with Dan throughout the year to appointments? Consider purchasing a punch card! They are \$75 for 6, one-way rides. Otherwise, a 1-way single ride is \$15. The punch-cards do expire at the end of the Fiscal year on March 31, 2023.

If you are buying a punch card as a gift, you may buy them at the front desk, or follow the general outline for purchasing a gift certificate.



## Christmas Concert "Save The Date"!

The Meth-Wick Chorus and Tone Chimes have been practicing their Christmas music for you! Save the Date for their concerts, which will take place on Wednesday, December 14. There will be two opportunities for you to hear them: 10:30 a.m. and 2:00 p.m. in Live. Laugh. Learn. Center.

Please only come to one performance. These are popular concerts, and we want to allow as many people to listen as possible.

## COVID Testing Information

Is it a cold? Could it be something else? We have been seeing instances of people thinking they have a cold or allergies, and testing positive for COVID afterwards. There are a variety of upper respiratory viruses and infections making their way around the community right now. We encourage you to test if you have any respiratory symptoms, to wear a mask if you must be around other people, and to stay home as much as possible.

We have been asked recently how to get a test or get tested, if you have any symptoms. For our Independent Living residents, we do not provide testing on campus.

At-home COVID tests are available from most local independent pharmacies, CVS, HyVee, and Walgreens. You can call ahead to the pharmacy to determine the best way for you to obtain the tests. Up to eight tests per person, per month are available through your insurance plan. More information is available here: <https://www.cms.gov/how-to-get-your-at-home-OTC-COVID-19-test-for-free?fbclid=IwAR2OpzsqjVCBjpGU71AqYEpsUJN-cjY9FiP6pUcDD47Tdrw7Q3S5jwgfASU>

If you would prefer to go somewhere to get tested, we encourage you to contact your physician's office, or to go to an urgent care. We would suggest calling ahead, rather than just showing up. You may also make an appointment for testing at Walgreens, CVS, HyVee or a local independent pharmacy. Many of these places have online test scheduling, but you may also call the local stores to learn more.

When in doubt, please test, and contact your physician for assistance in determining if you need to be seen or tested for any other respiratory illnesses. Please do not assume "it's just a cold or allergies."

*Gift Certificate*

A gift has been given to you for the following...

Pool Classes  Dining  Beauty Salon  Bus Pass  Housekeeping Services  Sally's Gifts

To: \_\_\_\_\_

From: \_\_\_\_\_

THE AMOUNT OF: \$ \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_ has been applied to your account. Authorized Signature \_\_\_\_\_

Meth-Wick Community • 1224 13th Street NW • Cedar Rapids, IA 52405 • Life as it should be...

Remember: Gift certificates are available at The Manor front desk for that hard-to-buy-for resident this holiday season.

You're welcome to stop by, and pick one up in person (remember, we take

cash or check). If you can't stop by the desk, here's what you need to do:

- Send a check made out to "The Meth-Wick Community" to the attention of Amy Senninger, Administrative Assistant.
- Include a note with the following information:
  - The resident's name.
  - Which service do you want the Gift Certificate made out for? You can choose: Dining, Beauty Salon, Bus Pass, Housekeeping Services, Sally's Gifts, or Pool Sessions
  - Would you like us to give the resident the gift certificate, or would you like us to send it back to you to give them (if you want us to send it back to you, include your address)?
  - Your contact information in case we have any questions!

We look forward to helping you with your gifts this holiday season. You are welcome to call The Manor front desk with any questions at 319-365-9171.

## **Program Updates:**

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

### **Book Club**

Meth-Wick Book Club will be meeting on Monday, November 28th at 2:00 p.m. in Live. Laugh. Learn. Center. We will be discussing the book *Tell the Wolves I'm Home* by Carol Rifka Brunt. We will distribute the next book at the end of the meeting.

All are welcome, whether you have read the book or not, but are interested in reading and lively discussions! We will NOT be meeting in December, but will meet again on January 23rd.

### **Cooking Class Lunch**

We will have our Cooking Class Lunch on Tuesday, November 29 at 11:30 a.m. in Live. Laugh. Learn. Center. You may add your name to the waiting list if you are not already signed up.

### **Target**

If you would like to go to Target on Wednesday, November 30, please sign up at The Manor front desk. The bus will depart at 1:00 p.m.

### **Decorate the Chrismon Tree**

We will be decorating the Chrismon Tree in Live. Laugh. Learn. Center at 2:00 p.m. on Wednesday, November 30. Please join us to cheer on the decorators, or join in the decorating! We hope to see you there!

### **Lunch Bunch: The Edison Pub**

Our lunch bunch outing on Thursday, December 1 will be to The Edison Pub and Eatery. Sign up at The Manor front desk. The bus departs at 11:15 a.m.

### **Movie/Popcorn: *Prancer: A Christmas Tale***

Our movie for Saturday, December 3 will be *Prancer: A Christmas Tale*. Gather at 1:30 p.m. in Live. Laugh. Learn. Center. The movie is rated PG, and runs 1 hour 46 minutes. The story stars James Cromwell, and is the story of a mysterious reindeer and a young girl who work together to help her grandfather save his beloved store.

### **Nutcracker Transportation**

If you are planning to ride the bus for Orchestra Iowa's Nutcracker on Saturday, December 3, please confirm your ride with Eryn at 319-297-8620 or [ecronbaugh@methwick.org](mailto:ecronbaugh@methwick.org).

### **Chorale Concert**

If you are signed up to ride the bus for the Midwest Chorale Concert on Sunday, December 4, the bus will depart at 2:00 p.m.



### **History Center Outing**

Join us for an outing to The History Museum on Tuesday, December 6. Admission is FREE in the month of December, so this is a great opportunity! The bus will depart at 1:00 p.m. Please sign up at The Manor front desk. Current displays are Alliant Energy: 140 Years of Power as well as the Armstrong Christmas window!

### **Birthday Party**

If you were born in the month of December, please join us at the December birthday party at 2:00 p.m. in Live. Laugh. Learn. Center! We'll enjoy cake and ice cream together!

### **Lunch Bunch: Granite City**

Our lunch bunch outing on Thursday, December 8 will be to Granite City. Sign up at The Manor front desk. The bus departs at 11:15 a.m.

### **Brain Benders**

Stretch your brain with us on Friday, December 9 for our Brain Benders group. We'll meet at 2:30 p.m. in Live. Laugh. Learn. Center.

### **Jim McDonough Concert Transportation**

If you are signed up to ride the bus to the Jim McDonough concert on Saturday, December 10, the bus will depart at 1:30 p.m.

### **Meet Me in St. Louis**

If you are signed up to ride the bus to the musical, "Meet Me in St. Louis", at Theatre Cedar Rapids on Sunday, December 11, the bus will depart at 1:30 p.m.



1224 13th Street NW  
Cedar Rapids, IA 52405

**Return Service Requested**

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*In Memory...*



**R. Dixon “Dick” Jennings**  
September 12, 1929-November 9,  
2022

*Dick moved to Meth-Wick in August 2002.*

**Shirley M. Rodgers**

March 19, 1950-November 15, 2022

*Shirley moved to Meth-Wick in November, 2019.*

**Richard Kramer**

July 7, 1936-November 19, 2022

*Richard moved to Meth-Wick in October 2022.*

**E-mail List Reminder**

We maintain an e-mail list of RESIDENTS for announcements, menus, and other important communication. If you are not receiving these e-mails, and would like to, please e-mail Eryn at [ecronbaugh@methwick.org](mailto:ecronbaugh@methwick.org) to be added. Your e-mail will not be shared.

**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!

**Anyone Interested in Playing Poker?**

The poker club, which disbanded due to COVID is planning to re-start. If you are interested, please contact Dean Dennis at 319-360-7217 for more particulars.