

“They know what they’re doing”

Art and Jeannette Reusch first heard about Meth-Wick Home & Health last spring. Jeannette was at The Woodlands for rehabilitation following heart valve replacement surgery when her physical therapist told the couple about Meth-Wick’s new in-home health care service. “We talked about it but we decided Art would be able to take care of me,” says Jeannette.

A month later, Jeannette was back at The Woodlands to recuperate from a fall that broke her pelvic bone. This time, the couple felt they would need help once Jeannette was home again. Jeannette explains, “We decided we wanted a helper so that Art doesn’t have to be home with me 24 hours a day. It gives him a chance to go out and run errands.”

A Little Help, A Big Difference

Meth-Wick Home & Health provides Jeannette with assistance from 10 a.m.-noon, Monday through Friday. Jenni, Home & Health’s RN nurse supervisor, comes once a month to organize medications so that Jeannette knows exactly which medicines to take, and at what time. “This is a Home & Health service I would hate to do without,” says Jeannette. “If I am running low on medicine, Jenni calls and orders it from the pharmacy. I don’t have to worry about it.”

Jeannette enjoys the services and companionship that Home & Health workers provide. “They keep me moving and thinking,” she says. “I can get into the habit of just sitting in front of the TV, and that doesn’t

help me at all.”

The first thing the Home & Health helper does is fix breakfast for Jeannette and her dog, Taffy. “Sometimes they’ll run the vacuum while I’m having breakfast or they might sit and keep me company,” says Jeannette. “After breakfast I’ll move to the living room and work on my puzzle while my helper does housework.

They do a load of laundry each time they’re here. Wash, dry and put things away. They clean house, change the bed and anything else I need.”

Help She Can Count On

Now that spring has arrived, Jeannette is taking walks with help from Home & Health staff. “If I can get more exercise for my legs, I think that will help me get rid of my walker,” she says. Home & Health’s operations manager, Sandi Lafferty, also visits to determine if any adjustments are needed in service or personnel. “Right now, we’re pretty well set with four girls that come, always on the same day of the week,”

says Jeannette. “I like knowing who is coming. Some of the girls like to talk and others like to help me with my puzzles. So it’s helpful to know who I will have each day.”

Art enjoys knowing he can count on a Home & Health worker being at his house at 10:00 sharp so that he is able to buy groceries, mow the lawn at their Church, or keep appointments. “The Home & Health people are doing a great job,” he says. “They communicate really well. They’re friendly, they talk to you and they don’t hesitate to help if you need something. They know what they’re doing.”



Art Reusch has time to run errands or take care of personal tasks while his wife Jeannette is cared for by a Home & Health helper.



Ann Rabe, Home & Health certified nursing assistant, helps Jeannette Reusch with a puzzle after finishing housework and laundry.

Dates to Remember

June 10 — Open House for Rejuvenate Center at The Woodlands, 11 a.m. – 3 p.m., *The Woodlands*

June 17 — Piano Music with Betty Debban, 2 p.m., *Live, Laugh, Learn Center*

June 21 — CR Museum of Art’s Kate Kunau discusses Auguste Rodin, 2 p.m., *Live, Laugh, Learn Center*

June 27 — Book Club, 2 p.m., *Live, Laugh, Learn Center*

July 12 — Eastern Iowa Arts Academy, 2 p.m., *Live, Laugh, Learn Center*

August 31 — Scratch Cupcakes Curbside, 12:30-3:30 p.m., *The Manor (out front)*

Robin's Nest

Meth-Wick was the first to bring the "community" concept of retirement living to the Cedar Rapids area over 50 years ago. Since then, we have evolved and expanded to provide a range of lifestyles, from independent living to skilled nursing care, and adopted the "Continuing Care Retirement Community" descriptor to reflect these changes. Today this descriptor is being traded for one that better describes what Meth-Wick truly is: Life Plan Community.

Meth-Wick's name change is part of a nationwide effort to make senior living more appealing to Baby Boomers, who will be turning 75 within five years.

Research shows that the next generation of older adults feels the use of "continuing care" and "retirement" implies that communities like



Robin Mixdorf,
President & CEO

Meth-Wick are only for older, less healthy people. We agree that Meth-Wick needs a category name that speaks to the possibility for a healthy and rewarding life in retirement.

While Meth-Wick's title has changed to Life Plan Community, it remains a "fee for service community," as opposed to a Life Care Community, which has a very different financial structure. Going forward, Meth-Wick will be described as a Life Plan Community, reflecting the fact that we allow "planning" and "living" to merge. Having a plan in place – the availability of healthcare, coupled with the freedom from daily tasks of home ownership – allows our residents to live life to the fullest. Life as it should be. 

"I can't imagine doing anything else"

Ann Rabe personifies the age-old saying, "Do what you love and you'll never have to work a day in your life." As a CNA (certified nursing assistant) with Meth-Wick Home & Health Services, Ann looks forward to each work day. "I love my job," she says. "I can't imagine doing anything else."

Ann is one of four Home & Health workers who provide care to Jeannette Reusch in her home on Cedar Rapids' southwest side. (See article, page 1.) "Art and Jeannette are wonderful," says Ann. "They let me know that they appreciate everything I do."

When Ann arrives at the Reusch home, she makes breakfast for Jeannette and Taffy, the cocker spaniel. After that, she does whatever Jeannette needs done. "I don't usually have to tell Ann what I want, she just knows," says Jeannette. This might include doing laundry, cleaning the bathroom, or if the weather is good, going for a walk.

Compassion For Seniors

While raising four kids in Minnesota, Ann and her family were deeply involved in their church's work with the elderly, performing household chores on a weekly basis. That experience, combined with close to 10 years of work in Minnesota nursing homes,

had a profound effect on Ann. "I have a heart for seniors," she says.

The Home & Health clients Ann serves live on and off Meth-Wick's campus. They request help with a variety of tasks that include cooking, watering plants, housecleaning, laundry and companionship (talking, reading aloud or working puzzles). "There is one man who likes me to drive him around town for two or three hours," she says. "We just drive and talk." She also helps clients with showering and dressing, shopping and driving them to medical appointments. "I absolutely enjoy helping people and making their lives a little easier," says Ann.

Joining Meth-Wick

Prior to joining Home & Health's staff, Ann was a CNA at The Woodlands for two years. "I loved working evenings and helping residents feel better and more comfortable." When asked why she chose evenings instead of days, she answers



Ann Rabe, Home & Health certified nursing assistant, enjoys making life easier and more comfortable for her clients.

with a laugh, "It's more fun to tuck in residents at night than to wake them up in the morning."

In addition to loving her job, Ann is passionate about her family. She moved from Minnesota to Cedar Rapids in the fall of 2011 to be near her son, daughter-in-law and grandkids (they now live on the same street). Ann also has children in Wisconsin, Minnesota and Arizona. "My four children are all grown and we are now best friends," says Ann. "What a blessing now to share in the lives of my six grandchildren." 

You're Invited to an Open House...

Friday, June 10, from 11 a.m. to 3 p.m.

We're celebrating the completion of our 5,000-sq.-ft. addition at The Woodlands. Please join us for a tour and refreshments.

We look forward to seeing you!

