

LifeStyles

METH-WICK COMMUNITY

A Newsletter from:


METH-WICK
COMMUNITY

Life as it should be

Issue 28 Winter 2010

“It feels like home.”

When Bob and Dorothy Pool decided it was time to move, their search led to Deer Ridge at Meth-Wick Community, where they put their names on the waiting list in January 2006. They moved into their Deer Ridge two-bedroom apartment 10 months later. “We chose Deer Ridge because it feels like home,” says Dorothy. “There are wonderful views outside our window and lots of sun.” They also like the extra-large bedrooms. “The grounds are more inviting than the other places we looked at,” says Bob. “And large enough we can walk it for exercise.”

Bob and Dorothy met in St. James, Missouri in 1954. Bob had just completed four years in the military and was working in the office of a construction company during the summer, earning money to attend college. A friend introduced Bob to Dorothy, who worked for a Chevrolet dealership. That fall, Bob entered the Missouri School of Mines and Metallurgy and the couple married the following year. Bob graduated with a Masters in Physics in 1958 and accepted a job with Collins (now Rockwell Collins) and



Bob and Dorothy Pool chose Deer Ridge because it feels like home. The picture to Bob's left shows him at the age of 12 and was painted by his dad.

they moved to Cedar Rapids. They started a family and Dorothy stayed home with their children, Debi and Ron, before returning to work. She was employed at Bowman Woods School in the Linn-Mar School District for 18 years. They both retired in 1991.

Dorothy and Bob have always loved traveling. They visited Europe twice, Hawaii four times, and most of the other 49 states at least

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Dates to Remember

February 17—Healthy Living Connection: Heart Health with Pat O'Donnell.

February 22 & March 22—Book Club

March 7—Odyssey Chorus

March 16—Healthy Living Connection: Red Cross

March 24—Music with Glenn Lonsdale

April 5—Accordion Duo

April 9—Red Cedar Chamber Music

Residents Take Hard Hat Tour & View Town Center Expansion Progress



Meth-Wick residents took a sneak peek January 9 of the much-anticipated 14,000-square-foot Town Center addition at The Manor. Donning replica hard hats, residents were treated to tours by staff.

The east wing expansion includes a Motion Center for exercise classes and adjacent room with senior-friendly exercise equipment. There is also a coffee lounge, billiards room, gift shop, computer lounge and library. Phase I will be completed by late spring 2010 and the temporary entrance will be open at that time. Work will begin on the west addition at the area where the current entrance is located.



This view of The Manor shows the new coffee lounge (far left, with tinted windows) and the temporary entrance to the right of it. Both will open in late spring.



Kristin Jennings, Meth-Wick's fitness specialist, welcomes residents in the exercise equipment room, a window-filled area with senior-friendly exercise equipment and a spectacular view of Cedar Rapids.



Robin Mixdorf, Meth-Wick's president and CEO, shows resident Wendell Marsh the area that will house Manor Brew, a gathering place that will offer coffee, conversation and great views.



The first phase of Meth-Wick's 14,000-square-foot Town Center includes a billiards room, sponsored by resident William Severa.

Robin's Nest

The New Year always puts me in a thoughtful frame of mind, reviewing the past and looking to the future. This path recently led me to Meth-Wick's volunteers, who play such an essential role in the daily lives of residents and staff.

Last fall we celebrated our volunteers with a breakfast buffet at Hilltop Haven in The Manor. Meth-Wick's volunteers are the best, contributing time, energy and talent in many areas, including the gift shop, popping popcorn, driving for our intra-campus transportation, church services, delivering mail, front desk, library, office work, recycling and hosting programs. From among our 120 volunteers—each and every one wonderful in their own unique way—

three generous souls shown especially bright. We gave special "Star Volunteer" recognition to Don Gallagher, Donna Knutson and Mary Lawrence.

Anthropologist and author Margaret Mead once said, "Never doubt that a small group of thoughtful, committed citizens can change the world. In fact, it is the only thing that ever has." Meth-Wick volunteers make a difference every day. By giving their time and talent, they make our corner of the world a better place.



Robin Mixdorf,
President & CEO

Residents Bob & Dorothy Pool,
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once. During a tour of England, Scotland, Wales and Ireland in June 1986, they bought a collection of nine miniature glass houses, fondly displayed in a cabinet in their living room.

For many years the Pools volunteered at St. Luke's. Today they focus their volunteer efforts at Meth-Wick. Dorothy recently completed her co-chair duties for Deer Ridge's social committee and accepted a new job as Deer Ridge's correspondence secretary and member of its food committee. Bob drives the campus car, shuttling fellow residents between buildings. He also takes photos of new Deer Ridge residents for displaying in the lobby.

Bob is an avid movie buff who enjoys watching films. He also plays his Yamaha keyboard for his own enjoyment, including "Love You Truly" and "When the Saints Go Marching In."



This miniature stone house is part of a collection charmingly displayed in the Deer Ridge home of Bob and Dorothy Pool.

Dorothy loves biographies and finds plenty of reading materials in Deer Ridge's library and at the Cedar Rapids Public Library. She also loves spending time in her kitchen, whipping up tasty concoctions like chocolate éclairs and baked chicken. "Dorothy is a very good cook," says Bob, her No. 1 fan.