



SUCCESS!

by Jana Armfield, Volunteer Engagement Specialist
Approximately 40 large cardboard boxes full of clothing, shoes, and purses, were donated to The Budget Shop after the Annual Ambassador Clothing Drive Thursday, Oct. 15! Far exceeding the boxes of donations from last year by a whopping 37% percent! The Budget Shop is one of four local community not-for-profit thrift stores that accept vouchers given to clients by social service agencies in town.

The Budget Shop disperses the funds generated from sales to local community organizations such as the Flint Hills Community Clinic, Shepherd's Crossing, The Manhattan Emergency Shelter, and The Crisis Center. Items donated are also shared with other service organizations such as the Mennonite Mission and an Indian reservation in South Dakota. Thank you to all who donated!



DON'T FORGET! *This is important!*

Message from Employee Appreciation Gift Committee

It's employee appreciation gift time! It's our appreciation for a WHOLE YEAR. Halloween is the **last day** to give—and we are **lagging**. So ... keep in mind our caring staff in this year of COVID—they've gone far beyond the usual, and their caring has kept us safe. If you've already sent a check, **it's not too late for an extra check**. But write your check, and leave it at the Hospitality Desk payable to the Employee Gift Fund. **Let's set a record!**



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. 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.



Solutions from 10/19

- Football Scramble Answers

1. HANDOFF
2. TACKLE
3. FUMBLE
4. SACK
5. ENDZONE
6. INTERCEPTION
7. FIELDGOAL
8. KICKOFF
9. TIGHTEND
10. PASS

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

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|---|---|---|---|---|---|---|---|---|
| | 6 | 2 | | 8 | | | | 4 |
| | 1 | | 9 | | 6 | | 3 | |
| | | | | | | | | |
| | | 9 | | | | 6 | | |
| 3 | | | | 9 | | | | |
| | | | 1 | | 7 | 8 | | 2 |
| 6 | | | | | 4 | 1 | 7 | |
| 2 | | | | | | | | |
| | | | | 1 | | | | |

The Masked Mystery—HOG edition!

Did you guess who was behind the HOGtoberfest event face mask from the 10/22 Messenger?

It's Becky Fitzgerald, Development Director, now joined by Happy the Hog!

Becky and Happy want to remind you that HOGtoberfest event face masks are still available for sale at the Hospitality Desk! Just \$5 each. Supplies are limited and are selling as quick as a baby pig scurries!

Don't forget to purchase your CASH & MORE RAFFLE tickets, also available at the Hospitality Desk for \$5 a ticket.

Thank you to all the residents who placed a lunch or dinner order from Cox Bros BBQ to be delivered to you this Thursday! All proceeds from HOGtoberfest will benefit Meadowlark's Good Samaritan Fund.



Ice Cream Treat

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

2021 Part D Open Enrollment

submitted by Rita Harsch, Financial Counselor

Each year, you have from Oct. 15, to Dec. 7 to review your current Part D plan to see if this current plan will meet your prescription needs in 2021. Please review any information you may have received in the mail letting you know what your new monthly premium will be in 2021.

If you need assistance with reviewing your drug plan for 2021, please contact the following:

~ Make an appointment at Riley County Senior Center to set up a face -to-face meeting .

Appointments are available on Tuesdays, Wednesdays, and Thursdays. Call (785) 537-4040 to schedule your visit. Masks are required.

~ North Central Area Agency on Aging (Manhattan), (785) 776-9294.

~ Riley County Extension Office (Manhattan), (785) 537-6350.

~ Rita Harsch, Meadowlark Financial Counselor (785) 323-3891.

WE'RE GOING V.I.R.T.U.A.L

9th Annual



This event is FREE
October 29, 2020
9:00 a.m. – 12:15 p.m.

All attendees will receive an attendance certificate along with objectives.

Join us, virtually, for a morning of education, information, and support provided by recognized experts. Learn about clinical updates, caregiving strategies, and cutting-edge research.

Who should attend?

Persons with Mild Cognitive Impairment (MCI) or early stage dementia, healthcare professionals, care partners, family, friends and students.

Because this event is virtual, you can join from wherever you are. After you register, a video conference link will be provided.

TOPICS & SPEAKERS



RESEARCH UPDATE

Carl V. Hill, PhD MPH
Vice President
Scientific Engagement
Alzheimer's Association



THE RESILIENT CAREGIVER

Michelle Haub, MS CCC-SLP/L
Special Programs Leader
Meadowlark Hills



Bridget Larkin, LMSW
Social Service Leader
Meadowlark Hills



EFFECTS OF SOCIAL ISOLATION VS. SOCIAL ENGAGEMENT

Shaunna Millar, LMSW
Clinical Professor &
MSW Program Director
Wichita State University



Diane Powell, RN
Allied Health Career Training



LIVING WITH ALZHEIMER'S AND STILL SMILING

Arthena Caston
Early Stage Advisory Group
Alzheimer's Association

If you have any questions, please contact: Jenny Shipman, jshipman@alz.org, 316.512.9705

Weekly *Face-to Face* Opportunities
Calendar **Oct. 27 to Oct. 31**

Tuesday • Oct. 27 *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. 28
9:30 a.m. ~ Seated Strength, PS EC
11:00 a.m. ~ Weights 101, PS EC
1:00 p.m. ~ ARTful Memories, PS EC

Thursday • Oct. 29
9:30 a.m. ~ Sit & Be Fit, PS EC
11:00 a.m. ~ Steady Yourself, PS EC
1:00 p.m. ~ Staff Spotlight: Sarah Duggan, PS EC
5:30 p.m. ~ Murder Mystery Dinner Theater, PS EC

Friday • Oct. 30
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. 31
11:00 a.m. ~ KSU Football Watch Party, PS EC &

Virtual Programming, 10/27 & 10/28

Tuesday, Oct. 27

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| 1 p.m. | Parkinson’s Exercise Class URL: us02web.zoom.us/j/87980256567 Meeting ID: 879 8025 6567 |
| 2 p.m. | Memory Activities Class URL: us02web.zoom.us/j/82043111342 Meeting ID: 820 4311 1342 |

Wednesday, Oct. 28

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| 10 a.m. | Memory Care Partner Support Group Contact Bridget Larkin, LMSW for the log-in info by calling (785) 323-3837. |
| 1 p.m. | ARTful Memories URL: ksu.zoom.us/j/92215181862 Meeting ID: 922 1518 1862 |



**Meadowlark
Entertainment
Guide**

Tuesday, October 27

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| 10:30 a.m. | Steady Yourself Exercise Class |
| 11:25 a.m. | MHK Voter Information: <i>from Advance MHK Committee sponsored by Sandra Emley</i> |
| 11:30 a.m. | Chair Yoga Exercise Class |
| 1:00 p.m. | Sweat It Out Aerobics Exercise |
| 1:55 p.m. | Message from Employee Gift Committee Members |
| 2:00 p.m. | Steady Yourself Exercise Class |
| 7:00 p.m. | Explained: Cricket <i>Cricket experts look at how the confusing sport became so popular and discuss its evolution.</i> |

Wednesday, October 28

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| 9:30 a.m. | Seated Strength Exercise |
| 10:25 a.m. | Message from IL Resident Council Chair: Jo Lyle |
| 10:30 a.m. | Weights 101 Exercise Class |
| 11:25 a.m. | Message from Employee Gift Committee Members |
| 11:30 a.m. | Worship Service: <i>“If the Son Makes You Free”</i> |
| 1:55 p.m. | MHK Voter Information: <i>Re-run from 10/27</i> |
| 2:00 p.m. | Weights 101 Exercise Class |

Thursday, October 29

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|------------|---|
| 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 |
| 1:55 p.m. | MHK Voter Information <i>Re-run from 10/27</i> |
| 2:00 p.m. | Steady Yourself Exercise Class |