

# LifeStyles

METH-WICK COMMUNITY

A Newsletter from:

  
**METH-WICK**  
COMMUNITY

*Life as it should be*

Issue 27 Fall 2009



## “The staff is working around the construction beautifully”

Manor resident Jackson Long enjoys his morning coffee sessions at Greenwood Terrace, where he shares news, views and friendship with other residents.

Manor resident Jackson Long enjoys his morning coffee sessions at Greenwood Terrace, where he joins 10-12 Meth-Wick friends to discuss the topic du jour—be it politics or sports or anything else that captures their attention.

The conversation is usually lively. “We don’t get upset with each other, we just have fun,” he says. “We have a lot of experience in our group. There’s a retired military officer, a schoolteacher, an architect, a doctor. Everyone adds to the discussion.”

Jackson moved to the third floor at The Manor with his wife Betty in 2001. While they looked at another senior community in the area, they chose Meth-Wick because they had friends living on campus who had only good things to say about their experience. When Betty passed away a year ago, Jackson decided to down-size, moving into one of The Manor’s studio apartments.

He is an avid sports fan who enjoys watching baseball and

football—professional as well as college. While baseball season finds him rooting for the Chicago Cubs, football season comes with broader parameters as he cheers for the Minnesota Vikings, Chicago Bears, St. Louis Rams and Green Bay Packers. And if none of his favorites are playing, he’ll watch whatever game is on.

Jackson enjoys reading the Wall Street Journal for a global perspective and The Gazette

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## Dates to Remember

**October 21**—Healthy Living Connection: Healthy Meal Selections with Dietician Lisa Robinson

**October 23**—Bake Sale for United Way

**November 18**—Noah’s Ark Preschoolers Visit

**November 28**—Piano Music with Mary and Catherine

**December 4**—Leonard Reyman Trio

**December 7**—Manor Bake Sale

**December 16**—Glenn Lonsdale Music

# Meth-Wick Offers “Whole Person” Approach to Health & Fitness



Over 40 residents kicked up their heels at Meth-Wick Community’s Ballroom Dancing event during Active Aging Week. Staff from Cannon Dance Studio provided lessons.

Meth-Wick Community offers its residents a “whole person” Wellness and Recreation program. Our full-time fitness specialist, Kristin Jennings, leads a variety of exercise classes five days a week year-round. With a commitment to health and fitness, Meth-Wick was pleased to participate as Iowa’s only registered host site for Active Aging Week September 21-27. This national celebration is sponsored by the International Council on Active Aging (ICAA) and held annually during the last week of September.



Dean Luther was among 20 Meth-Wick residents who displayed creative work at an arts and crafts fair during Active Aging Week.

Kristin likes the additional attention that Active Aging Week brought to the importance of engaging mind and body. “The purpose of the event was to highlight the programs we provide to keep seniors active through different venues,” says Jennings. “This includes exercise classes, book clubs, art classes and various other activities. We focus on getting our residents involved in each of the six areas of wellness—social, spiritual, intellectual, vocational,

emotional and physical.” These areas are widely accepted as playing an essential role in active aging. Jennings says Meth-Wick events provide social interaction for its residents and other members of the Cedar Rapids community.

Meth-Wick kicked off Active Aging Week with an Arts & Crafts Fair featuring the talents of 20 Meth-Wick residents. Creative work included water color and oil paintings, ceramics, embroidery, cross-stitch, knitting, crocheting and beadwork. The event also featured piano music by Meth-Wick residents Betty Debban, Belva Beck and Roberta Renberg.

Meth-Wick resident Dean Luther exhibited a portion of his sizable collection of ceramic vases and wildlife and Native American figurines. He began making ceramics 10 years ago when he joined a ceramics class led by another Meth-Wick resident. Each piece takes between 50 and 100 hours to complete. The ceramics are fired in a kiln at Meth-Wick. His wife, LaVone displayed a unique knitted creation—a nativity scene. “It’s amazing, the amount of talent you’ll find at Meth-Wick,” says Dean.

Additional Active Aging Week events included Ballroom Dancing, Nutritional Grocery Shopping Tour, Picnic Outing at Wickiup Hill and Musical Program by Red Cedar Chamber Music.

## Robin’s Nest

This has been an exciting year for Meth-Wick Community. Construction began in May on two projects—Highland Park, a unique lifestyle option for seniors 65+ and Town Center, a 14,000-square-foot single story addition at The Manor.

Highland Park is progressing nicely. Site work, infrastructure and the basement of the single-family home of Carol and John Thatcher are finished. Next spring construction will be completed on the Thatcher home, a second single-family residence and two duplexes. It is exciting to see this wonderful lifestyle option move from the drawing board to reality.

Both staff and residents have kept a sense of humor and “can do” spirit when meeting the challenges that come with

a multiphase construction project like Town Center. During the first phase we are focusing on The Manor’s east wing. Foundation work has been completed and the construction area is being enclosed so that interior finish work can continue during winter months. Town Center is a much-anticipated project and it is very gratifying to see the vision come to life.

2009 has been a memorable year and I look forward to the unforgettable moments and highlights that I know 2010 will bring to all of us at Meth-Wick.



Robin Mixdorf,  
President & CEO



Resident Jackson Long,  
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for news close to home. He went into the armed forces after graduating from Coe College in 1943. Upon his return, he opened an office in Cedar Rapids, specializing in book-keeping, accounting and income tax. “After 20 years, I could tell I was getting burned out,” he says. So he sold the business and in 1965 joined Perpetual Savings and Loan, where he retired as president in 1985.

Soon after he retired, Jackson and his wife bought a motor home and traveled to all 50 states, an adventure he remembers fondly. Jackson says he probably looks at the photo of his Itasca motor home, made by Winnebago, at least once a day. When they decided it was time to stay in one place, they chose Cedar Rapids. He says, “You have the best doctors and hospitals and people are very friendly.”

Jackson says the well-known Iowa friendliness and helpfulness is the signature of Meth-Wick staff. “They will do their best to make you happy,” he says. Making residents happy was the inspiration behind Meth-Wick’s Town Center, a 14,000-square-foot addition and renovation project. “Meth-Wick is enhancing our activities so they are more convenient for all of the people who live here.”

He says Meth-Wick employees have not missed a beat in working around the challenges of construction. “The staff at Meth-Wick let us know what to expect,” he explains. “There is information in the newsletter, plus sometimes a separate information sheet is printed. We always know what is happening.” During construction the same activities are available, they’ve just been relocated. “We have church in the dining room and activities in the Wick Lounge. The staff is working around the construction beautifully.”