

Next Step: Exterior Door Keys



by Jayme Minton, Support Services Director

The exterior door keys issued to independent living residents when they moved in are functional again. These keys work in the Village Entrance door, West door, and the door located at the breezeway entrance.

Even though these entrances are accessible, all independent living residents must continue to be screened upon returning to the campus and prior to entering the main building. This can be completed at the check point located at the Tuttle Creek entrance. Please bring the completed form to the Hospitality Desk or drop it off at the Village Entrance prior to parking your car.

If you have questions about this process, please contact Monte Spiller, Resident Services Leader, at (785) 323-3801.

Art Mingle website now 'live'

by Becky Fitzgerald

Ready to see fabulous silent auction items? Visit

<https://secure.qgiv.com/event/artmingle2020/>

today! A website created for Art Mingle: Online Bid & Give is now "live!" This 3rd annual event offers participants the opportunity to purchase fine art, jewelry, one-of-a-kind hand-crafted items, and packages from local merchants from the comfort of home, all to benefit Meadowlark Memory Program.



See MINGLE, page 2

Meet Your Neighbors

Doris and Roger Brannan,
Apt. 223

by Becky Fitzgerald

It's been more than 60 years since Doris Binger first sat in the passenger seat of Roger Brannan's 1954 Ford. A member of Acacia fraternity at Kansas State, Roger was assigned to drive Chi Omega sorority sisters to an exchange dinner at Acacia in the spring of '59, and Doris caught his attention as she rode from her Greek house to his. The Meade, Kan., boy and Topeka girl were both studying to be teachers, and they began dating that fall when they returned to Manhattan for their junior years.

The sweethearts graduated in 1961, both obtained teaching positions, and married in June of 1962, settling in Manhattan. The couple moved from their longtime Manhattan home to a 2nd floor apartment on Aug. 26.

"We know people who have had to move in a hurry, and we didn't want to do that," Doris said. "We wanted to do it our way and move (to Meadowlark) together."

Both Roger and Doris have long been acquainted with retirement community living. Doris's father was on the

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Mingle, from page 1

In addition to photographs of four paintings created by our featured artists, Zac Barnes and Louis Copt, which appeared in a previous Messenger, site-goers will find photos and descriptions of 16 additional items or packages. Once the site appears on your computer screen, click either the **Auction Items** or **Auction Item Details**



button in the navigation bar at the top of the Home page to start window shopping. Also listed on the Auction Items page are two Fund-a-Need items which enhance the lives of Memory Program participants.

In order to bid on an item, one must be registered as a Virtual Bidder. FREE registration begins on the auction website today, Monday, Sept. 21. Once registered, download the free Givi bidding app onto your smartphone. Bidding begins at 8 a.m. Monday, Sept. 28, and runs through 1 p.m. Saturday, Oct. 3. Follow these easy steps to register to bid and give:

- ~ Click the [FREE Registration!](#) button on the auction Home page and fill in the provided fields.
- ~ Visit either Google Play or the App Store to download the FREE mobile bidding app, Givi, onto your smartphone. When prompted in Givi, enter the six-character ticket code that appears on

screen at the end of the online registration process.

~ Enter a method of payment and a mobile number into the Givi app. You'll receive text messages, such as "You've been outbid," during the auction.

~ Click the menu icon at the far right of Givi's navigation bar to see "Auction Tips and Tricks" and frequently asked questions.

During the registration process, there's an opportunity to include a donation for Meadowlark Memory Program. There are also "Donate" buttons on the website for persons who wish to support the Program with or without an auction bid.

For persons without a computer and/or a smartphone, auction and Fund-a-Need items may be viewed in an Auction Catalog, located at the Hospitality Desk. If something catches your eye and you'd like to try to "win" that item, the weekday concierges, Jana Armfield and Michele Riter, are able to register and bid for you.

For an easier bidding-by-proxy process, please offer a maximum bid or bids, if interested in more than one item. If the bidding doesn't reach your maximum, you will be charged only the highest bid. If bidding surpasses your max bid(s), you will be given an opportunity to raise your max bid.

Questions? Contact Becky Fitzgerald, 323-3843.



Campus Update from Lonnie Baker, CEO

Meadowlark CEO Lonnie Baker's most recent video update aired on Channel 1960 at Meadowlark on Friday, Sept. 18. Independent Living Resident Council met Monday, Sept. 14, for the first time since March. As we are

trying to get back to normal we must balance safety with doing more fun things around campus. From IL Resident Council, the feedback was that things have gone pretty well so far and we don't want to mess that up. We will continue to wait on adding visitation in the main building, but will keep adding opportunities for IL residents to get together safely campus. If you live in independent living in the main building and you would like to see family, please contact us to assist you.

Within our healthcare houses, CMS (Centers for Medicare and Medicaid) has mandated regular testing of staff members who work in those areas. The frequency is based on the level of spread in our county. Based on Riley County's current COVID-19 numbers, Meadowlark is required to test the staff members in those areas twice a week. This is over 400 samples every week. This is time intensive, pulls on our PPE inventory, and can be expensive.

A couple of employees have tested positive in one of our healthcare houses and in the subsequent round of testing, one resident was positive. Usage of PPE above and beyond what is required is continuing to be Meadowlark's standard. Even with all the precautions, it isn't foolproof.

Lonnie recommends continuing precautions such as frequent hand washing, social distancing, and wearing a mask when out of your cottage, duplex, or apartment.

UFM Virtual Presentation

UFM Community Learning Center will host "The Long Road to Women's Suffrage in Kansas," a presentation and discussion by Diane Eickhoff on Tuesday, Sept. 29, at 7 p.m. live online via Zoom. Members of the campus and community are invited to attend the free program. For security, please register online at www.tryufm.org to receive the Zoom program link to attend the free program. The program is underwritten by the Kansas State University College of Business Ethics Education Initiative.

Kansas was historically a leader in women's rights, yet the campaign for voting rights in Kansas required more than half a century of determined effort, as women suffered setbacks in three different statewide initiatives. This presentation will explore the courageous individuals who challenged the powerful interests opposed to electoral reform, and examine other "firsts" that women achieved on the road to suffrage.

Diane Eickhoff is an independent historian, writer, and editor of education materials. Her most recent historical biography, *Clarina Nichols: Frontier Crusader for Women's Rights*, is published by Quindaro Press.

"The Long Road to Women's Suffrage in Kansas" is part of Humanities Kansas's *Movement of Ideas* Speakers Bureau, featuring presentations and workshops designed to share stories that inspire, spark conversations that inform, and generate insights that strengthen civic engagement.

Humanities Kansas is an independent nonprofit, spearheading a movement of ideas to empower the people of Kansas to strengthen their communities and our democracy. Since 1972, their pioneering programming, grants, and partnerships have documented and shared stories to spark conversations and generate insights. Together with their partners and supporters, we inspire all Kansans to draw on history, literature, ethics, and culture to enrich their lives and serve the communities and state we all proudly call home.



Neighbors, from page 1

founding committee of Topeka's Brewster Place. Roger's mother, Hazel, was one of Meadowlark's first residents, moving to a 2nd floor apartment in 1980.

"I think she would be amazed at how nicely it has grown," Doris said.



Doris taught 7th and 8th grade home economics for one school year in Topeka after graduating from K-State. After she and Roger married and were living in Manhattan, she found work as a secretary. Her longest position was working from home as executive secretary for the Kansas State Chapter of PEO.

Roger also earned a master's degree from K-State, spending his career in education teaching English and speech and coaching debate and forensics. He served many years at Manhattan High School in this capacity, retiring in 1998.

The Brannans do not have biological children, but are blessed to have "adopted" a Ft. Riley doctor and his family when the couple and their five young children moved next door to the Brannans 25 years ago. These neighbors returned to Utah after three years, but Roger and Doris have continued to play the loving roles of parents, grandparents and now great-grandparents as four of the five children are now married with little ones.

The Brannans attended graduations, weddings, and recall with pride this past Thanksgiving when 15 members of the family traveled to Manhattan to enjoy the holiday with them.

When asked about current pursuits, Roger shared a lengthy list. He's a member of the Manhattan Breakfast Optimist Club, and he serves on the Northview Elementary Site Council. He's an avid reader, he walks for exercise, and interacts with former students on Facebook.

As is fitting for two former teachers, both have enjoyed several Road Scholar programs, mentioning the Chautauqua Institution in New York state as a favorite.

Work That Brain!

Sudoku is played on a grid of 9x9 spaces. Each row, column, and square needs to be filled out with the numbers 1-9 without repeating any numbers within the row, column, or square.

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

Autumn

A	P	P	L	E	M	E	A	S	T	E	C	O	A
O	N	E	N	H	R	O	D	A	B	E	W	R	G
U	M	S	R	T	A	C	O	R	R	E	U	C	E
D	A	W	O	E	F	Y	O	E	H	R	R	H	W
A	Z	E	C	P	N	W	E	P	C	T	S	A	H
O	E	A	T	U	N	S	W	G	H	E	G	R	E
C	O	T	W	M	A	R	O	E	A	L	E	D	A
T	S	E	C	P	A	O	R	E	R	P	C	A	T
O	E	R	E	K	H	L	C	S	V	A	R	E	D
B	R	G	E	I	H	O	E	E	E	M	P	S	E
E	T	R	N	N	W	C	R	O	S	H	E	R	R
R	O	K	N	A	C	H	A	W	T	L	A	N	A
E	R	P	E	G	R	E	C	D	Z	A	R	E	K
G	M	C	A	W	N	O	S	E	F	A	L	L	E

FALL SCRAMBLE

1. **ASEVLE** _____
2. **QSUAHS** _____
3. **OCANR** _____
4. **UMANTU** _____
5. **ESNOAS** _____
6. **HEWTA** _____
7. **WASRERCOC** _____
8. **MESRTBPEE** _____
9. **ANECGH** _____
10. **ALEOFIG** _____
11. **LPPEA** _____
12. **LSOROC** _____

GEESE	MAPLE TREE
HAY	SWEATER
PUMPKIN	APPLE
PEAR	HARVEST
SCARECROW	OCTOBER
MAZE	FALL
RED	RAKE
CORN	ORANGE
BROWN	ORCHARD
COLORS	WHEAT

On Hippie Den Mother

submitted by Helen Roser

Remember hippies? Those young folks who said what the world needed was to stop thinking about employment and paying bills. What the world needed was people thinking about love.

Ones who tracked that young activity said there were three destinations for new life of love. New Yorkers headed for Texas or California. Texans headed for California or New York. Californians headed for New York or Texas.

The mayor of Los Angeles was receiving lots of complaints about hippies making their home in Griffith Park. Major Yorty told his City Park Commissioners: "Do something!"

My friend, a city park commissioner, Lud, suggested a section of Griffith Park would be set aside for a "haven of hippies." His suggestion hit the front page of Los Angeles Times.

Another friend, also a city park commissioner, told his friend Lud: "That is the dumbest idea I have ever heard of!" I said: "I think it's sweet!"

Lud said: "There! You see? Helen understands! Helen, I appoint you as Los Angeles Hippie Den Mother!" We all calmed down and ate our dinner.

Next day, I went out to Griffith Park to look around. Sure enough, there were young folks sitting or lying around. One saw me looking at them. He said: "Are we bothering you, ma'am?"

I said: "Oh no! I am just here to look around. I am the Los Angeles Hippie Den Mother!"

The young man gasped, looking surprised. He said: "Gee! I didn't know we had one!" Then he called to his friends: "Hey! Come over here!" So I was surrounded by inquisitive hippies. "She is our Den Mother!" the first hippie said.

The hippies all looked at me, waiting. In a serious voice, I said: "The city of Los Angeles cares about our young visitors. That is why our city park commissioners have decided to set aside a special part of the park for a Hippie Haven. And I was appointed to be your Den Mother."

There were gasps and "gees!" and I was surrounded by a crowd of impressed hippies. I craned my neck to call to the crowd: "If you have any questions or problems, just call city hall and ask for Commissioner Flower." So ended my one visit to Griffith Park.

A few evenings later, I had dinner with my two park commissioner friends. Lud was upset. "I am getting complaints from the city switch board. They are going crazy getting calls for me from hippies! What is going on?"

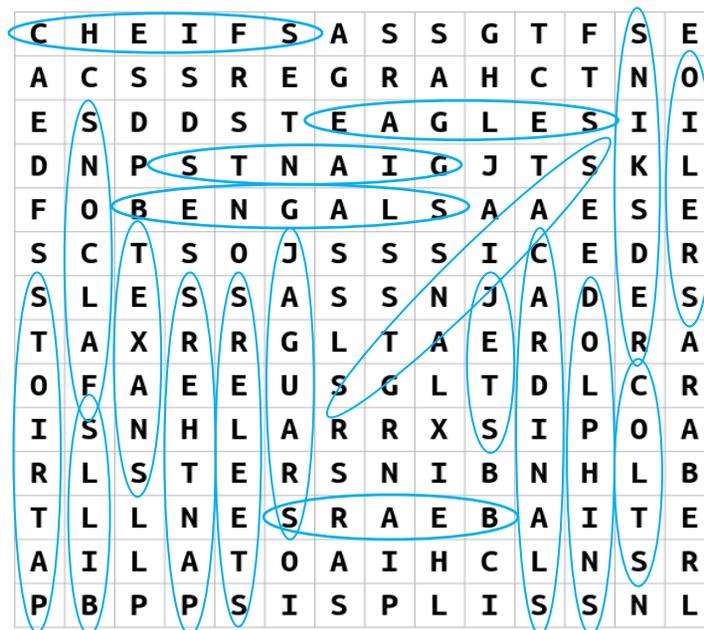
Both park commissioners looked at me and waited. I spoke, innocently and honestly: "I have been to Griffith Park only once in my whole life! The mayor has things besides parks on his mind, you know!"

The mayor was always the target of someone with a great idea of how to use him. Keeping them away from him called for something more discreet than throwing them down with a tackle. That's when I was of use.

Solutions from 9/14



NFL Teams



Face-to-Face Programming

Face-to-Face Programming Opportunities are available for independent living residents in the new Prairie Star Restaurant Event Center. Cottage/duplex residents must be screened at the Village Entrance before entering the building. **Masks are required.**

Bingo & Church Service: Call 323-3847 to sign up for each session. Advance sign-ups available.

Exercise Classes: Effective today, Sept. 21, reservations for exercise classes are not required. Class size is limited to 17 participants.

Dinner Theater: Canceled for Sept. 24.

Staff Spotlight: Make your standing reservation once by calling the Hospitality Desk. The date and time chosen will be your **standing** reservation.

See the schedule for updated days and times.

Tuesday, Sept. 22

9:30 a.m.	Sit & Be Fit Exercise Class
11:00 a.m.	Steady Yourself Exercise Class

Wednesday, Sept. 23

9:30 a.m.	Seated Strength Exercise
11:00 a.m.	Weights 101 Exercise Class
2:00 p.m.	Staff Spotlight: Lisa Schwarz, RD

Thursday, Sept. 24

9:30 a.m.	Sit & Be Fit Exercise Class
11:00 a.m.	Steady Yourself Exercise Class
1:00 p.m.	Staff Spotlight: Aric Sapp, Housekeeping Leader

Friday, Sept. 25

9:30 a.m.	Seated Strength Exercise
11:00 a.m.	Weights 101 Exercise Class

Saturday, Sept. 26

11:00 a.m.	K-State Football Watch Party
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Sunday, Sept. 27

10:30 a.m.	Sunday Church Service with Chaplain Patty Brown-Barnett
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October Dinner Theater

The first three Thursdays in October at 5:30 p.m. Event Center at Prairie Star Restaurant Space is limited. Please contact Prairie Star Restaurant at 323-3820 to make a reservation. Entertainment may vary from week to week.

- Greek Salad**
- Potato-Crusted Alaskan Cod**
with Beurre Rouge
- Roasted Yukon Gold Potatoes**
- Fresh Green Beans**
- Fruit Napoleon**

\$22 per person

Bring on the Cats!
KSU Football Watch Party
11 a.m.
Prairie Star Restaurant
Pub & Event Center
KSU Wildcats vs. Oklahoma Sooners

Snacks will be provided. Social distancing and masks are required. Please contact Monte Spiller at (785) 323-3801 with questions.

Virtual Programming

Virtual Programming Opportunities are available through the online platform Zoom. If you are unfamiliar with Zoom, let us know and we can provide a quick tutorial. Use Zoom via a smartphone; tablet; or a laptop or desktop computer.

Parkinson's Voice Class

Michelle Haub, Special Programs Leader, is conducting a voice class each Monday from 1:30 to 2:30 p.m. During class, participants will engage in breathing, resonance, voice and body, and voicing exercises, as well as some reading and conversation.

To log into the class, use the following URL:

URL: <https://us02web.zoom.us/j/82844488642>

Meeting ID: 828 4448 8642

Memory Café

Join Michelle Haub, Special Programs Leader, for a live Zoom opportunity focused on reminiscing and social interaction. The next Memory Cafe will take place on Wednesday, Sept. 30, at 11 a.m. To join the meeting, use the following URL and Meeting ID.

URL: <https://us02web.zoom.us/j/88903923826>

Meeting ID: 889 0392 3826

Change & Loss Support Group

Join Bridget Larkin, LMSW, and Kathleen Spearman, LMSW, for the live and virtual Change and Loss Support Group each Monday from 2 to 3 p.m. To participate, please email Kathleen at kspearman@meadowlark.org for the log-in information.

Parkinson's Exercise Class

Michelle Haub, Special Programs Leader, is teaching Parkinson's Exercise class LIVE via the online platform Zoom each week! To participate, sit in a table chair (without chair arms is best) in front of your electronic device with video capability. The class meets each Friday from 1 to 1:45 p.m. To receive the log-in link, call Michelle at (785) 323-3899.

Memory Care Partner Group

Join the weekly Zoom meeting for the Memory Care Partner Support Group from 10 to 11 a.m. each Wednesday. The group is led by Bridget Larkin, LMSW. Contact Bridget for the log-in information by calling (785) 323-3837.

Ice Cream Treat

Substitute a Nestle Crunch Bar for your dessert this week when you order a special or order it at anytime for just \$2!

NEW on Channel 1960

NEW Chair Yoga Class

A new Chair Yoga class will premiere at 9:30 a.m. tomorrow, Sept. 22. This class is brought to us by Kay Shanks' talented granddaughter. Enjoy!

Crazy Cooks: Cornbread

The Crazy Cooks are at it again and this time with a secret ingredient! Catch their newest episode on Channel 1960 tomorrow, Sept. 22 at 11:15 a.m. Re-runs will air throughout the week.

Explained: Stock Market

Channel 1960 continues the new series, *Explained*, at 7 p.m. Tuesday, Sept. 22. In this episode finance experts discuss market history, valuations, and incentives. Does the stock market accurately reflect the status of the economy?





Meadowlark Entertainment Guide

All programs air on Channel 1960 **Thursday, September 24**
Your window to the world!

Tuesday, September 22

9:30 a.m.	Chair Yoga—NEW!
10:30 a.m.	Steady Yourself Exercise Class
11:15 a.m.	Crazy Cooks: <i>Cornbread</i>
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Aerobics Exercise
2:00 p.m.	Steady Yourself Exercise Class
2:45 p.m.	Crazy Cooks: <i>Cornbread</i> <i>Re-run from 9/22 @ 11:15 a.m.</i>
3:00 p.m.	MEOW (Memory Program)
7:00 p.m.	Explained: <i>Stock Market</i>

Wednesday, September 23

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Worship Service
2:45 p.m.	Crazy Cooks: <i>Cornbread</i> <i>Re-run episode from 9/22</i>
2:00 p.m.	Weights 101 Exercise Class

9:30 a.m.	Chair Yoga—NEW!
9:00 a.m.	MEOW (Memory Program) <i>Re-run episode from 9/22</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Aerobics Exercise
2:00 p.m.	Steady Yourself Exercise Class
2:45 p.m.	Crazy Cooks: <i>Cornbread</i> <i>Re-run episode from 9/22</i>

Friday, September 25

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:45 a.m.	Crazy Cooks: <i>Cornbread</i> <i>Re-run episode from 9/22</i>
12:00 p.m.	Channel 1960 News
12:30 p.m.	Update with Lonnie Baker, CEO
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
5:00 p.m.	Channel 1960 News <i>Re-run from 12:00, 9/25</i>
5:30 p.m.	Update with Lonnie Baker, CEO <i>Re-run from 12:30, 9/25</i>



MYSTERY REVEALED!

The masked staff member from the 9/17 Messenger was Chelsea Jacobson, Meadowlark Registered Nurse, who currently works in Honstead House.