

Ready ... Set ... Givi!

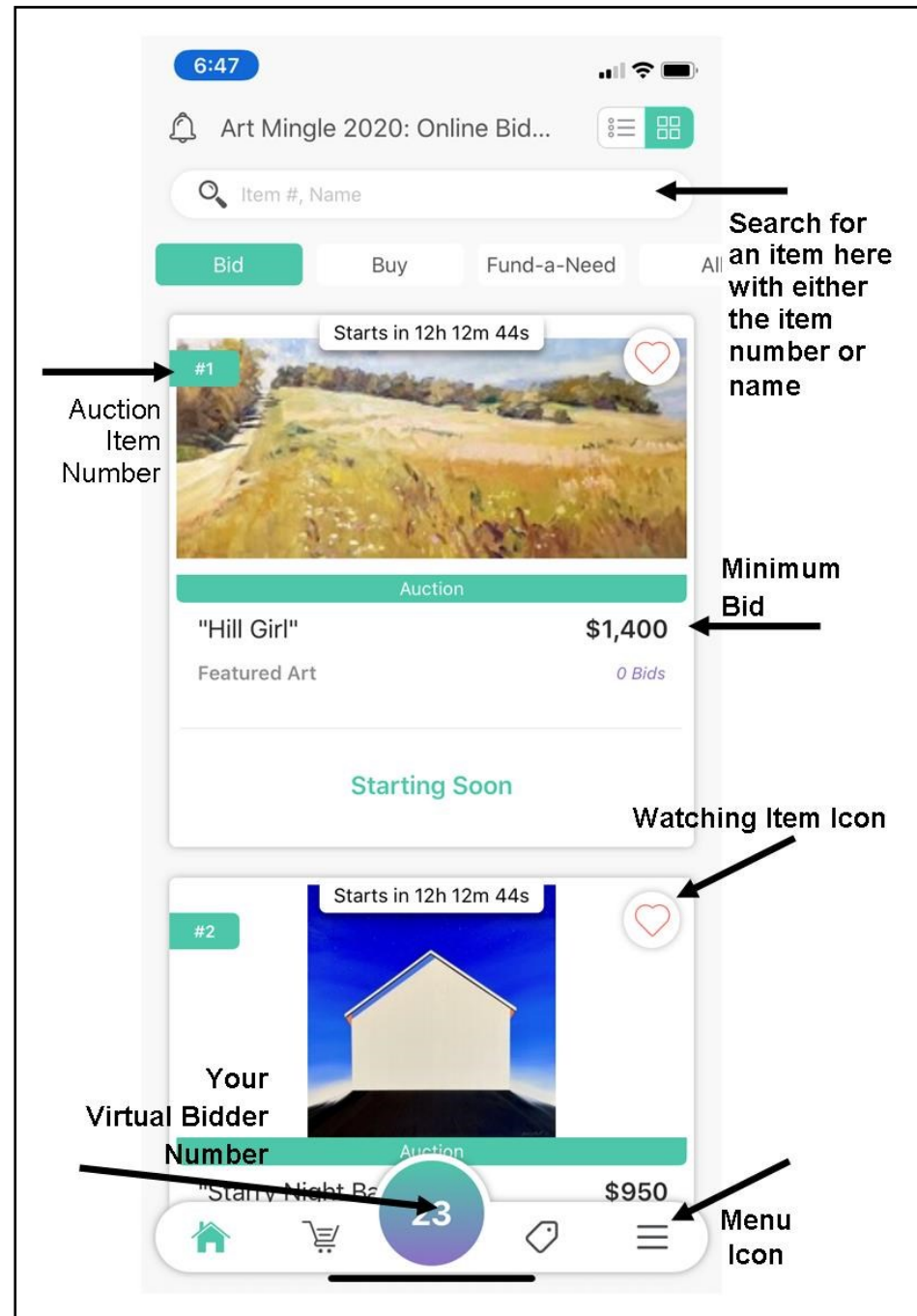
Art Mingle online auction now open for bidding

by Becky Fitzgerald

Paintings. Jewelry. Fine wine. Oh my! These items and more await virtual bidders during Art Mingle: Online Bid & Give. Bidding began today at 8 a.m. and runs through 1 p.m. Saturday, Oct. 3. This 3rd annual event offers participants the opportunity to purchase fine art, one-of-a-kind hand-crafted items, and packages from local merchants from the comfort of home, all to benefit Meadowlark Memory Program.

If you've previously registered to participate and downloaded the mobile bidding app Givi, you are ready to find your favorite items and bid.

If you haven't registered, there's still time to do so. Visit <https://secure.qgiv.com/event/artmingle2020/> You'll see a Free Registration! button, and you are able to view items by clicking either the Auction Items or Auction Item Details button. More than one photo is included for most items as well as a detailed description.



The 2020 Art Mingle silent auction appears on a smartphone screen using Givi, a free bidding app.

In addition to 20 donated items, the Memory Program has listed two "Fund-a-Need items for your consideration: MP3 Players with Headphones and Art Kits.

Participants are invited to purchase either item to support Memory Program opportunities. MP3 Players

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Parkinson's Education Group
Hospital Safety: Taking Charge of Your Needs with Parkinson's

Join Parkinson's Foundation Aware in Care Ambassador, Michelle Haub, to learn how to maximize the outcomes of planned and unplanned hospitalizations while living with Parkinson's.

This session is a perfect opportunity for people with Parkinson's, care partners, family, and friends to learn more about the importance of the timing/delivery of Parkinson's medication, medications that should be avoided, and how to effectively communicate with hospital staff and physicians. There will be time for questions and peer discussion.

We will also discuss new and specific details about the addition of some face-to-face and virtual (Zoom) opportunities starting the first full week of October. If you have any questions or concerns, please contact Michelle at (785) 323-3899 or via email at mhaub@meadowlark.org.

Join this opportunity via Zoom from the comfort of your own home at 2 p.m. Thursday, Oct. 1.

Meeting ID: 530 158 4508

Video: <https://us02web.zoom.us/j/5301584508>

Phone only: 1-312-626-6799

Solutions from 9/21

1. LEAVES
2. SQUASH
3. ACORN
4. AUTUMN
5. SEASON
6. WHEAT
7. SCARECROW
8. SEPTEMBER
9. CHANGE
10. FOLIAGE
11. APPLE
12. COLORS



Campus Update with Lonnie Baker, CEO

Meadowlark CEO Lonnie Baker's most recent video updated aired on Channel 1960 at Meadowlark on Friday, Sept. 25. We have entered our seventh month

of COVID-related fun. Currently, the progress on developing a vaccine looks promising and testing capacity is much higher than it has been at any point so far.

Riley County positivity rate had been really high during the past several weeks at over 30-percent. It is not sitting at around 12-percent. This rate affects how often Meadowlark is required to complete COVID-19 testing as a part of the testing mandate.

Tune in at 12:30 p.m. Friday, Oct. 2, on Channel 1960 for Lonnie's next update.

NEW on Channel 1960

Explained: Racial Wealth Gap

Channel 1960 continues the new series, *Explained*, at 7 p.m. Tuesday, Sept. 29. In this episode Cory Booker and others discuss slavery, housing discrimination, and centuries of inequality have compounded to create the racial wealth gap.

Worship Service

New opportunities for televised Worship Service with Chaplain Patty Brown-Barnett, D.Min. will premiere each Wednesday at 11:30 a.m. Re-runs of the service will air each Sunday at 10:30 a.m.

and 2 p.m. This week's sermon is titled *"Playing God."*

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



Meadowlark Entertainment Guide

Tuesday, September 29

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
3:00 p.m.	MEOW (Memory Program)
7:00 p.m.	Explained: <i>Racial Wealth Gap</i>

Wednesday, September 30

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Worship Service with Chaplain <i>Patty-Brown Barnett, D.Min.</i>
2:00 p.m.	Weights 101 Exercise Class

Thursday, October 1

9:00 a.m.	MEOW (Memory Program) <i>Re-run episode from 9/29</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

Friday, October 2

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Channel 1960 News
12:30 p.m.	Update with Lonnie Baker
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, 10/2</i>
5:30 p.m.	Update with Lonnie Baker <i>Re-run from 12:30, 10/2</i>

GIVI, from Page 1

with headphones are utilized by persons in the Music and Memory project, while the art kits enable persons with cognition changes to communicate with loved ones, cope with stress, and improve fine motor skills.

A few have registered but have not downloaded Givi. Depending on whether or not you have an iPhone or an Android model, visit either the App Store or Google Play to find and download this free bidding app. You cannot bid through the website.

If you see an item online that prompts your interest but you do not wish to bid via Givi, the Meadowlark weekday concierges are able to bid for you. Please contact either Jana Armfield or Michele Riter at (785) 323-3847.

For ease of the bid-by-proxy process, you will be asked to consider a maximum bid. If your maximum bid is surpassed by another bidder, you'll be given the opportunity to raise your bid as long as there's time to do so before the auction closes.

Meadowlark residents without a computer are invited to view donated and Fund-a-Need items with an auction catalog at the Hospitality Desk.

When viewing the website, please notice the event sponsors and the several who donated auction items. Meadowlark Foundation also appreciates the assistance of Jay and Barbara Nelson and Olivia Collins. All three offered advice and contributed items. The Nelsons also secured the featured artists for 2020 and 2021, Zak Barnes and Louis Copt.

Art Mingle
Online Bid & Give 2020



ABOVE: A Frederic Duclos necklace retails for \$248.

ABOVE RIGHT: Modeling material is included in Art Kits to be distributed to

Memory Program participants. This kit is one of two "Fund-a Need" items.

RIGHT: Kistner's Flowers is one of four local businesses which donated toward a *Flower Power* package.

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: Reservations are not required. Class size is limited to 17 participants.

Dinner Theater: Call Prairie Star Restaurant at (785) 323-3820 to make your reservation.

Staff Spotlight: Reservations are no longer require for this event. Staff Spotlight will be offered weekly at 1 p.m. on Thursdays.

Tuesday, Sept. 29

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

Wednesday, Sept. 30

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

Thursday, Oct. 1

9:30 a.m.	Sit & Be Fit Exercise Class
11:00 a.m.	Steady Yourself Exercise Class
1:00 p.m.	Staff Spotlight: Will Gold, Information Technology Leader
5:30 p.m.	Dinner Theater

Friday, Oct. 2

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

Saturday, Oct. 3

2:30 p.m.	KSU Football Watch Party
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Sunday, Oct. 4

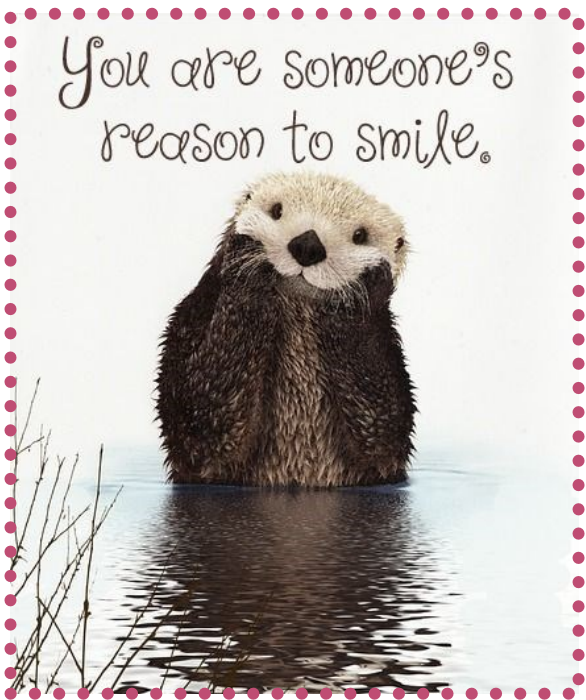
10:30 a.m.	Sunday Church Service with Chaplain Patty Brown-Barnett
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October Dinner Theater

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



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 Café 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 Caramel Lover's Cone for your dessert this week when you order a special or order it anytime for just \$2!

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.

Work That Brain!

New Mexico Cities

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

SANTA FE
LOS LUNAS
DEMING
CARLSBAD
MESILLA
GALLUP
SILVER CITY
FARMINGTON
LAS CRUCES
LAS VEGAS
SOCORRO
TAOS
HATCH
ROSWELL
CLOVIS
RIO RANCHO
LOS ALAMOS
RUIDOSO
ARTESIA

RID-
DLE
ME
THIS!

*I speak without a mouth
and hear without ears. I
have no body, but I
come alive with wind.
What am I?*

*I have cities, but no houses. I have mountains,
but no trees. I have water, but no fish.
What am I?*

MYSTERY EVEALED!

The masked staff member from
the 9/24 Messenger was Carissa
Staley, Bramlage House Nurse!

