

LifeStyles

METH-WICK COMMUNITY

A Newsletter from:


METH-WICK
COMMUNITY

Life as it should be

Issue 29 Spring 2010

“People are wonderful and friendly”



Greenwood Terrace residents Ed and Ardyce Brunsting.

Ed and Ardyce Brunsting moved to Greenwood Terrace at Meth-Wick Community in June 2009 after visiting a number of senior communities in the Cedar

Rapids area. “I love the campus here. It’s beautiful,” says Ardyce. “The apartments also felt more spacious than the others we looked at.”

“We heard good things about Meth-Wick from several people at our church who live here,” says Ed.

Knowing Meth-Wick is a Continuing Care Retirement Community also played a part in the Brunstings’ decision. “It makes us feel secure to know there’s a place for us the rest of our lives,” explains Ardyce. “That’s a good feeling.”

Meth-Wick’s 14,000-square-foot Town Center was also an influencing factor. “It will be wonderful to have the new fitness

center,” says Ardyce. She and Ed attend Meth-Wick exercise classes several times a week. They look forward to adding exercise equipment to their routine with the new fitness areas opening in May.

Ed and Ardyce married in 2000, the second marriage for both. They are Iowa natives—he was born in Hawarden and she is from Eldora. Ardyce earned a teaching degree from Simpson College in Indianola, Iowa. Her favorite job was with the Cedar Rapids school district teaching children with special needs. “It was very fulfilling,” she says. Ed attended the University of

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Dates to Remember

May 26 — Senior Health and Fitness Day Health Fair, 2-4 p.m.

June 7 — Accordion Duo, 2 p.m.

June 16 — Folk Music with Glenn Lonsdale, 2 p.m.

June 22 — Music with Barbara Elam, 2 p.m.

June 30 — Pick and Hammer dulcimer music, 2 p.m.

Owls, hawks and exercise offer wellness benefits to residents

Meth-Wick Community offers residents a “whole person” Wellness and Recreation program. “Our program includes exercise classes, book clubs, programs by local groups and art classes,” says Kristin Jennings, Meth-Wick’s fitness specialist. “We focus on getting our residents involved in each of the six areas of wellness—social, spiritual, intellectual, vocational, emotional and physical.”



Harrison Elementary students joined Meth-Wick residents for a March 17 meet’n’greet with Jodeane Cancilla from Macbride Raptor Center and her friends, an owl and hawk. Both birds were injured when they flew into cars chasing prey.

In addition to year-round exercise classes led by Jennings five days a week, programs include a senior fitness test last winter and a visit by an owl and hawk in March. A May 26 Health Fair & Open House for residents and donors will celebrate National Senior Health & Fitness Day. The event will feature health, wellness and recreation facilities in the new Town Center.

58 residents flex their muscles

Meth-Wick Community invited residents to scratch their back, stand up and sit down—all part of its annual Senior Fitness Test (SFT) last winter, to assess fitness levels of individuals and the community. Jennings, with assistance from 20 University of Iowa Therapeutic Recreation students, recorded the performance of 58 residents.

The SFT complements Meth-Wick’s wellness program because active residents will

maintain a higher level of independence for a longer period of time. Based on individual results, residents will know which areas they should focus on in order to improve health and fitness.

Deer Ridge residents Dorothy and Bob Pool took part in the test for the second year. The couple has been active in Meth-Wick’s exercise program since moving to the community three

years ago. “I did better on the test this time,” says Dorothy. She attributes the improvement to a consistent routine of year-round exercise. Bob also improved over the previous year and believes

this is due to Kristin’s classes.

Raptors, residents and enraptured students

Meth-Wick residents enjoyed a special treat March 17 when students from nearby Harrison Elementary joined them at Arbor Place for a program presented by Jodeane Cancilla, director of Macbride Raptor Center. A screech owl and Swainson’s Hawk took turns perching on Cancilla’s gloved hand while she shared her extensive knowledge of both species with the audience.

“It’s important to show students that learning is a lifelong process,” explains Allison Kasparek, Harrison Elementary teacher. “Meth-Wick residents wanted to learn about the birds and the people who work with them, which is also why our students wanted to attend the program.”

Robin’s Nest

Spring is always an exciting time of year because it symbolizes renewal and reawakening—a perfect reflection of what’s happening at Meth-Wick!

We opened our east wing in early May following the winter completion of phase one of our Town Center project. Our beauty shop, Manor Brew coffee shop, Sally’s Gifts, Meth-Wick in Motion exercise classroom and Fitness Zone exercise equipment room are now open. On May 26, we will celebrate National Senior Health & Fitness Day with a Health Fair for residents and donors and an open house in our new fitness areas. Our east entrance also opened the first of May. This will be our main entrance until completion of our Town Center project in 2011.

Our second phase will involve renovation of The Manor lobby and staff offices and construction of a community room that seats 200.

We are also excited to announce completion of two Highland Park single-family homes. The eager couples will move into their homes in May and June. The next phase of the project will continue this summer as condominiums are built for homebuyers. Our new Highland Park model, opening in May, will allow prospective depositors the chance to “see and touch” what we have been talking about—a unique style of independent living.



Robin Mixdorf, President & CEO

Residents Ed & Ardyce Brunsting, continued from page 1

South Dakota after World War II. Upon graduating he took an accounting job at John Morrell & Company in Sioux Falls, South Dakota. In 1967 Ed and his first wife moved to Cedar Rapids. “It was the computer era. I took a job as systems analyst at Merchants National Bank,” he says. Ed later became chief data processing auditor and vice president at Banks of Iowa Computer Services.

One of their favorite pleasures is traveling. Ed and Ardyce often winter in Palm Springs, Calif., where they were married. They have traveled to Australia, New Zealand, Greece, England and Ireland. Ardyce teases Ed about his longtime relationship with computers. “The first thing he does in a hotel room is plug in his laptop,” she laughs.



The Brunstings enjoy traveling. The first thing Ed does in a hotel room, says Ardyce, is plug in his laptop.

While Ardyce loves cooking, she doesn’t mind letting Meth-Wick handle that task two or three times a week. They sometimes dine at Greenwood Terrace, with meals served in the evening Tuesday, Wednesday and Thursday. At other times they eat in Hilltop Dining at The Manor, open daily from 7 a.m. to 6 p.m.

They find pleasure in Meth-Wick’s camaraderie. “I enjoy the men’s coffee every morning, Monday through Saturday,” says Ed. Ardyce attends the women’s coffee sessions. “People are wonderful and friendly. This is definitely a community.”