



Dunaway in 2017

## Meet Your Neighbor

PAT DUNAWAY, Apt. 411

*by Becky Fitzgerald*

A Manhattan resident since 1959, Patricia Ann “Pat” Dunaway is one of Meadowlark’s newest residents, moving on July 2 to a one-bedroom apartment on the 4th floor of the West Tower.

Much of her time in the workforce was as an educator, and then in retirement, she continued to educate herself and others by taking numerous classes and volunteering.

“I have lots of hobbies,” Dunaway said. “When I was working and had kids at home, I was so busy. When I retired, I signed up for volunteer jobs that required research, and I

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# Tour de Kitchen

*by Jayme Minton, Support Services Director*

Meadowlark independent living residents will have the opportunity to receive a behind-the-scenes tour of the finished kitchen renovation and restaurant expansion project! Schedule a tour time between Monday, Aug. 3, and Thursday, Aug. 6, and see first-hand the bar, event space, new kitchen, and updated kitchen. Tour times are at 9 a.m., 9:30 a.m., 10 a.m., 3 p.m., 3:30 p.m., and 4 p.m. All tour groups will leave from the Game Room.

All tour appointments must be pre-scheduled by calling the Hospitality Desk at (785) 323-3847 and groups are limited to a maximum of four people. A mask, hairnet, and gloves will be provided to each participant. Closed-toe shoes must be worn.

Tours will be facilitated by a Meadowlark team member. Discussion topics will include some of the rationale behind design decisions, functionality of the equipment, and an opportunity to “test drive” the new dining chairs. There will be activity in the kitchen during the tours, so participants will have the unique opportunity to see our awesome Prairie Star Restaurant staff in action. Make your tour appointment today!

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and I had an interest in the arts, so I stayed just as busy,” she said.

In the early 1960s, Dunaway was a telephone operator and then worked in the Southwestern Bell office. She had vowed not to become a teacher, but that’s exactly what happened after she went back to school, earning bachelor’s and master’s degrees from Kansas State.

She was a Manhattan Catholic School teacher before becoming the reading teacher for the Alma, Paxico, and Maple Hill schools. For 10 years, she taught reading and math at Manhattan Area Technical College, and for 10 years prior to retiring in 1995, she was the “public relations person” for the college.

Her volunteer roles included serving as a docent for the Konza Prairie and the Beach Museum of Art. She graduated from the mastering gardening program and put what she learned to good use at her Manhattan home near Cico Park, planting vegetables and flowers.

An avid bridge player, she also took classes in art and flower arranging. Oh, and she joined several Manhattan friends in becoming a house mother for a couple of fraternities.

She enjoys yoga and swimming, finding that exercise in the water, first at K-State then at Four Points by Sheraton, provides an energizing “shot in the arm.”

Dunaway said she also found time to travel in retirement, seeing sights nationally and internationally, including those in Czech Republic, England, and New Zealand.

Dunaway has three living children; a son died at the age of 10. She has a daughter in Oregon, a daughter in Bern, Kan., and a son in Overland Park. She’s a grandmother to nine and is expecting her 13th great-grandchild.

She said she is missing playing bridge, so she welcomes opportunities to play with like-minded card playing enthusiasts in the future.

**Knock! Knock!**

**Who’s there?**

**Control freak.**

**Con...**

**Okay now you say,  
“Control freak who?”**

## Virtual Programming Opportunities

### LIVE & VIRTUAL Change & Loss Support Group

Join Bridget Larkin, LMSW, and Kathleen Spearman, LMSW, for the live and virtual Change and Loss Support Group during the COVID-19 Pandemic. Attendees will be able to process their thoughts and feelings about the different forms of loss experienced during this time, as well as discussing other personal grief experiences in a supportive environment. The group meets from 2 to 3 p.m. each Monday via the online platform, *Zoom*.

If you would like to participate, please email Kathleen Spearman at [kspearman@meadowlark.org](mailto:kspearman@meadowlark.org) or call (864) 624-6224 for the meeting link and password. If you are unfamiliar with the Zoom platform, let us know and we can provide a quick tutorial. Zoom can be accessed via a smartphone; tablet, such as an iPad; or a laptop or desktop computer. This group is only for Meadowlark residents at this time.

### Let’s Talk Art

Let’s Talk Art is a new livestreamed conversation opportunity offered by the Marianna Kistler Beach Museum of Art. The next offering is at 5:30 p.m. Thursday, Aug. 6, via the online platform, *Zoom*.

Driven by empathy and addressing cultural and environmental issues of today, artist Jacqueline Bishop will speak a bout her current work. She will also discuss her artwork, *Samauma*, in the museum’s current *Inspriations: Art for Storytelling* exhibition.

This program is free to participate in, but requires advance registration. To register, visit [www.beach.k-state.edu](http://www.beach.k-state.edu) and click on *Events*.

## Fiesta to Remember!

### IL residents may order meals in advance for delivery on Aug. 1

This Saturday, join us for a parking lot party benefiting Meadowlark Memory Program. Come by Central National Bank, at the corner of Claflin and College avenues. any time from 11 a.m. to 9 p.m. Coco Bolos, providing the event's food, is donating 10% of event proceeds to the memory program.



Menu items are:

- ~ Steak and chicken combo fajita dinners, served with Navajo rice, bolo beans, tortillas, and condiments, \$14. Chicken only or steak only fajita meals also are available for the same price.
- ~ Fajita taco, chicken or steak, \$5
- ~ Fajita skewer, \$5. Your choice of chicken or steak teamed with grilled peppers and onions.
- ~ Drink options include domestic and craft beers, red sangria, Pepsi products, bottled teas, and bottled water.

Independent Living residents without transportation to the Fiesta may order food and non-alcoholic beverages in advance for either lunch or dinner, and meals will be delivered by Meadowlark staff. When the order form arrives at your home, please complete and return to the Hospitality Desk by 10 a.m. on Saturday, Aug. 1. Kay Shanks has volunteered to pick up the forms and take to the bank, where Coco Bolos will fill the orders.

Lunches are expected to arrive at your doors between 11:30 and noon. Dinners should arrive between 4:30 and 5 p.m. Fiesta purchases will be added to residents' August monthly statements.

Limited edition Fiesta tumblers are available now with a minimum donation to Meadowlark Memory Program of \$10, or visit the memory program's information station at the Fiesta on Aug. 1.

Residents and Meadowlark employees may call the Hospitality Desk at (785) 323-3847 to request delivery of a tumbler prior to Aug. 1.

Questions? Please contact Michelle Haub, (785) 399-3899, or Becky Fitzgerald, (785) 323-3843.

## Pig Out for Parkinson's

Because restaurants were closed in April to prevent the spread of COVID-19, this year's 10th anniversary Pig Out for Parkinson's was moved to 11 a.m. to 9 p.m. Thursday, Aug. 13, with virus precautions in place. As in year's prior, 10 percent of the day's earnings will benefit Meadowlark Parkinson's Program



Pulled pork and chicken sliders with sides and a drink are available from 11 a.m. to 2 p.m. for \$10, and a pig roast buffet with beans, potato salad, coleslaw, and bread pudding will be available from 5 to 8 p.m. for \$13. The Cox Bros. BBQ full menu also is available all day.

Cox Bros. BBQ is committed to providing a safe environment as they will follow COVID-19 precautions as restaurant staff will wear gloves and masks to serve customers in the buffet lines rather than customers serving themselves. Carry-out and drive-thru orders will also go towards the day's fundraising total. Customers will be required to wear masks unless eating, and not all of the restaurant tables will be in use to promote social distancing between groups.

### Mail In Ballots

If you received a voting ballot by mail, it is almost time to return them. For your mail in ballot to be counted, it must be postmarked by Aug. 3. There has also been a change to the in person local voting location. Instead of the fire station on Kimball Ave., it is now at College Ave. Methodist Church (1609 College Ave Manhattan, KS 66502).

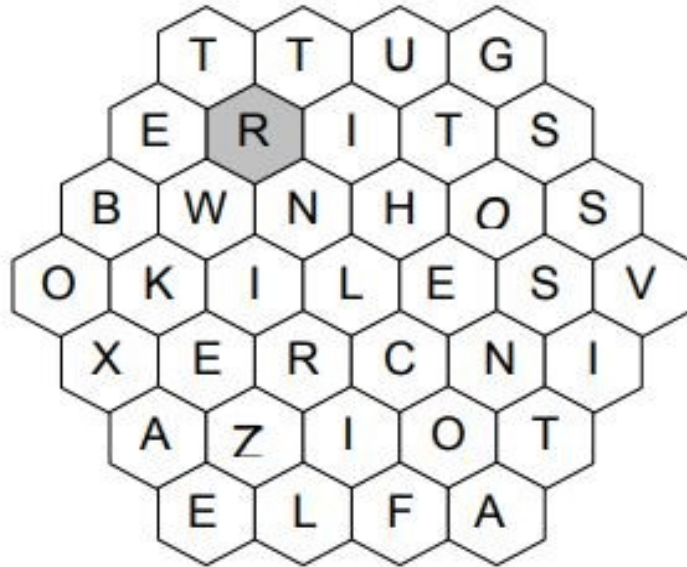
### FIT Closet accepting donations

The FIT Closet and Clothing Exchange is a 100-percent community-supported project housed at College Avenue United Methodist Church. Donations of goods (updated list found at [www.fitcloset.org](http://www.fitcloset.org)) and monetary donations are accepted. If you would like to mail a check to support the FIT Closet, send your check to FIT Closet, 1609 College Ave., Manhattan, KS 66502.

The FIT Closet is a means of providing many of the necessary essentials so all USD 383 students can attend class and integrate successfully.

# Work That Brain!

**Buzzword ...** The shaded R and the six letters surrounding it spell WRITTEN, which matches one of the clues. Find a 7-letter word for each of the remaining clues. Use the center letters to spell the Buzzword.



1. noted on paper  
written – R

2. a crease or fold  
\_\_\_\_\_

3. woman greeter  
\_\_\_\_\_

4. emergency phone link  
\_\_\_\_\_

5. dissenting minority  
\_\_\_\_\_

6. understand  
\_\_\_\_\_

7. distinct part  
\_\_\_\_\_

**BUZZWORD:** where the sky meets the earth  
\_\_\_\_\_

## Planets

U	P	S	O	C	E	P	L	U	M	O	O	N	U
N	T	S	P	S	R	N	V	U	O	E	Y	U	N
O	S	U	N	E	H	E	U	E	J	S	Y	L	U
U	O	E	A	N	N	E	U	U	M	A	S	N	U
O	N	L	T	U	E	U	E	S	S	A	N	A	S
O	R	J	S	U	S	S	N	R	S	R	Y	O	C
S	A	T	U	R	N	M	R	A	C	A	U	N	S
P	P	I	P	P	U	U	H	T	T	M	N	U	M
H	O	R	I	L	I	S	P	S	P	A	E	U	E
T	Y	U	T	U	U	T	O	L	U	R	P	A	R
R	T	T	T	N	A	T	E	T	R	S	T	L	C
A	N	U	N	E	U	R	O	R	E	T	U	S	U
E	E	R	L	C	S	U	N	A	R	U	N	H	R
S	O	L	A	R	S	Y	S	T	E	M	E	S	Y

- STARS
- MARS
- JUPITER
- EARTH
- SOLAR SYSTEM
- SUN
- MERCURY
- VENUS
- MOON
- PLUTO
- URANUS
- NEPTUNE
- SATURN

**Sweet Summertime ...** Is there a better way to spend a hot summer day than swimming? As you spend time looking at these two prints think about your favorite place to swim: the lake, the ocean, a pool or maybe a farm pond (did you ever go skinny dipping?) Do you like to jump in or wade in slowly? Maybe you don't like to swim and would rather fish instead. Spend some time comparing the two artworks, what similarities do you notice?



**Coy Avon Seward**  
Title unknown  
(swimmers and sunbathers at beach),  
early 20<sup>th</sup> C.  
Lithograph on paper  
KSU, Marianna Kistler  
Beach Museum of Art,  
Friends of the Beach  
Museum of Art purchase,  
2005.317



**Charles Banks  
Wilson**  
The Swimming  
Hole, published  
1943  
Lithograph on  
paper  
KSU, Marianna  
Kistler Beach  
Museum of Art,  
1984.16



# August Birthdays!

## Skilled Nursing

8/8 Charles Given	8/8 Brigitte Monroe
8/10 Josephine White	8/9 Sarah Duggan
8/24 Wilda Connell	8/9 Pat Smithhisler
8/25 Johanna Slinger	8/9 Mady Trujilo
8/28 Wayne Bailie	8/9 Chris Vaughan
8/31 Michael Troy	8/11 Trisha Montgomery

## Independent Living

8/1 Ron Williams	8/12 Coy Cavender
8/2 Avis Bidwell	8/12 Kim Dunn
8/2 Fred Freeman	8/12 Liz Elsasser
8/4 Cliff Meloan	8/12 Evan Olson
8/6 Judy Cattell	8/12 Annie Peace
8/6 Fred Merklin	8/13 Clara Bing
8/7 Candace Pannbacker	8/15 Katie Rosewicz
8/11 Dick Cattell	8/16 Sarina Fay
8/15 Nancy Marks	8/16 Madison Findley
8/18 Jo Lindly	8/17 Kalee Svoboda
8/20 Don Kessinger	8/17 Arielle Wheeler
8/21 Tom Fryer	8/18 Stephanie Young
8/22 Mary-Rita Spooner	8/20 Andrea Tanner
8/25 Ellie Cox	8/21 Brooke January
8/26 Ruth Todd	8/21 Kalana Margrum
8/29 Joanne Barkyoub	8/21 Julian Rosine

## Employees

8/1 Lisa Schwarz	8/21 Sara Wilkerson
8/3 Olujoke Aina	8/22 Troy Lower
8/4 Brenda Havenstein	8/23 Keonna Jones
8/5 Adyson Furlong	8/24 Larry Wesche
8/6 Emily Schierkolk	8/26 LaTisha Conder
8/8 Sheila Frihart	8/29 Gladys Serem
8/8 Angela Gerena	8/30 Pamala Mann
	8/31 Anna Dold
	8/31 Tori Lamb
	8/31 Rhonda Lund
	8/31 Alexzandra Manlove

*Bold denotes milestone birthday of 80, 90, 100, or 100+*

## MASKED MYSTERY

*Who am I?*  
Can you guess the masked staff member correctly?  
The answer will be revealed in the next Messenger issue!



## New Programming: Channel 1960

### Update with Lonnie Baker, CEO

A new Meadowlark update with Lonnie Baker, CEO, will air on Channel 1960 at 12:30 p.m. tomorrow, July 31, following the regularly scheduled 1960 News.

### Chasing Coral: Netflix Documentary

Enjoy *Chasing Coral* at 7 p.m. Friday, July 31, on Channel 1960. This documentary taps into the collective will and wisdom of an ad man, a self-proclaimed coral nerd, top-notch camera designers, and renowned marine biologists as they invent the first time-lapse camera to record bleaching events as they happen.

Unfortunately, the effort is anything but simple, and the team doggedly battles technical malfunctions and the force of nature in pursuit of the golden fleece: documenting the indisputable and tragic transformation below the waves. With its breathtaking photography, nail-biting suspense, and startling emotion, *Chasing Coral* is a dramatic revelation that won't have audiences sitting idle for long.

### The Celts: Episode 5, Legend & Reality

Tune into the fifth episode of *The Celts* at 10:05 a.m. Saturday, Aug. 1, on Channel 1960. The program looks at the 8th century onwards when the Celts were hammered by invasions by the Vikings then the Normans. Following the Reformation in the 16th century, Celtic communities in Wales, Ireland, and Brittany were marginalized in the push for political and religious unity in England and France.

### Osher Class: STEM Projects

The final session of the Osher Institute class *STEM Projects for Adults* will air on Channel 1960 at 6 p.m. Saturday, Aug. 1. A re-run of the final installment will air at 9 a.m. Tuesday, Aug. 4.

### Relaxation: NYC Aquarium Tour

Spend about 18 minutes touring the New York Aquarium, situated on 14 acres by the sea in Coney Island. The Aquarium is home to over 8,000 animals. This opportunity will air at 3 p.m. Sunday, Aug. 2, on Channel 1960.

# PRAIRIE STAR RESTAURANT

**Restaurant Hours**  
*Breakfast is available from 7 to 10 a.m.*  
**Monday to Saturday, 10:30 a.m. to 7 p.m.**  
**Sunday, 10:30 a.m. to 7 p.m.**

## CALL (785) 323-3820 FOR MEAL & GROCERY ORDERS.

Delivery fee has been waived. All specials include beverage, starter and dessert.  
 Lunch specials without a starter or dessert can be requested and will cost \$7 each.  
 Refreshments will not be offered in the Game Room. Coffee by the cup will be available for delivery.  
 Alcohol also will be available for delivery if purchased by the bottle.

<b>SUNDAY</b>	Aug. 2 ~ Lunch \$12	Dinner \$12
	Grilled Cilantro Lime Chicken Breast with Mango Salsa Rice Vegetable du Jour	Beef & Sausage Lasagna Garlic Toast Vegetable du Jour
<b>MONDAY</b>	Aug. 3 ~ Lunch \$10	Dinner \$11
	Chili Dog French Fries Choice of Vegetable	Meatloaf Smoked Gouda Scalloped Potatoes Vegetable du Jour
<b>TUESDAY</b>	Aug. 4 ~ Lunch \$10	Dinner \$12
	Turkey Reuben Potato Salad Choice of Vegetable	Roast Pork Loin Cornbread Dressing Vegetable du Jour
<b>WED.</b>	Aug. 5 ~ Lunch \$10	Dinner \$12
	Beef & Bean Burrito Refried Beans Mexican Rice	BBQ Chicken Drumsticks Macaroni & Cheese Vegetable du Jour
<b>THURS.</b>	Aug. 6 ~ Lunch \$10	Dinner \$13
	Chicken ala King Rice Pilaf Choice of Vegetable	Braised Short Ribs Anna Potatoes Vegetable du Jour
<b>FRIDAY</b>	Aug. 7 ~ Lunch \$10	Dinner \$14
	Shrimp Po'boy French Fries Coleslaw	Pesto Grilled Shrimp Roasted Red Potatoes Vegetable du Jour
<b>SAT.</b>	Aug. 8 ~ Lunch \$10	Dinner \$15
	Salisbury Steak Mashed Potatoes & Gravy Choice of Vegetable	Steak Baked Potato Vegetable du Jour



# Meadowlark Entertainment Guide

Friday, July 31

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:45 a.m.	Cooking with Lisa: <i>Pizza in a Mug</i> <i>Re-run episode from 7/27</i>
12:00 p.m.	Channel 1960 News
12:30 p.m.	Update from 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 episode from Noon, 7/31</i>
5:30 p.m.	Update from Lonnie Baker, CEO <i>Re-run from 12:30 p.m., 7/31</i>
6:45 p.m.	"I Won't Mind" <i>performed by Brianna Borger</i>
7:00 p.m.	Chasing Coral <i>Netflix Documentary, full feature</i>

Saturday, Aug. 1

9:00 a.m.	Comedy Club: Wake Up Funny <i>Re-run from 7/29</i>
9:15 a.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 7/31</i>
9:30 a.m.	Band Bust Exercise Class
10:05 a.m.	The Celts, Episode Five: <i>Legend and Reality</i>
2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny <i>Re-run episode from 7/29</i>
3:15 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 7/31</i>
4:30 p.m.	Happy Hour with J-Mix <i>Re-run episode from 7/30</i>
6:00 p.m.	Osher Class: STEM Projects <i>Session Three</i>

Sunday, Aug. 2

9:00 a.m.	Sweat It Out Aerobics Exercise
10:15 a.m.	"I Won't Mind" <i>performed by Brianna Borger</i>
10:30 a.m.	Sunday Church Service with <i>Chaplain Patty Brown Barnett</i>
11:00 a.m.	Abstract: The Art of Design <i>Es Devlin—Stage Design</i> <i>Re-run episode from 7/28</i>
12:00 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 7/31</i>
1:45 p.m.	"I Won't Mind" <i>performed by Brianna Borger</i>
2:00 p.m.	Sunday Church Service <i>Re-run episode from 10:30, 8/2</i>
3:00 p.m.	Relaxation: NYC Aquarium Tour
3:30 p.m.	"I Won't Mind" <i>performed by Brianna Borger</i>

Monday, Aug. 3

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Cooking with Lisa: <i>Homemade Lemonade</i>
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	The Celts: <i>Legend and Reality</i> <i>Re-run episode from 8/1</i>

## Breakfast Specials

Mon. ~ Biscuits & Gravy

Tues. ~ Breakfast Sandwich & Fruit

Wed. ~ Breakfast Burrito & Fruit

Thurs. ~ Biscuits & Gravy

Fri. ~ Waffle or Pancake

Weekends ~ A la carte menu

A la carte menu items can be ordered any day of the week and include: Egg (cooked to order), Omelet, Bacon, Sausage, Toast, Fruit, Juice, Milk, Coffee by the cup, etc. To place a breakfast order, call (785) 323-3820 between 7 and 10 a.m. daily.