



Arbor Place

Brendelwood Village

Deer Ridge

Greenwood Terrace

Highland Park

Oakwood

The Manor

The Woodlands

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CEO

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Board Chair

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Editor

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LIFE AS IT SHOULD BE

Life

AT METH-WICK



Holiday Greetings!

By Robin Mixdorf, CEO

The holidays are all about traditions—decorating the tree, baking cookies, regifting last year’s fruitcake, caroling, even wearing an ugly sweater—but one of the long-standing traditions is sending greeting cards.

The tradition of sending cards started in the United Kingdom around the early 1840’s and by 1843, holiday cards made it to the United States. In 1875, Louis Prang first mass-produced the cards and, by 1915, John Hall and his brothers created Hallmark Cards. The people who track statistics tell us that about 1.3 billion cards will be purchased by Americans during this holiday season.

Personally, I eagerly await the newsy Christmas letter I get from a friend in Washington state and a cousin in Storm Lake. I instantly chuckle over a dear friend’s dog in a haute couture holiday outfit and enjoy seeing the change in each of our loved ones’ families with photo holiday cards.

Recently, I heard an anecdote of an 8-year old child approaching his father and asking about the holiday cards the family had just received. He pressed his father about why we send Christmas cards, and asked, “Why don’t you just send a text?” The father responded that it was “tradition”.

This tradition of sending holiday cards is really a tradition of connecting with others. In our fast-paced world of texts, e-mails, and social media feeds, we appreciate the extra step and thought that goes into a personal greeting or signature—it makes all the difference. In an age where holiday cards may feel “old fashioned”, please accept this as my holiday connection to all of our Life at Meth-Wick readers.

Wishing you all Happy Holidays and a Happy New Year!

Christmas Eve Service Reminder

A reminder that we will celebrate Christmas Eve together at 2:00 p.m. in Live. Laugh. Learn. Center on Saturday, December 24. There will be services in our health care areas as well on Christmas Eve. There will **NOT** be worship services on Christmas Day.

The next issue of *Life at Meth-Wick* will be Friday, January 13. Information should be sent in writing to Eryn Cronbaugh through campus mail or e-mail at ecronbaugh@methwick.org by noon on Friday, January 6.

Thank You

To the Meth-Wick Staff and our Meth-Wick Friends and Neighbors:

The family of Philip Ward acknowledges with gratitude your kind expressions of sympathy upon Phil's death on November 27.

Your presence, words and messages, memorials, flowers, food and other thoughtful deeds helped us get through this sad time.

We will be forever grateful to the staff for his care and therapies at The Woodlands after several hospitalizations.

*Sincerely,
Joanne Ward
Angela Ward Hyatt and
Andrew & Kristin Ward*



Welcome

Raarda Stilwell moved into Manor 123 December 9. Raarda was born and raised in Cedar Falls, IA. She graduated from Cedar Falls High School in 1960. She continued her education at Iowa State University and graduated from UNI, earning her degree in consumer science. Raarda married John "Jack" Stilwell in 1962. Jack worked as an accountant. The couple lived in Cedar Falls then Spencer, before moving to Grundy Center. The couple had two children, Doug of Cedar Rapids and Annemarie Hamborg of Des Moines. Raarda took on the role of homemaker after having children. She later worked as an office manager at her church, once her children were grown.

Raarda is Methodist. She states her greatest accomplishments are taking care of her family and having good friends. She enjoys reading, watching college sports on television, and previously did a lot of needlework. She is a member of a Bible study group that's been meeting every week for 17 years.

Reminder: Masks Welcome

Although masks are not currently required in our Independent Living areas, we want everyone to feel comfortable wearing a mask if they so choose. We welcome you wearing a mask to any group program. We ask that you wear a mask if you have a known exposure to COVID or have any respiratory symptoms. Please be safe and healthy this holiday season!



MASK OF WELLNESS

Free COVID-19 Tests Available

The Federal Government has started their free COVID-19 test program again during the winter months. These free at-home COVID-19 tests can be ordered online or by phone.

To complete the order online, please visit: www.covidtests.gov. You may also order by phone by calling 1-800-232-0233. Orders started shipping on Monday, December 19. One order per household may be placed, so please be sure to include your living unit number when ordering tests. You will be shipped 1 package, containing 4 COVID-19 at-home tests.



Pre-New Year's Eve Party

Stop in to Live. Laugh. Learn. Center for an early New Year's Eve gathering between 2:00-3:00 p.m. on Friday, December 30. We will enjoy appetizers, visiting, and music from Roots of Rhythm (Richard Wagor, bass; Pat Smith, guitar; Lynne Hart, saxophone). Come ring in the new year with us!

Program Updates:

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

Movie/Popcorn: *It's a Wonderful Life*

On the year of its 75th anniversary, please join us for the classic movie, *It's a Wonderful Life*. We will show the movie at 2:00 p.m. TODAY, Friday, December 23 in Live. Laugh. Learn. Center.

Holiday Price is Right

Join us for a new game of "Holiday Price is Right" on Wednesday, December 28 at 2:00 p.m. in Live. Laugh. Learn. Center. You will receive a copy of all the prices out of order from the slide show, and will attempt to guess the correct price for each gift. We hope you will join us for this fun game! We're sure to have plenty of laughs!

Thursday Lunch Bunch Outing: American Skillet

Our lunch bunch outing for Thursday, December 29 will be to American Skillet. Please sign up at The Manor front desk. The bus will depart at 11:15 a.m.

Trivia Slideshow Games

Start the new year by exercising your brain! Join us for a fun game of trivia on Tuesday, January 3 at 2:00 p.m. in Live. Laugh. Learn. Center.

Birthday Party



If you were born in the month of January, please join us for the January birthday party on Wednesday, January 4. We will gather at 2:00 p.m. in Live. Laugh. Learn. Center.

Thursday Lunch Bunch Outing: Red Lobster

Our lunch bunch outing for Thursday, January 5 will be to Red Lobster. Please sign up at The Manor front desk. The bus will depart at 11:15 a.m.

Brain Benders

Come and stretch your brain, while having fun together with friends and neighbors at 2:30 p.m. on Friday, January 6 in Live. Laugh. Learn. Center.

Movie/Popcorn: *The Woman King*

Our movie for Saturday, January 7 will be *The Woman King* starring Viola Davis. Inspired by true events, this is the story of an all-female unit of warriors who protected the African Kingdom of Dahomey with skills and ferocity. The movie is rated PG-13, and runs 2 hours 14 minutes. Come to Live. Laugh. Learn. Center at 1:30 p.m.

BINGO

Come try your luck at BINGO on Monday, January 9! We will begin playing at 2:00 p.m. in Live. Laugh. Learn. Center.

Swamp Fox Book Review

Join us at 2:00 pm. in Live. Laugh. Learn. Center on Tuesday, January 10 for new books and interesting conversation with a representative from Swamp Fox Books in Marion.

Wal Mart Outing

If you would like to go to Wal Mart on the bus to shop, please sign up at The Manor front desk. The bus will depart at 1:00 p.m. on Wednesday, January 11.

Kubb

We will gather together at 2:00 p.m. in Live. Laugh. Learn. Center on Wednesday, January 11 to play a game of Kubb together. This is an interactive game that combines other familiar games like bowling and lawn darts. Come see what it's about and cheer on your friends!

Nutrition Connection: Start the New Year with Simple Meal Preparation

We will be starting out the new year with a Nutrition Connection program on Simple Meal Preparation. We hope that you'll join us, and meet Brooklyn Peterson, a dietetic intern with Sodexo. Dietitian, Alicia Vance Aguiar will also be there to assist. Please join us at 2:30 p.m. on Friday, January 13 in Live. Laugh. Learn. Center.



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Geraldine M. Lanning

October 10, 1927-December 10, 2022
Geri moved to Meth-Wick in November of 2018.

Margaret A. Sears

May 17, 1932-December 11, 2022
Margaret moved to Meth-Wick in November of 2008.

Jeraldine (Jeri) S. Hewitt

December 14, 1939-December 12, 2022
Jeri moved to Meth-Wick in September of 2015.

Kenneth “Ken” White

September 10, 1927-December 13, 2022
Ken moved to Meth-Wick in April of 2011.

Cooking Class Lunch Information for December and January

Our second December Cooking Class Lunch will be held Tuesday, December 27. Sign up at The Manor front desk. We start at 11:30 a.m. in Live. Laugh. Learn. Center. **Note: Not 11:15 as is on the calendar.**

Our Cooking Class Lunches for January will be on Thursday, January 12 and Tuesday, January 24. **Sign-ups will begin at 8:00 a.m. on Thursday, January 5 at The Manor front desk.** Lunch begins at 11:30 a.m. in Live. Laugh. Learn. Center. Cost is \$5 on your Meth-Wick bill.

Room Sale

We are happy to open our Room Sales to the public again! Please join us for our next Room Sale on Thursday, January 12, 2023.

8:00-9:00 RESIDENTS ONLY

9:00-10:00 All are welcome, including the public!

Join us in the Resident Services Center in the Lower Level of The Manor building.