



# MEADOWLARK

Messenger

Oct. 5, 2020

Manhattan, Kansas

Messenger Editor: Sarah Duggan

Mini Monday Messenger

# High on the HOG



## October ushers in HOGtoberfest season

by Becky Fitzgerald

Oink! Now that the calendar has turned to October, temperatures are cooling, but activities to benefit Meadowlark's Good Samaritan Fund are just heating up. It's HOGtoberfest season! Cox Bros. BBQ again is our host for this 7<sup>th</sup> annual event planned from 11 a.m. to 9 p.m. Thursday, Oct. 29. The restaurant is donating 10 percent of proceeds from the sales of tasty barbecue and beverages, so plan now to enjoy lunch or dinner from Cox Bros. later this month.

There are a few ways you can get into the HOGtoberfest spirit prior to the big day. Following the 2020 trend of change and adaptation during COVID-19, there have been a few updates to longtime features of the event.

1. Purchase **Cash & More Raffle** tickets. For \$5 a ticket, buyers will have the opportunity to win the following prizes:

1<sup>st</sup> prize: \$2000 cash

2<sup>nd</sup> prize: Traeger "Ranger" Portable Pellet Grill, valued at \$430

3<sup>rd</sup> prize: 40-Pound Pork Bundle, valued at \$160

4<sup>th</sup> prize: \$50 gift cards to Cox Bros. BBQ, Coco Bolos, and Powercat Grill,



valued at \$150

Manhattan Appliance & Sleep Source, GTB Custom Meats in Riley, Kan., and HCI Hospitality are sponsors for this year's raffle.

In previous years, a 50/50 Raffle was part of the event, with the winner receiving 50 percent of the proceeds, and the Good Samaritan Fund receiving the remaining

50 percent. It is Meadowlark Foundation's desire that adding to the prize list while still offering a HOGtastic cash award will continue to increase participation in the raffle. Tickets are available now at the Hospitality Desk or by contacting a Meadowlark board member. Tickets will be available for purchase online. Help us reach our goal of selling 1500 tickets!

2. Reserve a custom **HOGtoberfest face mask**. Meritrust Credit Union, a longtime sponsor of the event, has ordered the must-have accessory of the season. (See photo above.) These reusable, three-layer, antimicrobial masks feature a filter pocket and a hidden nose clip to form a comfortable fit to the face. The masks are made of

### Meadowlark Employee Appreciation Gift

It's time to contribute to our annual staff appreciation gift fund that offsets our no-tipping policy. In this year of COVID, though, it's been a difficult, new experience for everyone—for residents, and for staff members and their families.

Giving it totally private, as gifts go directly to the bank. Keep in mind that they are not tax deductible. Send your check, payable to the Employee Gift Fund, to the Meadowlark Hospitality Desk at 2121 Meadowlark Road, Manhattan, KS 66502—or drop it off in the box in Meadowlark's lobby.

In addition to notices in the Messenger, messages will be sent individually to residents and Passport members. **The deadline for giving is Oct. 31.**

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### *HOGtoberfest, from Page 1*

breathable material, have adjustable ear straps, and arrive individually packaged. Cost per mask: \$5.

Happy HOG, the HOGtoberfest mascot, sits in the mask's center across the wearer's nose, and the image is repeated on either side for a "cheeky" design. The masks are expected to arrive in a few weeks, in plenty of time to be worn before and the day of the event.

3. A small number of **HOGtoberfest T-shirts** are available in either a short- or long-sleeve option. Reserve a short-sleeve shirt for \$15, and a long-sleeve for \$18.

To purchase either a mask or T-shirt, visit or call the Hospitality Desk at (785) 323-3847.

In addition to tempting regular menu items, Bud and Bobby Cox are planning a pork and chicken slider buffet at lunch time, and hog roast buffet beginning at 5 p.m. In keeping with virus precautions, the event will offer recorded music rather than a live band. Dave Lewis of Dave Lewis Entertainment will keep the atmosphere lively with polka and other styles of music fitting for a fall Oktoberfest-style party.

All proceeds support the Good Samaritan Fund, which assists residents in a Meadowlark healthcare household who have outlived their financial resources.

In addition to the aforementioned Cox Bros. BBQ, Meritrust Credit Union, and the raffle ticket sponsors, Meadowlark Foundation appreciates the support of Manhattan Broadcasting, McCullough Development, BHS Construction, Burnett Automotive, Blueville Nursery, GoPowercat.com, NZone Sportswear, and Flint Hills Beverage.

Please watch future Messengers for more details about this annual Food, Friends, and Fundraising event.



## **Campus Update with Lonnie Baker, CEO**

Meadowlark CEO Lonnie Baker's most recent video update aired on Channel 1960 at Meadowlark on Friday, Oct. 2. Although the holiday season will probably look a little bit different this year, the team is still

looking forward to creating some celebration opportunities.

Last week we received good news. Riley County's positivity rate dropped below 10-percent, which means Meadowlark's testing frequency has been reduced to once per week. Hopefully the trend of decreasing numbers of COVID-19 cases continues. If Riley County's positivity rate drops below 5-percent, then Meadowlark's testing requirement will change to once per month.

Campus census: 144 occupied independent living units (87.3%); 31 occupied units in assisted living (81.6%); 111 occupied units in the healthcare households (83.5%). The Sales team has seen an increase of referral activity lately, which is positive for improving the campus census. Despite this, Meadowlark is still in good shape financially.

The Meadowlark team has been hearing from people inquiring about the status of the Monarch project. The Sales team is gauging interest of the Priority Members, and so far, there is still a considerable amount of interest. The team will begin exploring the feasibility of re-initiating the expansion project sometime in November.

The Meadowlark team remains supporters of mask wearing. Please do a good job of wearing your mask, which means covering your nose and mouth. If mask wearing isn't possible, please practice social distancing by putting a minimum of six feet between you and

others. Riley County numbers are looking good because of mask wearing. As long that trend continues and we are doing a good job of controlling the spread, phased re-opening can continue.



## On What to Be

submitted by Helen Roser

When visitors came, if you were a little girl, you were supposed to sit quietly, as if you were a flower pot.

But I wasn't a pretty little girl. I was tall and skinny, with straight red hair, and big feet. Also, I was a Tom boy.

When ladies asked me: "What do you want to be when you grow up?" The hoped-for answer was: "I want to be a Mommy." That brought gushing praise. The other acceptable answer was: "I want to be a teacher." Women teachers had to be old maids. Sort of like nuns.

What I wanted to be was a word I couldn't pronounce. I wanted to be a philanthropist, like John D. Rockefeller. His name was on the calendar on my birthday. I learned he gave away big things to cities for lots of people to enjoy. He was a philanthropist. That is what I wanted to be.

I didn't give thought to how I'd get all that money to give away, I just thought about the giving away part.

Being a girl, I was expected to be sitting around playing with dolls. But I was out climbing trees and playing ball with the boys and playing kidnap. (I was a G-girl while the boys were G-men.)

I couldn't afford to become a lawyer. But I was a paralegal. For years, I had my secret little "penny philanthropy," like John D. Rockefeller's. I was never a good flower pot.

## NEW on Channel 1960

### Explained: Why Women Are Paid Less

Channel 1960 continues the new series, *Explained*, at 7 p.m. Tuesday, Oct. 6. In this episode Hillary Clinton and Anne-Marie Slaughter discuss the cultural norms at the center of the worldwide gender pay gap, including the "motherhood penalty."

### 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 "*If You Are Me, Who Am I?*"



## Meadowlark Entertainment Guide

### Tuesday, October 6

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, Netflix Series: <i>Why Women are Paid Less</i>

### Wednesday, October 7

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

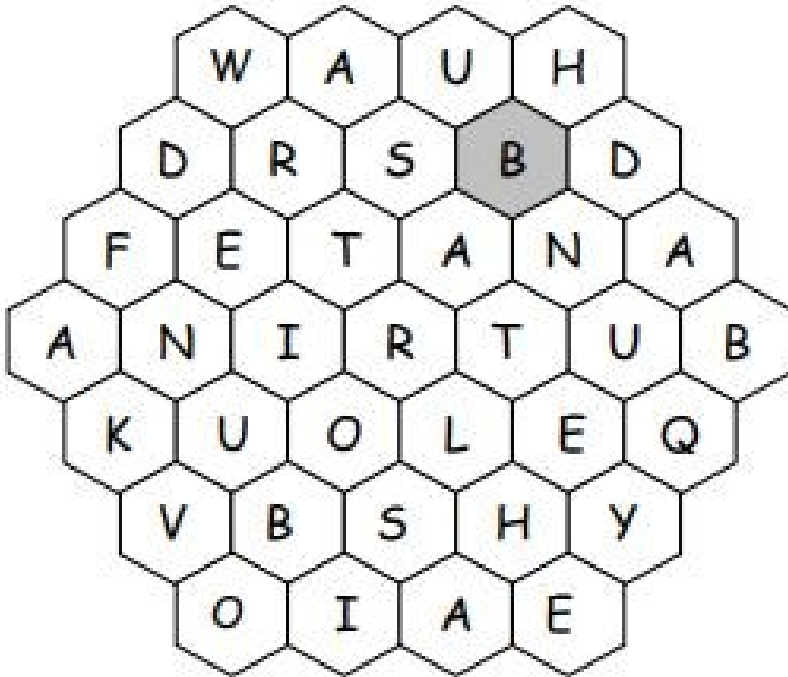
### Thursday, October 8

9:00 a.m.	MEOW (Memory Program) <i>Re-run episode from 10/6</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 9

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, 10/9</i>
5:30 p.m.	Update with Lonnie Baker <i>Re-run from 12:30, 10/9</i>

# Work That Brain!



**BUZZWORD!**

debris: \_\_\_\_\_

The shaded B and the six letters surrounding it spell HUSBAND, which matches one of the clues below. In the same way, find a 7-letter word for each of the remaining clues. Use the center letters to unscramble and spell the **BUZZWORD**.

1. male spouse: husband—B
2. feast: \_\_\_\_\_
3. hair on eyelid: \_\_\_\_\_
4. predictable: \_\_\_\_\_
5. caretaker: \_\_\_\_\_
6. do away with: \_\_\_\_\_
7. apparent: \_\_\_\_\_

**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. If you don't know what number to put in a certain space, keep scanning the other areas of the grid until you see an opportunity to place a number.

## Riddle Me This Answers:

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

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

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





## Mail-in Ballot Information

Election Day, Tuesday, Nov. 3, is approaching quickly. The last day to register to vote is Tuesday, Oct. 13. Early voting will take place in the Courthouse annex from 8 a.m. to 5 p.m. beginning Oct. 14.

If you have requested a mail-in ballot, it will be mailed to you starting on Wednesday, Oct. 14. Due to the influx of mail through postal service during election season, it is important to be ready to complete and return your ballot quickly—do your homework now and know who you're voting for. Beginning Oct. 5, sample ballots can be found at [rileycountyks.gov](http://rileycountyks.gov) or you can request a copy from the Hospitality Desk.

*Options once you've completed and sealed your ballot:*

1. Mail: Drop in a USPS mail slot for regular mail delivery.
2. Courthouse Drop Box: There is a ballot drop box labeled "Riley County Drop Box" (**NOT** the PO Box) outside of the Courthouse annex that you can put your ballot in. The ballot drop box is on the north side behind the PO Box. You can do this between 8 a.m. and 5 p.m. starting Wednesday, Oct. 14.
3. OR Coordinate a Drop-Off: If you are unable to drive yourself or do not want to go inside the courthouse, you can arrange a ballot drop-off through the Hospitality Desk. Once you have your ballot sealed, you will be able to authorize another person to deliver it to the Courthouse annex drop box for you.

Watch for more information in future Messengers regarding specific dates and times that you may leave your ballot with an authorized deliverer.

## Ice Cream Treat

Substitute a Butterfinger Ice Cream Bar for your dessert this week when you order a special or order it anytime for just \$2!

**Solution from 9/28**

## 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

## Weekly *Face-to Face* Opportunities Calendar Oct. 6 to Oct. 10

### Tuesday • Oct. 6

*Trash & recycling pick-up*

9:30 a.m. ~ Sit & Be Fit, PS EC

11:00 a.m. ~ Steady Yourself, PS EC

1:00 p.m. ~ Parkinson's Exercise, PS EC

2:00 p.m. ~ Memory Activities Class, PS EC

### Wednesday • Oct. 7

9:30 a.m. ~ Seated Strength, PS EC

11:00 a.m. ~ Weights 101, PS EC

1:00 p.m. ~ Memory Café, PS EC

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

### Thursday • Oct. 8

9:30 a.m. ~ Sit & Be Fit, PS EC

11:00 a.m. ~ Steady Yourself, PS EC

1:00 p.m. ~ Staff Spotlight: Bridget Larkin, PS EC

5:30 p.m. ~ Dinner Theater, PS EC

### Friday • Oct. 9

9:30 a.m. ~ Seated Strength, PS EC

11:00 a.m. ~ Weights 101, PS EC

1:00 p.m. ~ Parkinson's Exercise, PS EC

### Saturday • Oct. 10

3:00 p.m. ~ KSU Football Watch Party, PS EC & Pub

*Face-to-Face Opportunities are open to independent living residents in the new Prairie Star Restaurant Event Center (PS EC). When entering the main building for events, residents must be screened. Masks are required.*

## Virtual Programming

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

### Wednesday, Oct. 7

10:00 a.m.	Memory Care Partner Support Group Contact Bridget Larkin, LMSW for the log-in information by calling (785) 323-3837.
1 p.m.	Memory Cafe <b>URL:</b> <a href="https://us02web.zoom.us/j/88903923826">https://us02web.zoom.us/j/88903923826</a> <b>Meeting ID:</b> 889 0392 3826

### Friday, Oct. 9

1 p.m.	Parkinson's Exercise Class To receive the log-in link, call Michelle at (785) 323-3899.
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### Monday, Oct. 12

1:30 p.m.	Parkinson's Voice Class <b>URL:</b> <a href="https://us02web.zoom.us/j/82844488642">https://us02web.zoom.us/j/82844488642</a> <b>Meeting ID:</b> 828 4448 8642
2:00 p.m.	Change & Loss Support Group Email Kathleen at <a href="mailto:kspearman@meadowlark.org">kspearman@meadowlark.org</a> for the log-in information.

## Beach Museum of Art: Livestream Event

The next Beach Museum of Art Livestream Event will be a presentation by Tom Folk, co-curator, titled, "Waylande Gregory: Art Deco Ceramics and the Atomic Impulse." The talk will begin at 5:30 p.m. Thursday, Oct. 8.

Waylande Gregory (1905-1971), a native of Baxter Springs, Kan., was one of the most innovative and prolific Art Deco ceramic sculptors of the twentieth century. Independent curator Tom Folk provides and introduction to the museum's virtual retrospective exhibition of the artist.

Join the free program via Zoom. To register in advance, visit the Beach Museum website at [beach.k-state.edu](http://beach.k-state.edu). After registering, you will receive a confirmation email with information about how to join the program.