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The Woodlands

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LIFE AS IT SHOULD BE

# Life AT METH-WICK

## Emergency Plan for The Woodlands Skilled Nursing Facility

*By Steve Bonnett, Regulatory Compliance and Safety Director*

The Woodlands Skilled Nursing Facility’s Emergency Operations Plan (EOP) provides guidance on how we will protect our residents in the event of an emergency. This plan is based on an all-hazards approach to emergency management that identifies the top risks our skilled nursing facility might face. The plan addresses how we will manage and conduct actions under emergency conditions which includes important internal and external emergency contact information, written policies/procedures, and support documents critical to continuing our operations. We also prepare our staff for emergencies by using functional exercises and drills to train and develop our employees’ ability to respond in the event of an actual disaster.

By providing a comprehensive approach to emergency management we hope to support the following objectives:

- Maintaining a safe and secure environment for our residents, staff, visitors, and vendors;
- Sustaining our organization’s functional integrity, including our usual service and business functions (continuity of operations); and
- Integrating into the community’s emergency response system, as necessary.

The scope of our plan extends to any event that disrupts, or has the potential to disrupt, our normal standards of care or business continuity. This includes the impact due to internal incidents, such as a fire, or external incidents, such as a tornado.

- Critical emergency response resources available at The Woodlands include:
  - Infection Control Procedures (Pandemic – COVID-19 Preparedness and Response)
  - Back-up emergency generator
  - Life-safety fire protection systems
  - Emergency lighting, lanterns, and flashlights
  - Communication plans
  - Emergency medical supplies
  - Disaster water and meal plans
  - Plans for evacuation or to shelter-in-place

Our campus administrators and staff are committed to preparing for events that may have significant impact to our residents and facility. We review and update our plan at least annually or as necessary based on “lessons learned” during exercises or real events, the evolution of new “best practices”, or changes to local, state, and federal regulatory requirements. **(cont’d pg. 2)**

The next issue of *Life at Meth-Wick* will be Friday, February 10. **\*\*Please note: FOR THIS ISSUE ONLY**, information should be sent in writing to Grace Hiedeman through campus mail or e-mail at [greske@methwick.org](mailto:greske@methwick.org) by noon on Friday, Feb. 3.



### New Sodexo App Opportunity

Sodexo is introducing the Everyday app. This app for your smart phone will allow you to see the Nutritional Facts for your favorite menu items.

Drew will be holding an informational meeting each day: Monday, February 6<sup>th</sup> through Friday, February 10<sup>th</sup> from 1:00-1:30 p.m. in Live. Laugh. Learn. Center. Space is limited to the first 15 to sign up at The Manor front desk each day.

If possible, please download the Everyday app before the meeting from either Google Play or the Apple App Store. If you're unable to attend, contact Drew at 319-297-8632.

### 2022 Tax Information

The health portion of the monthly fee that may be considered at income tax time for independent living residents is \$28 per month, per person, or \$336 per year if you have lived at Meth-Wick all year. As always, we suggest you consult your tax advisor.

### Emergency Preparedness (Continued from pg. 1):

In the past year, 2022, we continued to be affected by the COVID-19 pandemic and we worked in cooperation and collaboration with our local, county, state and federal emergency agencies to maintain an integrated response to keep our residents safe. We relied on the guidance and support that we received from the Centers for Disease Control and Prevention (CDC), Department of Health and Human Services (DHHS), Centers for Medicare and Medicaid Services (CMS), Iowa Department of Public Health (IDPH), Linn County Public Health (LCPH) and LeadingAge Iowa, a statewide membership organization of non-profit providers of aging services, to manage our response and communications. In addition, we partnered with Main at Locust pharmacy to provide vaccination/booster clinics on campus.



Thanks to all who sent cards for my birthday. It all makes an already special day more so.

*~Barb May, Deer Ridge*

Thanks to all of you who expressed your concern for our family when we lost our beloved Dick Jennings from COVID.

*Sincerely,  
Shirley Jennings*

Thank you to everyone who sent me cards, visited, and called in honor of my 100<sup>th</sup> birthday. It was really a special day, and I would like to thank everyone who participated.

*~Bernice Brooks*

Thank you to the Meth-Wick family for your prayers, kindness, and thoughtfulness during this difficult time of Ken's passing. It was greatly appreciated. It is wonderful knowing what a thoughtful loving community we live in.

*~Gerry Haas and family  
Jeff, Tim, Mark,  
Cindy, Christy*

Thank you, friends and neighbors, for the lovely birthday cards and messages. Words cannot express the joy I felt as I read and re-read each one. Meth-Wick is a very caring and thoughtful community.

*~Doris LeCompte*

## **Program Updates:**

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

### **Giant Jenga**

Come to Live. Laugh. Learn. Center at 2:30 p.m. TODAY, Friday, January 27 for a fun game of Giant Jenga! We'll have some friendly competition while enjoying each other's company and cheering one another on!

### **Chamber Concert**

If you are planning to ride the bus for the Chamber Concert at Opus on Saturday, January 28, please confirm your ride by calling or e-mailing Eryn. The bus will depart at 6:45 p.m.

### **Hot Chocolate Bar**

Enjoy a hot chocolate bar from Sodexo beginning at 1:00 p.m. in Manor Brew on Tuesday, January 31, National Hot Chocolate Day.



### **Birthday Party**

If you were born in the month of February, please join us at 2:00 p.m. in Live. Laugh. Learn. Center on Wednesday, February 1 to celebrate our February birthdays together!

### **Thursday Lunch Bunch Outing: Cheddars**

Our Thursday lunch bunch outing for Thursday, February 2 will be to Cheddars. Please sign up at The Manor front desk. The bus will depart at 11:15 a.m.

### **Trivia Slideshow Games**

Join us at 2:30 p.m. on Friday, February 3 for a Jeopardy style game in Live. Laugh. Learn. Center. It's lots of fun and a good way to stretch your mind!

### **Movie/Popcorn: *Ticket to Paradise***

Our movie for Saturday, February 4 will be *Ticket to Paradise* starring George Clooney and Julia Roberts. They team up as exes who find themselves on a shared mission: to stop their

lovestruck daughter from making the same mistake they once made. The movie is rated PG-13, and runs 1 hour 44 minutes. Come to Live. Laugh. Learn. Center at 1:30 p.m.



### **Czech and Slovak Museum Outing**

Please sign up at The Manor front desk for an outing

to the National Czech and Slovak Museum on Tuesday, February 7. There is a unique exhibit right now called "Magic and Mystery: Mardi Gras & Carnival Traditions", and includes carnival masks, costumes, and ornate beaded parade costumes. Admission is \$9 per person. The bus will depart at 1:00 p.m.

### **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, February 8.

### **Brain Benders**

Come to Live. Laugh. Learn. Center at 2:00 p.m. on Wednesday, February 8 to challenge your mind and have fun together at the same time!

### **Cooking Class Lunch**

Our first Cooking Class Lunch for February will be held on Thursday, February 9. **Sign up begins at 8:00 a.m. on Thursday, February 2.** Cost is \$5 each billed to your Meth-Wick bill. The event begins at 11:30 in Live. Laugh. Learn Center. The second Cooking Class Lunch will be held on Tuesday, February 21.

### **Nutrition Connection**

Join dietitian, Alicia Vance Aguiar, on Friday, February 10 at 2:30 p.m. in Live. Laugh. Learn. Center. This month's topic will be Heart Health! Come for a healthy snack, and information!

### **Pops Concert Transportation**

If you are planning to ride the bus for Orchestra Iowa's Pops concert on Saturday, February 11, please confirm your ride with Eryn. The bus will depart at 6:30 p.m.



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### **Electric Vehicle Meeting**

The Deer Ridge Building and Ground Committee is studying EV (electric vehicle) charging at Meth-Wick. Many of us will have electric cars within 10 years. We invite anyone who may be interested in electric car charging on campus to attend a meeting on Tuesday, January 31 at 2:00 p.m. in the Governor's Room, first floor, Deer Ridge. If you have comments but do not expect to attend, text them to Roger Johanson at 319-360-8792, or email to [rjohanso@coe.edu](mailto:rjohanso@coe.edu).

### **Transportation Opportunity**

If you are interested in taking the bus to Cabaret at Theatre Cedar Rapids, we will be providing transportation for the matinee show on Sunday, February 26. Please call Eryn at 319-297-8620 to sign up for the bus. You will need to contact Theatre Cedar Rapids for tickets. The bus will depart at 1:30 p.m. There is 25% off until January 27. The offer code is: CABARET25



### **Programming Reminder:**

There has been some confusion lately about whether or not it is necessary to sign up for programs. As a general rule, most of our capacity restrictions have been lifted, so it is NOT necessary to sign up for a program in Live. Laugh. Learn. Center unless it is specifically noted in Life at Meth-Wick. Cooking Class Lunches, outings, and fitness classes DO still require sign ups. Please contact Eryn if you are not sure about a particular program.

### **WiFi Password Changes**

Do you have Meth-Wick's WiFi? If so, we have discovered that some WiFi passwords are very similar. **If you would like a new WiFi password, please call 640 and request a WiFi password change along with your name, phone number, and apartment information.** Adam will contact you to set up a new password. You will then need to update that password for any of the devices which connect to your WiFi (i.e. tablet, cell phone, smart TV, Roku, Apple TV, etc.).