

LifeStyles

METH-WICK COMMUNITY

A Newsletter from:


METH-WICK
COMMUNITY

Life as it should be

Issue 26 Summer 2009

“I’m happy at Meth-Wick.”

When Bob Glotfelty decided to move to a senior community, there was only one that came to mind. “My mom lived at Meth-Wick and my in-laws lived here too,” says Bob. “So I never thought of going anywhere else. I’m second-generation Meth-Wick.” He moved into a one-bedroom apartment at Deer Ridge on November 18, 2008.

Bob, a retired veterinarian who practiced in Cedar Rapids for 42 years, has surrounded himself with his favorite things. Outside his door sits a statue,

“Gentle Doctor,” a replica of the seven-foot statue created by Christian Petersen that stands at the College of Veterinary Medicine at Iowa State University.

Another favorite piece of art perches on a table in the living room. The hand-carved “scene” depicts Bob wearing a blue veterinary smock standing next to a dog with a bandaged paw. The woodcarving was created by Dr. Don Miller, D.V.M., of Keokuk. Miller presented the gift to Bob when he served as president



Deer Ridge resident Bob Glotfelty proudly displays his Marvin Cone print.

of the Iowa State Veterinary Medical Association from 1995-1996. “He really did a good job,” says Bob, smiling. “He even has my bald head.”

Bob’s walls reflect an eclectic taste, including a duck-themed

print he received as a sponsor of Ducks Unlimited, an organization that focuses on wetlands and waterfowl conservation. But the unrivaled favorite is a Marvin Cone print, “Little Bohemia,” that Bob

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Dates to Remember

July 21—Healthy Living Connection: Massage Therapy with Kim Miller, 2 p.m., The Wick Lounge

July 31—Travelogue to the Falkland Islands with Linda Scarth, 2 p.m., The Wick Lounge

August 3—Leonard Reyman Trio, 2 p.m., Hilltop Haven

September 20-25—Active Aging Week. Watch for details!

September 25—Red Cedar Chamber Music, 2 p.m., Hilltop Haven

“We’re building a better future.”


Meth-Wick has adopted a campus-wide theme, “Building a Better Future,” to reflect the excitement of its two construction projects now underway—Highland Park and Town Center, located at The Manor. Primus Construction is the builder for both projects. In upcoming weeks, residents and visitors will see the theme come to life on campus banners and other signage as well as staff shirts. “This is a very exciting time in Meth-Wick’s history,” says Robin Mixdorf, Meth-Wick president and CEO. “Both projects will be completed in time for our 50th anniversary in 2011.”

Highland Park. Site development has begun for Highland Park, Meth-Wick’s exciting new lifestyle option for active seniors 62+. “There is a lot of site work and infrastructure that needs to be done before we start on the buildings,” says Mark Kilpatrick, project manager for Primus Construction. “We are putting in an entire street, plus light poles and services,” he explains. “We’re removing trees and dirt and installing utilities.”

Meanwhile, John and Carol Thatcher are working with the builder’s Certified Aging in Place Specialist to finesse floor plans for their single family home, the first residence being

built at Highland Park. The basement for their home is expected to be in by the end of summer. As depositors, the Thatchers are able to choose the site, floor plan, flooring, and other options that reflect their preferences and needs.

Each home at Highland Park will be about 1600 square feet with two floor plans to choose from, two-car garages, private entrances and finish-ready basements. Construction will be completed next spring on the Thatcher home, a second single-family residence and two of the duplexes. (To read more about the benefits of placing your name on the waiting list for Highland Park Villas and other Meth-Wick residences, read **Robin’s Nest**, this page.)

Town Center. Meth-Wick’s exciting 14,000-square-foot Town Center is being built in phases. Work on the foundation for the east wing has begun. The construction area of the east wing will be fully enclosed by the fall to allow for interior finish work during the winter months. The east addition will be completed next spring and the temporary entrance will open at that time. Work will begin in May on the west addition at the area where the current entrance is located. “We are building the additions in phases to allow The Manor to continue to be operational, and with as little disruption as possible,” says Kilpatrick. 



Robin’s Nest

Choosing the future you want

flexibility and the personnel to meet those needs.



Robin Mixdorf,
President & CEO

Choices are important. But when you put off making a decision until a crisis in health arises, sometimes the decision making is left up to someone else. Understandably, you don’t want someone making decisions for you. That’s why placing your name on a waiting list for a Meth-Wick residence is a good choice.

We’ve heard it time and again from our residents: “We wish we would have made this decision earlier.” There is so much to do at Meth-Wick and so many lifestyle choices. You can be busy—or not. And the greatest benefit of all is that once you move to Meth-Wick, you will never again be faced with the stressful duty of finding the services you need. That’s because Meth-Wick is a continuing care retirement community. If your health needs change, we have the

Your choices at Meth-Wick are many: Independent Living, Independence Plus, Assisted Living for Physical Needs, Assisted Living for Memory Needs, Respite Care, Skilled Nursing Care for Physical Needs & Memory Needs, and Community Care-Home Health.

Please call me today if you would like more information or a personal tour of our lifestyle choices. Most, but not all, will have a waiting list. Placing your name on a waiting list for a Meth-Wick residence is a great decision. It ensures that you will have the future you want. Call me today at 319-365-9171. I welcome your questions!

Resident Bob Glotfelty,
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first saw while eating at the Cedar Rapids diner featured in the 1941 painting. When he asked the proprietor where he could buy a print, Bob was told they were no longer available. That changed last year when Coe College, which owns the original painting, sold prints to raise funds for flood relief. “My daughter Suzanne remembered how much I liked the painting and gave it to me for Christmas,” says Bob.

While Bob has not taken advantage of Meth-Wick’s full calendar of events and activities, he says he enjoys knowing there is plenty to choose from. For now though, Bob continues the same activities he’s always enjoyed. He walks three to four times a week, usually in the

morning, often ending his route at Hilltop Haven Restaurant at The Manor for breakfast. During inclement weather, he uses the treadmill on the second floor of Deer Ridge. Last month, he traveled with friends to Ontario to fish for walleye and bass. “I’ve been fishing in Canada many times,” he says. He also enjoys golfing with friends and spending time with his three children, seven grandchildren and two step-grandchildren.

Bob appreciates having medical staff on campus and has his blood pressure checked regularly. One night he experienced severe back pain and a member of Meth-Wick’s nursing staff was there within minutes to give him his pain medication. “The residents and staff are very caring people and easy to talk to,” says Bob. “I’m happy at Meth-Wick.” 