



by Michele Riter, Community Relations Assistant
November is National Caregiver Month and Meadowlark would like to recognize and honor caregivers in our community. President Barack Obama said in his 2012 NFC Month Proclamation, "Family members, friends, and neighbors devote countless hours to providing care to their relatives or loved ones. During National Family Caregivers Month, we recognize and thank the humble heroes who do so much to keep our families and communities strong."

Whether you are currently an active member of Meadowlark's Special Programs, have utilized Meadowlark's resources in the past, or simply a care partner, your time and love is appreciated.



Brenda and Mike

Married for 39 years, Brenda and her husband, Mike, enjoy spending time with their son, his wife, and their three-year-old grandson. Mike was diagnosed with Alzheimer's disease five years ago and Brenda stepped into the role of care partner for him. Brenda's advice to caregivers is to accept help when it is offered, so that you can have time to take care of yourself.

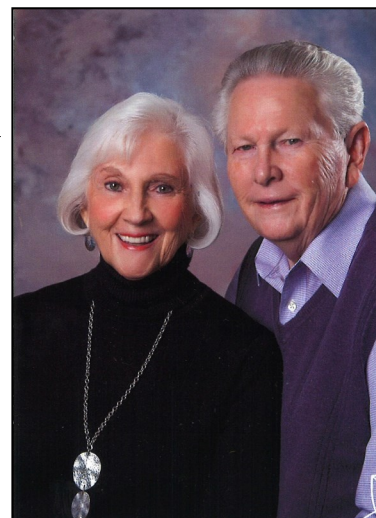
Mark and Terri

"Lots of love" for each other is how Mark and Terri contribute their success and 12 years together. They enjoy spending their time staying active through dance and practicing tai chi. To balance his time as a care partner and taking care of himself, Mark would like to take a vacation with Terri to spend time away from work.



Betty and Tom

You might see him at Meadowlark every morning and most afternoons for exercise. Tom likes to also stay active with other hobbies, including attending McCain shows and traveling with his wife Betty. As a care partner, Betty encourages others to have patience and spend time with friends to share your feelings.



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Closings on Thanksgiving

The Hospitality Desk will be closed Thanksgiving Day. There will be no Friday night program on Friday, Nov. 29, due to the holiday weekend. Verna Belle's Café will be closed all day Thursday for the holiday. All exercise classes will be canceled Thursday and Friday. Pizazz Salon will be closed both Thursday and Friday.

Creative Writing Workshop

Thursday, Nov. 21, at 5:30 p.m.

Graduate students from K-State's College of English will be visiting Meadowlark this evening to host an informational, creative writing workshop. For anyone interested, they will be focusing on creative fiction.

All are welcome to come and enjoy this free activity from 5:30 to 6:30 p.m. in the KSU Classroom. Please sign up in the Blue Book at the Hospitality Desk if you would like to attend, however RSVPs are not required. For questions, please contact Jana Armfield at (785) 323-3890.

Meadowlark Market—FINAL day!

Friday, Nov. 22, 10 a.m.

The Meadowlark Market will be open Friday, Nov. 22, from 10 a.m. to 5 p.m. for the last time to shop for the 2019 year! Don't miss a chance to get one of a kind items for a great price and support Meadowlark Foundation.

Fellowship Hour

Saturday, Nov. 23, at 10:30 a.m.

Come join Jerry and Naketa Lawrence, Meadowlark volunteers, from 10:30 to 11:30 a.m. Saturday, Nov. 23, in the KSU Classroom for Fellowship Hour. This will be a time of fellowship, song, and reading of the Psalms. Refreshments will be served.

Vespers Service

Sunday, Nov. 24, at 7 p.m.

The Vespers service will be led by Pastor Michael Schmidt from St. Luke Lutheran Church at 7 p.m. Sunday, Nov. 24, in the Community Room. All are welcome.

Change & Loss Support Group

Monday, Nov. 25, at 2 p.m.

Join Bridget Larkin, MSW and Chaplain Patty

Brown-Barnett as they lead the Change and Loss Support Group at 2 p.m. Monday, Nov. 25, in the Flint Hills Room. The group will continue to meet the first, third, and fifth (when applicable) Monday of each month. This opportunity is open to all who wish to work through life changes and loss in a supportive environment.

Coffee Corner

Tuesday, Nov. 26, 3 p.m.

Join us for a weekly social hour, Coffee Corner, at 3 p.m. Tuesday, Nov. 26, in the Community Room. Verna Belle's featured dessert will be cupcakes. All are invited to attend!

Coffee with a Cop

Wednesday, Nov. 27, at 9 a.m.

Join us for Coffee with a Cop at 9 a.m. Wednesday, Nov. 27, in the Community Room. No agenda or speeches, just a chance to engage with officers from the Riley County Police Department while enjoying coffee and doughnuts!

ARTful Memories

Wednesday, Nov. 27, 10 a.m.

The Marianna Kistler Beach Museum of Art is hosting ARTful Memories Class from 10 to 11 a.m. Wednesday, Nov. 27, in the KSU Classroom. During this monthly session, the museum's Education Assistant, Kim Richards, will facilitate a discussion about different art pieces. This class is sponsored by Meadowlark Memory Program. No sign up is necessary. All are welcome to attend and please come and go as you are able.

Card Making with Michelle

Wednesday, Nov. 27, at 1:30 p.m.

Join Michelle Lehmer, Housekeeping and Laundry team staff member, for card making at 1:30 p.m. Wednesday, Nov. 27, in the Flint Hills Room. Supplies will be provided for all types of cards.

Thanksgiving Reservations

Thursday, Nov. 28

There are still available reservations for Thanksgiving. Residents and family members can make their reservation at the restaurant's host stand or by calling (785) 323-3820. The cost of the meal is \$16 per person.

Prairie Star Restaurant will be closed for the evening of Thursday, Nov. 28, for regular service. A boxed dinner will be available. Please sign up at

the host stand and pick up your boxed dinner by 3 p.m. Thursday, Nov. 28.

K-State Watch Party

Saturday, Nov. 30, TBD

K-State Wildcats take on Iowa State Saturday, Nov. 30. Join your friends to cheer on the Cats in the Game Room. Refreshments will be served. The game time as not yet been announced.

Olsburg's Swedish Supper

Saturday, Dec. 7, from 4:30 to 6:30 p.m.

The Olsburg Lutheran Church is hosting their 63rd Annual Swedish Supper from 4:30 to 6:30 p.m. Saturday, Dec. 7. Tickets are \$15 per adult and \$7 for children six to 12.

Get your tickets early, as last year they sold out and space is limited! Mary Lou Gibbs is selling tickets at Meadowlark and you can purchase them from the Hospitality Desk with cash or check only.

Christmas Carousel

Friday, Dec. 13, various start times

Spots are filling up quickly! Don't miss out on the celebration of Candyland's 70th anniversary for Christmas Carousel, Friday, Dec. 13. You'll get to see what happens when the board game comes to life and characters have to defend Candy Castle! The rotation for the rooms will be structured the same way it was in recent years. Each group will begin in the front lobby then continue down the Community Center hallways in 30-minute intervals.

The start times for each group will be staggered. The groups will have staff members along to help guide you through the evening's events. Start times are as follows: Group One, 3:15 p.m.; Group Two, 3:50 p.m.; Group Three, 4:25 p.m.; Group Four, 5:00 p.m.; Group Five, 5:35 p.m. Reservations are required (and limited) for this event. You can make your reservation and selection of group by visiting the Hospitality Desk or calling (785) 323-3847.

Once the reservations close, each attendee will receive a personalized reminder card, which will indicate which time your group will begin the day of the party.

Prairie Star Restaurant will be a destination during Christmas Carousel and as a result will be closed the day of the party, Dec. 13. There will be a Chef's Special Buffet lunch available in the Game

Room. Verna Belle's Cafe will have limited hours. Please contact Monte Spiller, Resident Services Leader, at (785) 323-3801 with questions regarding Christmas Carousel.

Little Apple Chorus

Sunday, Dec. 15, at 3 p.m.

The Little Apple Chorus will have their Harmony for the Holidays Christmas Program Sunday, Dec. 15, in Forum Hall at the K-State Union. The show begins at 3 p.m. and doors open at 2:30 p.m.

For this year's show, the chorus will be donating their profit to various vocal music programs. Tickets can be purchased from any chorus member, online at littleapplechorus.org, or at the door. Tickets are \$15 per person.

As a sponsor of the program, Meadowlark has five complimentary tickets. If you would like a ticket please visit the Hospitality Desk. Tickets are first come, first serve.



Thanksgiving Dinner

Choice of Starter

BUTTERNUT SQUASH SOUP
GREEN SALAD WITH CHOICE OF DRESSING
AMBROSIA SALAD

Choice of Entree

ROAST TURKEY
BAKED HAM

Choice of Vegetable

GREEN BEAN CASSEROLE
MEDLEY OF VEGETABLES

Sides

SAUSAGE SAGE DRESSING
CRANBERRY RELISH
MASHED POTATOES
GIBLET GRAVY

Choice of Dessert

PUMPKIN PIE
PECAN PIE

Caregiver, from page 1



John and Ginger

Other than spending time exercising, being involved in church activities, and volunteering, John and his wife Ginger get to enjoy their

four children, ten grandchildren, and 16 great-grand children. In June 2020, they will have been married for 69 years. As other care partners have suggested to create balance, John says that taking time for yourself and seek help from outside resources.

According to AARP, 40 million caregivers across the country support aging parents, spouses, or other loved ones with disabilities who remain at home. If you are a care giver, reach out and learn about available resources. For more information about Meadowlark Special Programs, please contact Michelle Haub at (785) 323-3889. Various activities and support groups are offered for care partners, loved ones with dementia, Alzheimer's disease, Parkinson's disease, and other disabilities.

Thank You to the Employee Gift Committee

submitted by Jo Lyle, Chair IL Resident Council

A big thank you to the Employee Gift Committee for taking on the important task of giving the Meadowlark Community a way to financially thank our employees. This task requires many hours of work and is greatly appreciated. No members of the committee have any knowledge of who gives or how much or who does not give. That is why you turn in your contribution to the front desk and the finance department deposits them. Because the committee does not know who gave or who did not give they send reminders to everyone. I for one appreciate reminders because I need all of the help that I can get.

Happy Feet for Christmas

submitted by Polly Ferrell

Christmas is coming and that includes low winter temperatures. For families in financial distress, this can mean children and adults with cold feet.

Meadowlark Hills Ladies Lunch group is planning to add some warmth through their Happy Feet for Christmas project. Our goal is to give the Manhattan Emergency Shelter at least 50 pairs of colorful festive Slipper Socks with Treaded Soles to share with those in need.

Holiday Classic

Friday, December 6, 2019
3:00 p.m. Refreshments
4:00 p.m. Holiday Entertainment
Prairie Star Restaurant & Manhattan Room

Reservations required! Call 785-323-3820 or sign up at the Prairie Star host stand to reserve your seats!

THE TRUST COMPANY

Fifty pairs of Slipper Socks of all sizes cost approximately \$150, or on average, \$3 per pair. The Ladies Lunch group invites you to help us achieve our goal.

If you would like to keep some cold feet—tiny or large—warm this year, please add your dollars to the Happy Feet for Christmas jar located at the front desk. No checks please, cash donations are preferred. Thank you for sharing.

From the Lindholm Family

submitted by John Lindholm

Meadowlark residents and staff members, I thank you for all the helpfulness and condolences you have shown me and my family during this transitional change in our lives since Mildred was in intensive care and her death. "Those we love don't go away, they walk beside us every day... Unseen, unheard, but always near, still loved, still missed and very dear."

Thank You!

submitted by Margaret Carlson

Thank you to everyone who remembered me on my birthday with cards and gifts. I had dreaded having that first number change, but you softened the blow. Thanks again!

> Live Your Way

How do YOU live YOUR way?

How do you live your best life? Meadowlark is creating a list of ways that people live their way every day and we need your help! We are needed know your answers to the following questions: What are your top five favorite things you currently do to live your way? What is one thing you want to do in the future to keep living your way?

If you are interested in sharing, please send an email to Sarah Duggan at sguge@meadowlark.org with your answers. You may also bring a list of your responses to the Hospitality Desk. We appreciate your willingness to participate in this development of this project!



LUNCH & BREAKFAST SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.
Saturday & Sunday, 7 to 11 a.m.
(785) 323-3818

Sunday, Nov. 24

Breakfast: Omelets with Fruit

Monday, Nov. 25

Breakfast: Biscuits & Gravy

Lunch: Tater Tot Casserole

ground beef, mushroom cream sauce, mixed veggies, tater tots & cheese ~\$6.50

Tuesday, Nov. 26

Breakfast: Breakfast Sandwich with Fruit

Lunch: Grilled Ham & Cheese Wraps

sliced ham, American cheese, mayo, & lettuce in a grilled flour tortilla ~\$4.50/\$6.50

Wednesday, Nov. 27

Breakfast: Breakfast Burrito & Fruit

Lunch: Pepperoni Pizza

pepperoni, marinara sauce, & mozzarella cheese on a flatbread ~\$4.50/\$6.50

Thursday, Nov. 28

~closed for Thanksgiving~

Friday, Nov. 29

Breakfast: Waffle or Pancake

Lunch: French Toast & Sausage

slices of French toast, served with sausage patties, & fruit ~\$4.50/\$6.50

Saturday, Nov. 30

Breakfast: A la carte menu options

PRAIRIE★STAR RESTAURANT

Restaurant Hours
Monday to Saturday, 10:30 a.m. to 8 p.m.
Sunday, 10:30 a.m. to 7 p.m.

All specials include beverage, starter and dessert.
An extra vegetable can be substituted for the starch at no additional charge.
The restaurant can accept up to four reservation per time, depending on party size.
Reservations can be made in person or by calling 323-3820.

SUNDAY	Nov. 24 ~ Lunch \$12	Dinner \$12
	Roast Pork Loin with Natural Sauce Smoked Gouda Scalloped Potatoes Vegetable du Jour	Spaghetti & Meat Sauce Garlic Toast Vegetable du Jour
MONDAY	Nov. 25 ~ Lunch \$10	Dinner \$13
	Beef burgundy Crepes Rice Pilaf Choice of Vegetable	Braised Brisket with Mushroom Sauce Garlic Mashed Potatoes Vegetable du Jour
TUESDAY	Nov. 26 ~ Lunch \$8	Dinner \$13
	Fajita Bar (does not include drink, starter, or dessert)	Meatloaf Scalloped Potatoes Vegetable du Jour
WED.	Nov. 27 ~ Lunch \$10	Dinner \$13
	Ham Loaf Au Gratin Potatoes Choice of Vegetables	Stuffed Pork Tenderloin with Spinach, Mozzarella & Balsamic Demi glaze Wild Rice Vegetable du Jour
THURS.	Nov. 28 ~ Thanksgiving	Dinner
	Prior reservations required	Restaurant closed
FRIDAY	Nov. 29 ~ Lunch \$10	Dinner \$12
	Fish Taco Black Beans Spanish Rice	Chicken Picatta Risotto Vegetable du Jour
SAT.	Nov. 30 ~ Lunch \$10	Dinner \$14
	BBQ Wings Carrot & Celery Sticks French Fries	Stuffed Orange Roughy with Shrimp & Crab Rice Pilaf Vegetable du Jour

**DRINK
SPECIAL**

Rob Roy

1 oz. Glenlivet, 1 oz. Sweet Vermouth, Aromatic Bitters & Lemon
\$3.75

Grosh Cinema Movies

Sunday, Nov. 24, to Saturday, Nov. 30, 2019

Show Times: 1, 4 and 7 p.m., Monday – Saturday / 2 and 6 p.m., Sunday

Sunday, Nov. 24 — The Tuxedo (2002)

A hapless chauffer must take a comatose Secret Agent's place using his special gadget-laden tuxedo.

Co-Starring: Jackie Chan, Jennifer Love Hewitt, & Jason Isaacs

Rated: PG-13; 1 hr. 38 min.

Monday, Nov. 25— Captain America: Civil War (2016)

Political involvement in the Avengers' affairs causes a rift between Captain America and Iron Man.

Co-Starring: Chris Evans, Robert Downey Jr., & Scarlett Johansson

Rated PG-13; 2 hr. 27 min.

Tuesday, Nov. 26— Life is Beautiful (1997) **Resident Request*

When an open-minded Jewish librarian and his son become victims of the Holocaust, he uses a perfect mixture of will, humor, and imagination to protect his son from the dangers around their camp.

Co-Starring: Roberto Benigni, Nicoletta Braschi, & Giorgio

Rated PG-13: 1 hr. 56 min.

Wednesday, Nov. 27— John Wayne's The Dawn Rider (1935)

After seeing his father gunned down, a young man vows to bring the desperados to justice.

Co-Starring: John Wayne, Marion Burns, & Dennis Moore

Rated Approved; 53 min.

Thursday, Nov. 28 — Planes, Trains & Automobiles (1987)

A man must struggle to travel home for Thanksgiving with an obnoxious slob of a shower curtain ring salesman as his only companion.

Co-Starring: Steve Martin, John Candy, & Laila Robins

Rated R for some language & mild sexual content; 1 hr. 33 min.

Friday, Nov. 29 — Takers (2010)

A group of bank robbers find their multi-million dollar plan interrupted by a hard-boiled detective.

Co-Starring: Chris Brown, Hayden Christensen, & Matt Dillon

Rated PG-13; 1 hr. 47 min.

Saturday, Nov. 30 — Dumbo (2019)

A young elephant, whose oversized ears enable him to fly, helps save a struggling circus, but when the circus plans a new venture, Dumbo and his friends discover dark secrets beneath its shiny veneer.

Co-Starring: Colin Farrell, Michael Keaton, & Danny DeVito

Rated PG; 1 hr. 52 min.

To request a movie, visit the Reception Desk or complete a survey card in the Grosh Cinema.

Weekly Opportunities Calendar Nov. 24 to Nov. 30

Sunday • Nov. 24

Manhattan Room—open seating at lunch & dinner

9:30 a.m. ~ Miller Worship Service, MFR

10:30 a.m. ~ Worship Service, CR

2:00 p.m. ~ Wroten Worship Service, WL

7:00 p.m. ~ Vespers by Pastor Michael Schmidt, CR

Monday • Nov. 25

Manhattan Room—open seating at dinner only

9:30 a.m. ~ Seated Strength, CR

10:20 a.m. ~ Weights 101, CR

11:00 a.m. ~ Sit & Be Fit, CR

12:00 p.m. ~ Yoga, CR

12:00 p.m. ~ 1st Pres. Men's Luncheon, MR

1:00 p.m. ~ Parkinson's Exercise Class, CR

1:00 p.m. ~ Blood Pressure & Responder Clinic, GR

1:30 p.m. ~ Contemporary God Talk, KSU CL

2:00 p.m. ~ Change & Loss Support Group, FHR

3:30 p.m. ~ Meadowlark Singers Practice, KSU CL

7:00 p.m. ~ Community Bingo, VB

Tuesday • Nov. 26 *Trash & recycling pick-up*

Manhattan Room—open seating at lunch & dinner

10:30 a.m. ~ Steady Yourself, CR

11:15 a.m. ~ Chair Yoga, CR

12:00 p.m. ~ Seven Dolors Book Discussion, MR

3:00 p.m. ~ Coffee Corner, CR

5:30 p.m. ~ 3rd Floor Supper, CR

7:00 p.m. ~ Dominoes, GR

Wednesday • Nov. 27

Manhattan Room—open seating at lunch & dinner

8:30 a.m. ~ Messenger Team, WCR

9:00 a.m. ~ Coffee with a Cop, CR

10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE

10:00 a.m. ~ ARTful Memories, KSU CL

10:20 a.m. ~ Weights 101, CR

11:00 a.m. ~ Sit & Be Fit, CR

12:00 p.m. ~ Yoga, CR

1:00 p.m. ~ Pitch, GR

1:15 p.m. ~ Dr. Tran's Foot Clinic, CR

1:30 p.m. ~ Card Making with Michelle, WCR

3:00 p.m. ~ Rock Steady Boxing, CSC

3:00 p.m. ~ Rock Steady Boxing, KSU CL

3:00 p.m. ~ Ice Cream Social, VB

Thursday • Nov. 28

11:00 a.m. to 2 p.m. ~ Thanksgiving Meal; *prior reservation required*



Friday • Nov. 29

Manhattan Room—open seating at lunch only

Activities Canceled due to Holiday

Saturday • Nov. 30

Manhattan Room—open seating at lunch & dinner

9:30 a.m. ~ Painting for Fun, MCR

TBD ~ K-State Watch Party, GR

Room Abbreviations

WCR, West Conference Room	CR, Community Room
CSC, Combative Sports Center	GR, Game Room
FHR, Flint Hills Room	MCR, Miller Craft Room
GC, Grosh Cinema	HD, Hospitality Desk
KR, Kansas Room (Pub)	KSU CL, KSU Classroom
MFR, Miller Friendship Rm	MR, Manhattan Room
PS, Prairie Star Restaurant	VE, Village Entrance
VB, Verna Belle's	CY, Courtyard

*Meadowlark News and Announcements
can be viewed on Channel 1960*