



MEADOWLARK

Messenger

Nov. 2, 2020

Manhattan, Kansas

Messenger Editor: Sarah Duggan

Mini Monday Messenger



Chris Nelson, as a Flying Monkey leading the household parades with Robyn Harris, who dressed as Dorothy.



Duggan family as Wizard of Oz characters.

HALLOWEEN

More pictures on page 3!

Food & Fund Drive for the Flint Hills Breadbasket



The holidays are right around the corner! This is often a time to reminisce about things we are thankful for and to give back, to those less fortunate.

One way you can do so is by donating food to the

Flint Hills Breadbasket! Flint Hills Breadbasket is an organization in Manhattan for the past 35 years has been distributing food to ensure no one in the community goes hungry. They receive no federal state, county or city funding, and rely heavily on donations.

Their goal is to put together at least 180 special holiday baskets this year for those in need this holiday season. Please consider donating the following non-perishable food items for these special holiday baskets: boxed stuffing mix, canned pumpkin, canned yams, evaporated milk, and canned fruit.

The Meadowlark Ambassadors will be placing collection boxes in the Game Room for those who would like to make food drive donations. If residents would rather make a monetary donation, a glass jar will also be available at the Hospitality Desk for collection.

Other non-perishable canned and boxed food items are also welcome such as vegetables, baked beans, cereal, and boxed meals like Hamburger Helper. Expired items will not be accepted. The Food & Fund Drive will begin Monday, Nov. 9. Last day to donate is Monday, Nov. 16.



Flu Shot Clinic

Flu shots will be available for Independent Living residents from 10 a.m. to 1 p.m. Tuesday, Nov. 3, in the Grosh Cinema. Remember to wear your mask! No appointment required.

Parkinson's Education Group

Parkinson's Education Group will meet virtually Thursday, Nov. 5 at 2 p.m. "Managing the Return of Parkinson's Symptoms with a Unique Inhaled Treatment" presented by Ms. Julia Pavelka, Nurse Practitioner in the Department of Neurological Sciences at Nebraska Medicine in Omaha.

Are you experiencing a return of your Parkinson's symptoms? You're not alone. Hear from a healthcare professional and a person living with Parkinson's Disease at this FREE educational program sponsored by Acorda Therapeutics

For login information contact Michelle Haub at (785) 323-3899.

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.

Ice Cream Treat

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

Spam & Scam Alerts

Scammers have evolved—they are now spoofing numbers you may know and/or caller ID names. Remember, **do not give your personal or banking information to anyone over the phone or by email.** Instead, you can contact the company or your bank directly to ask if they need information from you.

If you receive a phone call, email, or text message that you suspect could be a scam, be cautious! There has been increased activity of spam messages and scam callers. Fake phone numbers could even be using a local area code or company, bank, or individual's name. They may claim that you owe money, your "account" with them will close, or "YOU WON!" Hang up the call, do not respond to the email, and do not click any website links listed.

If you have questions or concerns, please contact Monte Spiller at (785)323-3801.

Theme BINGO: Rockin' Sock Hop

Break out those poodle skirts and leather jackets, because the next theme BINGO is Rockin' Sock Hop! This event will take place on



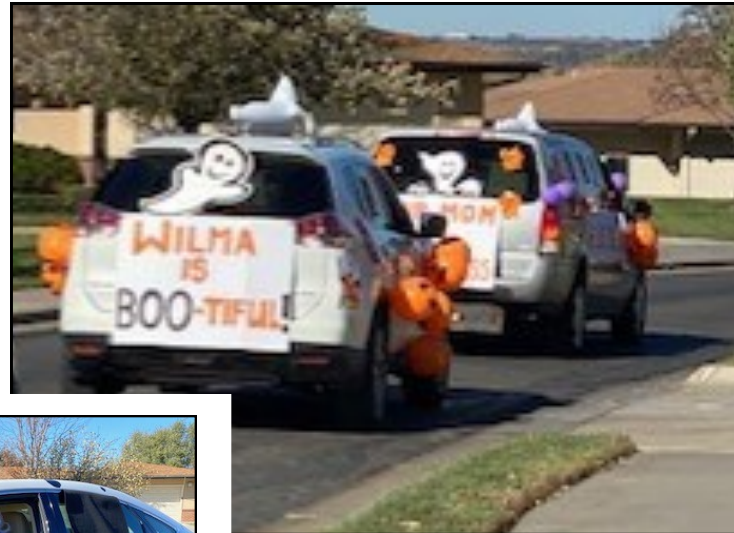
Monday, Nov. 9, at 7 p.m. in the Prairie Star Event Center. Only 20 spots are available for residents. Sign-ups for the November theme night will begin on Tuesday, Nov. 3. Please call the Hospitality Desk at (785) 323-3847 to reserve your spot! Player buy-in will be \$1 for the use of two playing cards. Don't miss out on the themed fun that will be a blast!

NEW ARRIVAL! Baby Boy Marcotte



Leo Russell
10/19/20
8lbs, 15oz
20.25"

Halloween pictures continued from page 1



Nine Halloween parades traveled through Meadowlark's campus on Friday, Oct. 30. Each assisted living and long-term care household had their own parades. Family and loved ones dressed up, decorated cars, and played festive music!



Enjoy the poem below! Although there have been claims that this poem was written in the 1800s, fact checkers have established that this piece was written by retired teacher Catherine O'Meara in March 2020.

"In the Time of Pandemic"

And people stayed home.

And they listened, and read books, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still.

And they listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed.

And, in the absence of people living in ignorant, dangerous, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and health the earth fully, as they had been healed.

Masks work, but only if you wear them correctly. Make sure it covers your **nose and mouth**. Covering the chin will help create a good seal around the mouth. Your mask should fit comfortably toward the bridge of your nose. **Don't leave home without your mask!**

How **NOT** to Wear a Mask



"The Escape Hatch"



"The Earring"



"The Sniffer"



"The Stache"



"The Nose Plug"



"The Neckbeard"

Work That Brain!

Animals of the Sea

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

SAND DOLLAR
OYSTER
CLAM
STING RAY
SEA SHELLS
OTTER
BLUE WHALE
URCHIN
SEA LION
SEA HORSE
WALRUS
SHARK
KILLER WHALE
TURTLE
LOBSTER
STARFISH
SEAWEED
EEL
SQUID
SEAL

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

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.

Looks like somebody has had some work done.



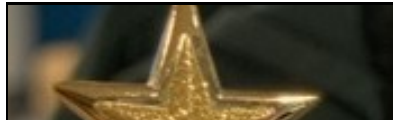
REVIL



Holiday Catalog, 2020

MEADOWLARK SWAG SHOP

NEW FEATURED ITEMS



Celebrate Your Way
Red Tree Ornament

\$5



\$7.75

Outdoor Encounters Book
Collection of essays previously printed
in the Meadowlark Messenger over
several years



Author Nathan J. Bolls, Ph.D. has a lifetime of wading in streams, hiking through thigh-high grasses, and watching the intricacies of life. His series of essays reflects the beauty of the Kansas Flint Hills and reminds us that Mother Earth demands our attention.

Meadowlark Honey
Harvested from bee hives
located on Meadowlark's
campus



12 oz. Bear ~ \$6.50
16 oz. Bottle ~ \$8.50
Mini Bear ~ \$2.50

\$12



Meadowlark Beanie
Sportsman Striped
Pom-Pom Knit Cap

Cry Your Way Onesie
Rabbit Skins infant onesie
Light pink or royal blue
Sizes: 6 mo, 12 mo, 18 mo, & 24 mo



\$18





Holiday Catalog, 2020

MEADOWLARK SWAG SHOP

FEATURED ITEMS

FRONT



\$15

BACK



Uncle Sam T-Shirt
Super soft unisex t-shirt
Sizes: Small to 3XL

My Mask is For Meadowlark Masks

Navy or Black



\$8



\$8

To order, email sguge@meadowlark.org
or call (785) 323-3878.

Orders can be paid for
with cash, check, or
via payroll deduction.

BACK



FRONT



\$30

Make Meadowlark Home

Super soft crew neck sweatshirt
Sizes: Small to 3XL

Has COVID-19 forced you to wear
glasses and a mask at the same
time?

If so, you may be entitled to
condensation.



Holiday Catalog, 2020

MEADOWLARK SWAG SHOP

RED TAG CLEARANCE

FRONT



\$5

Wake Up Your Way
Coffee mug

BACK



To order, email sguge@meadowlark.org or call (785) 323-3878. Orders can be paid for with cash, check, or via payroll deduction.

\$5



LYW Pint Glass

Drink Your Way & Cheers
Your Way Coaster Set
Four-piece coaster set, two Drink
Your Way & two Cheers Your Way



\$8

FRONT



\$5

W(H)INE Your Way
Drink tumbler with lid

BACK



Weekly *Face-to Face* Opportunities
Calendar *Nov. 3 to Nov. 7*

Tuesday • Nov. 3 *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 • Nov. 4
9:30 a.m. ~ Seated Strength, PS EC
11:00 a.m. ~ Weights 101, PS EC
1:00 p.m. ~ Memory Café, PS EC

Thursday • Nov. 5
9:30 a.m. ~ Sit & Be Fit, PS EC
11:00 a.m. ~ Steady Yourself, PS EC
1:00 p.m. ~ Staff Spotlight: Abby Cavender, PS EC

Friday • Nov. 6
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 • Nov. 7
3:00 p.m. ~ KSU Football Watch Party, PS EC & Pub

Virtual Programming, 11/4 to 11/6	
Tuesday, Nov. 3	
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, Nov. 4	
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.	Memory Café URL: ksu.zoom.us/j/92215181862 Meeting ID: 922 1518 1862

Thursday, Nov. 5	
2 p.m.	Parkinson’s Education Group Contact Michelle for log-in information at (785) 323-3899.



**Meadowlark
Entertainment
Guide**

Tuesday, November 3

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
7:00 p.m.	Explained: Cults <i>Look at how cults lure people in and exert control. What are the telltale signs?</i>

Wednesday, November 4

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Worship Service: “All Saints”
2:00 p.m.	Weights 101 Exercise Class

Thursday, November 5

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

Solution from 10/26

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