

# LifeStyles

METH-WICK COMMUNITY

A Newsletter from:

  
**METH-WICK**  
COMMUNITY

*Life as it should be*

Issue 35 Winter 2011

## Have You Seen Meth-Wick Lately?



One area in which Meth-Wick needs no enhancement is our campus. There is no place else in Cedar Rapids with a natural backdrop that compares to the beauty of Meth-Wick's campus.

If you haven't visited Meth-Wick lately, you might not recognize us. In recent months we have undergone a significant transformation. Our 14,000-square-foot expansion and renovation project, completed earlier this year, brings renewed beauty and vitality to The Manor.

A second transformation is ongoing as construction continues at Highland Park, our new lifestyle option for seniors 65+, which includes single family and townhouse living.

We hope this photo will inspire you to visit us in person.

See you soon! 

  
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### Dates to Remember

**Dec. 30** — Movie Matinee, "The Help,"  
1:30 p.m., *Live, Laugh, Learn Center.*

**Dec. 31** — New Year's Eve Social with Mark  
Pence, 2:00 p.m. *Live, Laugh, Learn Center.*

**Jan. 8** — Music with Mark Pence, 2:00 p.m.  
*Live, Laugh, Learn Center.*

**Feb. 6** — Accordion Duo Music, 2:00 p.m.  
*Live, Laugh, Learn Center.*

*Happy New Year!*

# “You can be as active as you want”

When Kristin Van Dyke joined Meth-Wick’s staff on July 25, she hit the ground running—which was certainly an appropriate response for the new fitness specialist. Soon after arriving, she surveyed residents for their input on what they liked about Meth-Wick’s fitness programs and the areas where they saw room for improvement. Kristin has implemented changes as a result of the findings.

She recently began offering a Fitness Zone class two times a week. This was in response to comments by some residents that they did not use the senior-friendly exercise equipment because they felt intimidated by the unfamiliar machines. While Kristin offers a Fitness Zone orientation prior to their use of the equipment, there are residents who want additional guidance before flying solo. The class allows residents to spend a few minutes at each piece of

equipment learning a different exercise. The class lasts 30 minutes and is offered twice a week for one month. At that time the resident can either “graduate” to using the equipment on their own or they can repeat the class. “The goal is for the residents to exercise independently,” says Kristin. “They can take the class as often as they want to achieve the comfort level that allows them to do that.”



Kristin Van Dyke, Meth-Wick’s new fitness specialist, is revising existing programs and introducing new ones in response to resident feedback.

Resident feedback also inspired the introduction of an afternoon exercise class (all classes were previously in the morning) and a plan to offer Tai Chi and relaxation classes in

the near future. In addition to the survey, Kristin also received insight into resident fitness through Meth-Wick’s annual Senior Fitness Test in October. She saw an increase in residents’ upper body strength but little improvement in balance—a concern echoed in the survey by residents who asked for more focus on balance exercises.

“We’ve added exercises to our classes to help residents build dynamic balance and agility,” explains Kristin. “Strengthening these areas will provide safer and more rewarding day-to-day living. It will also help residents meet personal fitness goals, such as developing the endurance to walk on a golf course.” Kristin holds a BA in exercise science from St. Ambrose University in Davenport and a Masters in therapeutic recreation from the University of Iowa. Prior to joining Meth-Wick, she was a recreation therapist for a children’s behavioral health hospital in Owensboro, Kentucky.

Focusing on senior fitness was something Kristin knew she

wanted to do since working on her BA. “I took an exercise in aging class,” she says. While there is a stereotype that aging means frailty and less ability to accomplish tasks, Kristin was drawn to the idea that she could empower seniors to step out of that box and have an active life. “As we’re aging, we’re living longer,” she explains. “Seniors who are active want to do as much as possible to stay active as they grow older.”

While working on her Masters, one of Kristin’s professors had a call from an elderly woman living in a senior community. She was concerned because people were not active and spent most of their time in their apartment. She asked for help. In response to this request, Kristin and two other graduate students implemented “RecNet,” visiting two senior communities four times a week to lead an exercise program designed for seniors.

Kristin is excited to be using her skills and knowledge to help Meth-Wick residents reach their fitness goals and enhance their lives. “I’m reintroducing the possibilities,” she says. “You can be as active as you want.”

## Robin's Nest

It’s hard to believe our 50th anniversary year is coming to a close. It’s been a busy time of celebration and reminiscing. On November 13, Meth-Wick staff, residents and board members gathered to commemorate the date when our first resident moved to

Meth-Wick five decades ago. (See photos, below.)

While many things in our world have changed since Meth-Wick’s founding, the greatest of these is the growth in technology. From computers to the



Robin Mixdorf, President & CEO

Internet to iPhones, technology has forever altered the way we communicate. And Meth-Wick continues to embrace these changes. We recently launched a Facebook page to keep residents and potential residents up-to-date on the latest Meth-Wick activities and news. It’s a great way for Meth-Wick to extend its community to the Internet, a place where friends can share insights and

information. Please visit us on Facebook and contribute to the conversation. We’d love to hear what you have to say!

Over 250 residents gathered November 13 to celebrate the date when the first resident moved to Meth-Wick 50 years ago. It was the perfect chance to enjoy anniversary cake and music by Eddie Piccard while strolling down memory lane with fellow residents, board members and staff.

