

# LifeStyles

METH-WICK COMMUNITY

A Newsletter from:



*Life as it should be*

Issue 41 Winter 2013

“I’m glad we’re here. We made the right choice.”

Richard and Jeanne Chelikowsky were on Meth-Wick’s waiting list about two years when the call came in the fall of 2011. Chris Madsen, Meth-Wick’s sales manager, wanted them to see a Brendelwood home that was available. While the couple didn’t think they were ready to move, they agreed there was nothing lost by looking.



Richard and Jeanne Chelikowsky chose their Brendelwood home because of its spaciousness, privacy and Mother Nature right outside their window.

When they entered the Brendelwood home, Richard and Jeanne were struck by the feeling of privacy provided by the beautiful timber readily seen

through numerous windows. “We were coming from a house

with lots of privacy, so that was important,” says Richard.

They were also taken by the open floor plan and the warm feeling of the wood molding and accent shelves above doorways. “We were afraid to pass it up,” says Jeanne.

It was late fall of 2011. Jeanne and Richard decided to put their house on the market while they made their annual trip to Florida from January through March. When their four-bedroom house sold in April, Chris referred them to Becky Esker of Get Organized! to help them prepare for their move to Meth-Wick.

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## Dates to Remember

**January 10** — “When Tillage Begins: The Stone City Art Colony and School,” by M&M Scholars, a collaboration of Mount Mercy University and Meth-Wick Community, with Kristy Raine, 2:00 p.m., *Live, Laugh, Learn Center*

**January 11** — Red Cedar Chamber Music, 1:00 p.m., *Live, Laugh, Learn Center*

**January 15** — Cedar Rapids Opera Theatre, 2:00 p.m., *Live, Laugh, Learn Center*

**January 17** — Piano Favorites with Betty Debban, 2:00 p.m., *Live, Laugh, Learn Center*

**January 31** — “Innocents Abroad: An American Family Experiencing the Velvet Revolution in Czechoslovakia in 1989,” by M&M Scholars, a collaboration of Mount Mercy University and Meth-Wick Community, with Dr. Jim Grove, 2:00 p.m., *Live, Laugh, Learn Center*

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*Life as it should be*  
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# Robin's Nest

We are currently working to develop a new Meth-Wick website. As we



Robin Mixdorf,  
President & CEO

gather information for our Charitable Giving page and I see the names and photos, I am reminded of the many generous and caring people who have helped shape Meth-Wick over the years. Their financial gifts have enhanced the lives of our residents, providing opportunities that otherwise would not have been possible or at the very least, would have been delayed.

A recent example of such a gift enabled us to purchase LifeTrail® exercise kiosks. Our director of wellness and recreation, Eryn Cronbaugh, started exploring the idea of installing a LifeTrail Advanced Wellness System on Meth-Wick's campus in 2007. The system consists of kiosks that can be integrated into a walking trail to allow walkers to perform low-impact exercises. Many of our residents enjoy walking so the fitness benefit of LifeTrail is a great complement to that popular activity.

Three LifeTrail kiosks, each with three exercise stations, were installed in fall 2012 thanks to a gift from the Sandra J. Buresh Memorial Fund. This is one of many gifts that enhance the daily lives of residents campus-wide and will benefit future residents as well. 

## “Living well is essential to everyone...”

Naturally enthusiastic and outgoing, Shantel Phipps is well suited to her role as Meth-Wick's COLLAGE coordinator. She says, “I love talking with people and supervising COLLAGE, which is such an important program. Living well is essential to everyone and that shouldn't change with age.” Shantel was formerly marketing manager at Hometown Restyling for four years.

COLLAGE is a consortium of aging services organizations working to promote healthy aging and improve the daily lives of older adults living independently. “By using COLLAGE's online assessment system, we are able to measure, track and improve the daily lives of our independent residents,” explains Shantel. Meth-Wick is the only senior community in Iowa using the COLLAGE program.

COLLAGE is open to all independent living residents and is required of all new independent living residents as part of the

admission process. Shantel meets with each new resident, asking questions and completing wellness and core assessment questionnaires. “I enjoy hearing resident stories about the work they did and about their

families and hobbies,” says Shantel. The information she gathers is related to the resident's interests and preferences and areas of the resident's life that impact their health.

Based on the information gathered, Shantel and the resident create a healthy aging plan. Shantel provides resources to help each resident meet their goals and sends reminders about upcoming programs based on their interests. She follows up and helps them make adjustments as needed to stay on track.



As COLLAGE coordinator, Shantel Phipps enjoys meeting residents and hearing about their families and lives.

COLLAGE benefits Meth-Wick Community as well as each resident. “Our staff is able to target health and wellness programs to meet the ever-changing needs and preferences of residents.” she says.

Shantel writes updates for Meth-Wick's Facebook and soon will write their website blog. A growing number of residents are involved in social media; they “like” an item Shantel posts or add comments to the conversation. “It's cool to see that participation,” she says. 

Chelikowsky, continued from page 1

“Becky is very organized. I don't know what we would have done without her,” says Jeanne.

Meth-Wick was always the couple's community of choice. They had visited friends at Meth-Wick over the years and were impressed by its reputation. The couple also wanted a continuing care retirement community, guided by their experience as caregivers for Jeanne's parents.

Their three kids were originally skeptical of their move to a retirement community. “They worried we were moving from a large house to a little one,” says Jeanne. But since visiting their parents' Brendelwood home, they approve. “They like that it's spacious and private.”



Jeanne's creativity, including this appliqué, is displayed throughout the Chelikowsky's Brendelwood home.

Since moving into Brendelwood in June 2012, Jeanne and Richard continue their walks and biking on and off campus. Trips to visit their kids—John, Laura and Marie—and their families are also a priority, taking them to Minnesota, North Carolina and Nebraska.

“We drive our camper and park in their driveway,” laughs Jeanne. “The kids love it.”

They also continue their role as snowbirds, flying south for three months each winter. When they leave town, they can do it with peace of mind. They laughingly point out the current protocol sure beats the old way of doing things, when they used to hire someone to plow their drive so it looked like someone was home. “Now when we make our annual trip to Florida, Meth-Wick has staff to check on our home while we're gone.” Plus their neighbors keep an eye on things too.

“When we pull into our driveway, I'm glad we're here,” says Jeanne. “We made the right choice.” 