

Memories on Film

by Michele Riter, Community Relations Assistant

Overtime, details of memories can start to fade. The feelings and emotions of the experience can linger longer. But the colors of the flowers or the name of the museum you've seen may be lost.

Versions of a camera began with rudimentary projections and changes in exposure. The first camera, as we know it, was made in 1825 by Joseph Niepce. He was able to process permanent photographs for the first time.

From pinholes and sunlight, wooden boxes, Kodak film, Polaroid instant-photo, automatic exposure to now digital cameras. And digital storage, almost unlimited. Compared to the storage technique my mom has used for years with printed photos - overflowing, unorganized shoe boxes under the guest room bed.

The first commercial cell phone to have a camera was released in 1999. Now it is a standard for cell phones to have a camera. Some phone camera systems are even a better quality than a regular camera.

I remember growing up having a small film camera. There were usually 30 takes on each roll of film. Sometimes I'd use the whole roll for a photoshoot of my dog, including about 10 almost identical images of the same pose.

This happened many different times, with the garden and some backyard trees, more dog photos, and random Hot Wheel toy car tracks. My mom and I would wait at Walgreens for the photos to be developed.

A yellow envelope held my masterpieces with a duplicate of each and the original film strip intact. After a while, my mom started to see my pattern of "wasting film" on the same shot over and over. Then I had to start paying for my own film... That taught me to be more frugal with my film.

If you can believe it, I currently have over 10,000 photos and 1,000 videos on my iPhone. Similar to my young photographer days, there are plenty of duplicates of an almost identical photo trying to find the



[top] Michele enjoys spending time with family traveling the world. Here, they are at Charles Bridge in Prague.

[above] Michele celebrates her graduation from the best university in the world—K-State.

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Meadowlark Virtual Wellness Olympiad Schedule



DATE	ACTIVITY
Tuesday, 5/5	1. Take a walk (inside or outside) <i>and ...</i> 2. Mindfulness Activity (@ 12:30 p.m. – Channel 1960)
Wednesday, 5/6	Nutrition Activity (@ 3:30 p.m. – Channel 1960)
Thursday, 5/7	1. Complete the Steady Yourself Exercise Class (Channel 1960 @ 10:30 a.m. or 2 p.m. <i>and ...</i> 2. Take a Walk (inside or outside)
Friday, 5/8	Mindfulness Activity (@ 3:30 p.m. – Channel 1960)
Saturday, 5/9	Complete the Band Bust Exercise Class on Channel 1960
Sunday, 5/10	1. Nutrition Activity (@ 1:00 p.m. – Channel 1960) <i>and ...</i> 2. Take a Sunday Stroll (inside or outside)
Monday, 5/11	Trivia Challenge (@ 3:30 p.m.—Channel 1960)
Tuesday, 5/12	1. Complete the Chair Yoga (@ 11:30 a.m.—Channel 1960) <i>and ...</i> 2. Mindfulness Activity (@ 3:30 p.m. – CH 1960)
Wednesday, 5/13	Take a Wednesday Walk (inside or outside)
Thursday, 5/14	1. Art Challenge <i>and ...</i> 2. Mindfulness Activity (@ 3:00 p.m. - CH 1960)
Friday, 5/15	Complete any exercise video on Channel 1960
Saturday, 5/16	1. Complete the Band Bust Exercise (@ 9:30 a.m. or 2:00 p.m.—Channel 1960) <i>and ...</i> 2. Nutrition Activity (12:00 p.m. – CH 1960)
Sunday, 5/17	Take a Sunday Stroll (inside or outside)

Get crafty!

Spring has sprung! Here is a craft idea to help celebrate the bright blossoms of spring. Using simple supplies, you can make your own flowers. Follow along on Channel 1960 with Michele Riter as she goes step-by-step to make the tissue paper flowers: Friday, May 8, at 3 p.m.; Saturday, May 9, at 11 a.m.; and Sunday, May 10, at 11 a.m.

All necessary supplies will be provided in a flower kit. If you would like a flower kit, please call the Hospitality Desk at (785) 323-3847 to have one delivered.





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best angle or lighting.

Looking back at my photos is a way I like to keep memories fresh. I can see the details of my travels, nationwide and abroad. Each image can tell a story that I might have started to forget. When I am feeling lonely or have an itch to travel, I look through these photos to remember times when I was adventuring with friends, trying new foods, enjoying time with loved ones, and playing with dogs (still).

Whether it is iPhone photos like mine, a scrapbook album, or maybe boxes of unorganized prints, look through and give yourself a moment to revive and relive some of your favorite memories.

[left] Michele's favorite memory: an early spring day with her nephew and boyfriend.

What's New? Channel 1960

Happy Hour with J-Mix: Special Edition

Channel 1960, May 5, @ 4:30 p.m.

Celebrate Cinco de Mayo with J-Mix, Amateur Mixologist, at 4:30 p.m. Tuesday, May 5, on Channel 1960. She will us in making Margaritas two ways!

The Secret World of Lewis Carroll

Channel 1960, May 5 @ 7 p.m.

Alice in Wonderland is said to be the most quoted book in print, second on to the Bible, with a passionate army of fans who regularly congregate around the world to celebrate its rich and playful world. But what of its creator, the mild-mannered and unassuming Oxford University Math Don, Charles Lutwidge Dodgson, aka Lewis Carroll? Hear the history and influences that helped Carroll create Alice and her wonderland at 7 p.m. Tuesday, May 5, on Channel 1960

Happy Hour with J-Mix: Summer Beer

Channel 1960, May 7 @ 4:30 p.m.

Join amateur mixologist Jayme Minton, aka J-Mix, at 4:30 p.m. Thursday, May 7, and learn how to make Summer Beer.


John Wayne Documentary


Channel 1960, May 8 @ 7 p.m.

The legend, the actor, the famous cowboy, but who was he really? Learn about John Wayne and his beginnings in this documentary at 7 p.m. Friday, May 8, on Channel 1960. You'll hear about his acting career, relationships, and even see movie scenes.

#COVID-19

Watch out for these scams!

-  Fake stimulus check
-  COVID-19 Robocalls
-  Selling fake test kits



Please report any scams or frauds at www.usa.gov/stop-scams-frauds


**Cinco de Mayo
Drink Special**

Jose Cuervo Margaritas
\$2 each

Call Prairie Star Restaurant at
(785) 323-3820 to order.

Work That Brain

Can you solve these visual world puzzles? Let your mind explore and you are sure to find the answers!

1. FACE	2. EGG EGG HAM
3. BUR	4 THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS...
5. TEEF FEET TEEF	6. FAMILY  SHEEP
7. po FISH nd	8. ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE
9. TIME a b d e f g h i j k l m n o p q r s t u v w x y z	10. DAYSALLWORK

recipe

No Bake Energy Balls

Cooking with Lisa

INGREDIENTS

1 cup old fashioned oatmeal

1/2 cup peanut butter

1/2 cup chocolate chips

1/3 cup honey

1 tsp vanilla

1 tbsp chia seeds (optional)

DIRECTIONS

1. Combine oats, peanut butter, chocolate chips, honey, vanilla, & chia seeds together in a bowl.

2. Roll into bite size balls & arrange on a baking sheet.

3. Refrigerate until set; about 15 minutes.

4. Store in an air-tight container for up to one week.



Masked Mystery REVEALED

Who am I? The Masked Mystery employee from April 27 is Lyle Household Clinical Coordinator and RN, Jenny Garrett! Try your luck again at the Masked Mystery on 5/7!

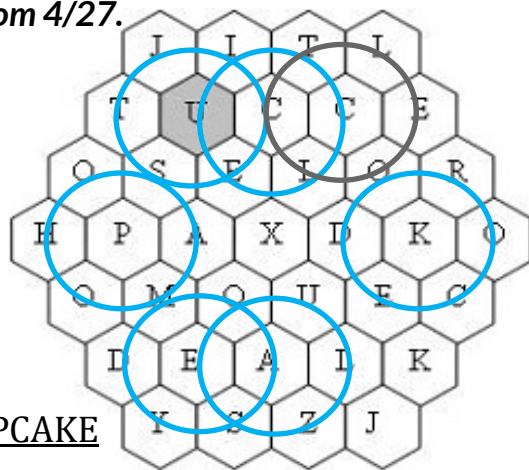
[months from now]

CDC: aight it's safe to go outside

Me: *now fluent in 6 languages, daily phone calls with grandma, black belt, 8 hours+ sleep each night, skin looks AMAZING, befriended a spunky spider under the fridge* are...are you sure?

Buzzword answer from 4/27.

1. JUSTICE
2. SHAMPOO
3. COLLECT
4. ZEALOUS
5. CUTICLE
6. SOMEDAY
7. CROOKED



BUZZWORD IS CUPCAKE

Answers to the 4/27 Sudoku are below.

5	7	3	6	9	2	1	4	8
2	1	9	3	4	8	6	5	7
8	4	6	7	1	5	2	9	3
9	2	5	4	8	6	3	7	1
7	3	4	2	5	1	8	6	9
6	8	1	9	3	7	5	2	4
1	5	7	8	6	9	4	3	2
3	9	8	5	2	4	7	1	6
4	6	2	1	7	3	9	8	5



Meadowlark Entertainment Guide

All programs listed below air on Meadowlark Channel 1960,
Your window to the world!

Tuesday, May 5

10:00 a.m.	Town Meeting with Lonnie Baker <i>Re-run episode from 5/4</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
1:00 p.m.	Change & Loss Group with Bridget Larkin, LMSW & Kathleen Spearman, LMSW
2:00 p.m.	Steady Yourself Exercise Class
3:00 p.m.	MEOW (Memory Program)
4:30 p.m.	SPECIAL EDITION: Happy Hour wit J-Mix, Margaritas
6:00 p.m.	Town Meeting with Lonnie Baker <i>Re-run episode from 5/4</i>
7:00 p.m.	The Secret World of Lewis Carroll

Wednesday, May 6

9:00 a.m.	Comedy Club: Wake Up Funny
9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Sunday Church Service with Chaplain Patty Brown-Barnett <i>Re-run episode from 5/3</i>
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny
3:15 p.m.	Cooking with Lisa: <i>No Bake Energy Balls</i> <i>Re-run episode from 5/4</i>
6:00 p.m.	Town Meeting with Lonnie Baker <i>Re-run episode from 5/4</i>

Dinner Special Change: Due to meat shortages, the brisket will not be available for dinner on Saturday, May 9. Instead, the special will feature steak, a baked potato, and the vegetable du jour.

Thursday, May 7

9:30 a.m.	MEOW (Memory Program) <i>Re-run episode from 5/5</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
12:15 p.m.	Town Meeting with Lonnie Baker <i>Re-run episode from 5/4</i>
2:00 p.m.	Steady Yourself Exercise Class
4:30 p.m.	Happy Hour with J-Mix: <i>Summer Beer</i>
6:00 p.m.	Town Meeting with Lonnie Baker <i>Re-run episode from 5/4</i>

Friday, May 8

8:55 a.m.	Cooking with Lisa: <i>No Bake Energy Balls</i> <i>Re-run episode from 5/4</i>
9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Town Meeting with Lonnie Baker <i>Re-run episode from 5/4</i>
12:00 p.m.	Channel 1960 News
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Craft Tutorial with Michele: <i>Tissue Paper Flowers</i>
4:30 p.m.	Town Meeting with Lonnie Baker <i>Re-run episode from 5/4</i>
5:00 p.m.	Channel 1960 News <i>Re-run episode from Noon, 5/8</i>
7:00 p.m.	Friday Night Program: <i>John Wayne Documentary</i>