

Safety First!

Meadowlark introduces additional face-to-face programming



[above] Face-to-face exercise classes began Monday, Aug. 24, at limited capacity with space for social distancing. Masks are required.

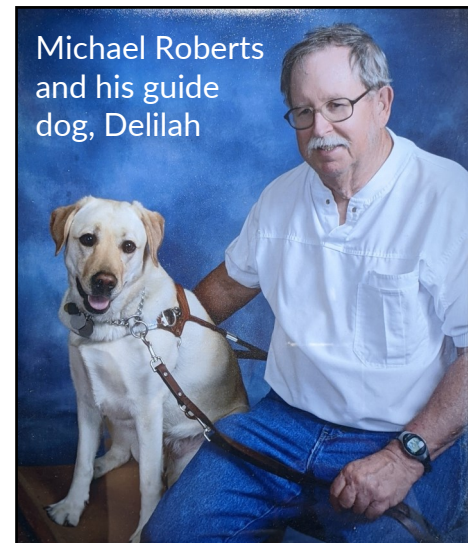
by Jayme Minton, Support Services Director

Safety first! As Meadowlark eases into resuming face-to-face programming opportunities in Independent Living, it is important to remember the need to put safety first. For us, that means finding opportunities that can be accomplished while wearing a mask and/or maintaining appropriate distance from others with a minimum of six feet. Due to these limitations, Meadowlark will not resume typical in-person restaurant dining at this time.

The Meadowlark team is very excited to announce the return of more face-to-face programming opportunities for independent living residents. Starting Monday, Aug. 31, we will feature a weekly program titled, *Staff Spotlight*. This is an opportunity for residents to hear from a variety of employees and ask questions. Staff Spotlights will occur in Prairie Star Restaurant's Event Center at 1 p.m. Monday through Friday and an additional Wednesday time is available each week at 2 p.m.

To participate in the Staff Spotlight events, please reserve your spot by contacting the Hospitality Desk at (785) 323-3847. Whichever day/time you choose will remain your spot from week to week. Our first Staff Spotlight will feature members of the Meadowlark Home Health team.

Additionally, Prairie Star Restaurant will begin hosting weekly dinner theater events in the Event Center starting in September. Entertainment will vary from week to week. At this time, independent living residents are invited to attend one Dinner Theater opportunity per month. See page two of this Messenger for details of September's Dinner Theater event.



Michael Roberts
and his guide
dog, Delilah

Meet Your Neighbor

MICHAEL ROBERTS, Apt. 221

by Becky Fitzgerald

The 2nd floor gained two new residents last week: Michael "Mike" Roberts and his trusted canine companion, Delilah, an 11-year-old yellow Labrador retriever. Roberts, who is blind, refers to Delilah as his "leader dog," and said she's helped him get from point A to B for the past decade.

Roberts, who answers to either Michael or Mike, explained that he lost his eyesight as a young man because of a genetic disorder called retinitis pigmentosa, for which there is no cure. His disability did not keep him out of the workforce. Roberts has had a variety of jobs

See NEIGHBOR, page 3



September Dinner Theater

Every Thursday Evening
in September at 5:30 p.m.
Event Center at Prairie Star Restaurant

Space is limited. Please contact Prairie Star
Restaurant at (785) 323-3820 to select one date.
Entertainment will vary from week to week.

Strawberry Feta Salad

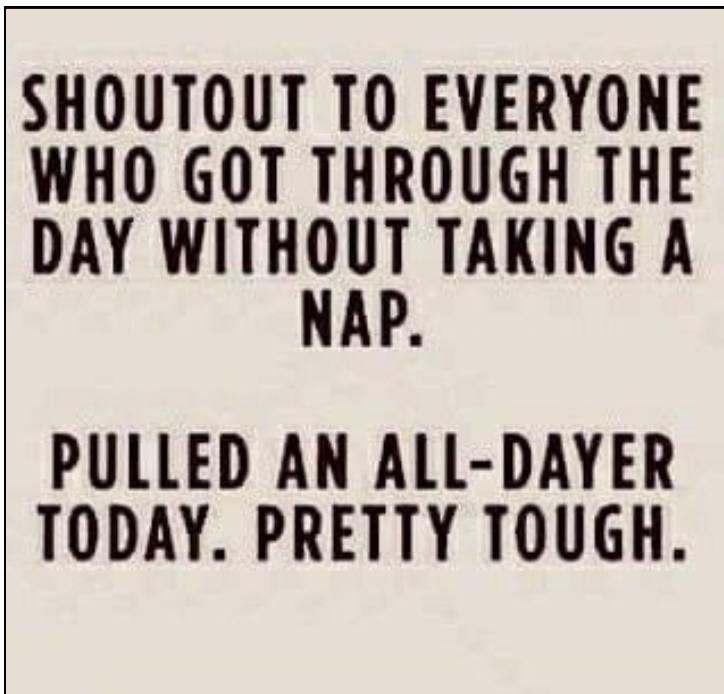
Seared Petite Filet

with Burgundy Butter Sauce
served on Potato Pancake
and topped with Fried Shallots

Grilled Zucchini

Peach Crème Brulee with Mini Sugar Cookies

\$22 per person



Face-to-Face Programming

Face-to-Face Programming Opportunities are available in the new Prairie Star Restaurant Event Center. Reservations are required.

Exercise Classes: Same-day/next-day sign ups by calling the Hospitality Desk at (785) 323-3847.

Staff Spotlight: Sign up for your weekly day/time by calling (785) 323-3847.

Dinner Theater: Make your reservation by calling Prairie Star Restaurant at (785) 323-3820.

Monday, Aug. 31

9:30 a.m.	Seated Strength Exercise
11:00 a.m.	Weights 101 Exercise Class
1:00 p.m.	Staff Spotlight: ML Home Health

Tuesday, Sept. 1

9:30 a.m.	Sit & Be Fit Exercise Class
11:00 a.m.	Steady Yourself Exercise Class
1:00 p.m.	Staff Spotlight: ML Home Health

Wednesday, Sept. 2

9:30 a.m.	Seated Strength Exercise
11:00 a.m.	Weights 101 Exercise Class
1:00 p.m.	Staff Spotlight: ML Home Health
2:00 p.m.	Staff Spotlight: ML Home Health

Thursday, Sept. 3

9:30 a.m.	Sit & Be Fit Exercise Class
11:00 a.m.	Steady Yourself Exercise Class
1:00 p.m.	Staff Spotlight: ML Home Health
5:30 p.m.	Dinner Theater

Friday, Sept. 4

9:30 a.m.	Seated Strength Exercise
11:00 a.m.	Weights 101 Exercise Class
1:00 p.m.	Staff Spotlight: ML Home Health

At this time, face-to-face classes are limited to Independent Living residents. Cottage/duplex residents must be screened at the Village Entrance before entering the building. Registered participants are encouraged to socially distance it wait for the Event Center doors to open. Masks are required.

NEIGHBOR, continued from page 1

and pursued several hobbies.

Roberts graduated from high school in West Covina, Calif., in 1966, and earned two certifications from Mt. San Jacinto College, one in auto body and paint and another in engines and recreational vehicles. Over the years, he's serviced and repaired vehicles, and he's also operated Shell Oil service stations. He's even built race cars. Vroom!

Roberts and his mother moved to Manhattan just prior to the flooding of 1993 to get away from gang violence that had erupted near their home and to be near his half sister, Mindy Weaver, and her husband, David. He worked for 10 years at Envision Xpress at Ft. Riley, a one-stop retail shop for service members which employs persons who are blind or visually impaired.

A proud moment for Roberts was when he and his co-workers each received a medal for their work in packing soldiers' tote boxes during Operation Iraqi Freedom.

A member of the First United Methodist Church, Roberts said he knows many people at Meadowlark. The ability to more easily continue friendships and the wood shop piqued his interest in relocating from his west Manhattan home. A former ham radio operator, he also lists, in addition to woodworking, gardening, listening to sporting events, and attending concerts at McCain Auditorium as favorite activities.

Roberts and Delilah look forward to meeting their new neighbors, but he requests that residents keep the following in mind:

~ When Delilah is in her harness, she is "working." Please ask Roberts' permission before petting her.

~ Apartment living requires the pair to go outside several times a day for Delilah to answer nature's call. Conversations with friendly Roberts are better timed after Delilah has done her doody. Roberts carries plastic bags with him and has perfected a system for cleaning up Delilah's deposits.

~ When greeting Roberts in a hallway, please also say your name so he'll begin to recognize your voice if he doesn't know it already.

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.

Empowered LIVE!

Empowered LIVE! - An Evening to Celebrate Living Well with Parkinson's Disease will be totally virtual this year. The event can be accessed through Zoom starting at 6 p.m. tomorrow, Aug. 28. Larry Gifford is the featured speaker and will share positive talk that is empowering, humorous, honest and rooted in hope. His program is titled, "When Life Gives You Parkinson's..."

LIVE Change & Loss Support Group

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

To participate, please email Kathleen at kspearman@meadowlark.org or call (864) 624-6224 for the meeting link and password. This group is only for Meadowlark residents at this time.

LIVE 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 computer, tablet, or smartphone with video capability. During the class, participants work on a range of motion, strengthening, and purposeful movements. The class meets each Friday from 1 to 1:45 p.m. To receive the log-in link, call Michelle at (785) 323-3899 or e-mail her at michelle.haub@meadowlark.org.

LIVE Memory Care Partner Group

Join the weekly Zoom meeting for the Memory Care Partner Support Group from 10 to 11 a.m. each Wednesday. This is a live opportunity to connect with other care partners and receive support. The group is led by Bridget Larkin, LMSW. Contact Bridget for the log-in information by calling (785) 323-3837 or email her at blarkin@meadowlark.org.

Work That Brain!

ACROSS

1. With defects and all
5. Helvetica, e.g.
9. Enterprise medical officer
14. Proof of impact
15. French cheese
16. Geneva's river
17. Chemical sprayed on plants
19. Bone below the femur
20. It emits a high-pitched warning
22. Those in favor
23. Mind reading, briefly?
24. Inflexible
26. Mark of the serpent?
29. British alphabet enders
32. Moo ___ pork
33. Natural cattle pen
36. Feeling of foreboding
40. Mediocre
41. Board projection
43. Signing gorilla
44. They pull their load
46. In this, following directions is mandatory
48. Place to shoot from
50. Dynamic start?
51. CBS President Moon-
ves
52. Perch atop
56. It's omitted in
alphabetization
58. "Panic in the Streets"
director Kazan
59. High-pitched signal
device
65. Gracefully slender
67. Bag-closers
68. Hold in high esteem
69. Kind of formality
70. Feline film heroine
71. "Let's Make ___"
72. Irish singing star
73. Ides of March rebuke

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15				16				
17				18				19				
20								21	22			
			23			24		25				
26	27	28	29		30	31	32					
33			34				35	36		37	38	39
40				41				42	43			
44				45	46			47				
			48		49	50			51			
52	53	54			55		56		57			
58				59		60	61			62	63	64
65				66		67						
68						69			70			
71						72				73		

DOWN

1. Postfixes, e.g.
2. Apparently are
3. Skinny, so to speak
4. Stir up or tend, as a fire
5. Certain government
employee
6. Word with history
or hygiene
7. Member of a famous
exploratory trio
8. Popular aquarium fish
9. "I pity the fool" speaker
10. High-pitched singers
11. It could lead a charmed
life
12. Bulb vegetable
13. Brewery need
18. TV hostess Gibbon
21. Rx writers
25. Sound of an epiphany
26. Is retrocessive
27. Destructive rodent
28. Word with eye
or final
30. Goes platinum?
31. "The Merry Widow"
role
34. It makes a
high-pitched noise for
attention
35. Coastal Alaskan city
37. Brandi Chastain lost
her shirt because of one
38. Scottish isle
39. Eighty-six
42. Oil production area
45. Swill opposite
47. Like seven Ryan
games
49. Group of seals
52. Brazilian
rainforest
53. Tale about Paris,
et al.
54. Championship
55. One reply to
"Who did this?"
57. First name in
cosmetics
60. Pop singer Stefani
61. Lean and sinewy
62. Camera movement
63. In case
64. Jacob's brother
66. Underwater
shocker

Sunflowers ... There are 70 different varieties of sunflowers. They grow in many different sizes and some bloom in colors other than golden yellow. A sunflower grown for produce has 1,000-1,400 potential seeds in the center. Each artist interprets the sunflower differently. Take your time looking at these different versions of sunflowers. What do you find the same? What do you find different? If you were to choose two to hang together in your home, which two would you choose and why?



Beth Van Hoesen, *Type of Sunflower*, ca. 1982, Graphite on paper, KSU, Marianna Kistler Beach Museum of Art, E. Mark Adams Beth Van Hoesen Adams Trust, 2013.9



Margo Kren, *Sunflowers*, 1990, Charcoal on paper, KSU, Marianna Kistler Beach Museum of Art, Friends of the Beach Museum of Art purchase, 2000.197



Herschel C. Logan, *Kansas Sunflower*, ca. 1940, Woodcut on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Peggy L. Sondergard & Samuel H. Logan S9.2018



George M. Kren, *Dancing in the Sun*, 20th Century Chromogenic print, KSU, Marianna Kistler Beach Museum of Art, Friends of the Beach Museum of Art purchase, 2001.36

VIRTUAL Speedy Pd Race for Parkinson's Disease

by Jeff Heidbreder, Fitness Services Leader

Since this year's Speedy Pd Race for Parkinson's Disease is virtual, we have extra time to complete the course! The virtual race format will give registrants the opportunity to complete the half-mile family fun run/walk, 5K, or 10K between Aug. 23 and Sept. 7. Running or walking should be completed utilizing appropriate social distancing recommendations.

Meadowlark residents can train and complete the Speedy Pd right on campus, and there are a few options to choose from. The Courtyard is a nice, protected area and offers plenty of options for rest. While walking the Courtyard perimeter, seven and a half laps will get you to the half-mile distance, or 46 and a half laps will be the 5k distance. There are also be route options for the streets around campus and the trail system. The street option will stay only on paved roads or trails, but does have hills. The trail system route will range from mulch trails, paved trails and paved streets around campus, also featuring hills. Please choose the route that is safest and most appropriate for your abilities!

Registration is still open for the race and can be completed by visiting www.runspeedypd.org. This year's presenting sponsor is Community First National Bank. Contact Michelle Haub, Special Programs Leader, at (785) 323-3899 with questions.

Channel 1960 Programs

Update with Lonnie Baker

A new Meadowlark update with Lonnie Baker, CEO, will air on Channel 1960 at 12:30 p.m. tomorrow, Aug. 28, following the regularly scheduled News.

Strong Island: Documentary

The forces of family, grief, and racial injustice converge in this Oscar-nominated documentary exploring the murder of filmmaker Yance Ford's brother. Watch this full feature at 7 p.m. Friday, Aug. 28.

Babies: First Words

At 10:05 a.m. Saturday, Aug. 29, Channel 1960 continues the five-episode Netflix series titled, *Babies*. From nature to nurture, this docuseries explores the groundbreaking science that reveals how infants discover life during their very first year. In episode three, experts examine the rhythm and flow of language and explore how babies break down linguistic beats before they know how to speak.

Roman Forum Guided Tour

Tune in at 3 p.m. Sunday, Aug. 30, and enjoy a walking tour of the Roman Forum, originally filmed in 2017. The walk is narrated by Martina Sorrenti, an official tour guide of Rome.

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.

MASKED MYSTERY



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

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.

SUNDAY	Aug. 30 ~ Lunch \$13	Dinner \$12
	Braised Brisket with Wild Mushroom Sauce Yukon Gold Mashed Potatoes Vegetable du Jour	Penne with Meat Sauce Garlic Toast Vegetable du Jour
MONDAY	Aug. 31 ~ Lunch \$10	Dinner \$12
	Swedish Meatballs Noodles Choice of Vegetable	Sautéed Chicken Breast ala Orange Wild Rice Vegetable du Jour
TUESDAY	Sept. 1 ~ Lunch \$10	Dinner \$13
	Chicken Enchiladas Mexican Rice Beans	Beef Stroganoff Noodles Vegetable du Jour
WED.	Sept. 2 ~ Lunch \$10	Dinner \$13
	Focaccia with Ham, Spinach,, Tomatoes, Roasted Red Peppers , Mayo, & Fresh Basil Pasta Salad & Choice of Vegetable	Smothered Pork Chops Mashed Potatoes Vegetable du Jour
THURS.	Sept. 3 ~ Lunch \$10	Dinner \$14
	Fried Chicken Drumstick Macaroni & Cheese Choice of Vegetable	Fettucine Marinara with Grilled Pesto Shrimp Garlic Toast Vegetable du Jour
FRIDAY	Sept. 4 ~ Lunch \$10	Dinner \$13
	Philly Beef Sandwich French Fries Choice of Vegetable	Chicken Cordon Bleu Roasted Yukon Gold Potatoes Vegetable du Jour
SAT.	Sept. 5 ~ Lunch \$10	Dinner \$14
	Shrimp Po' Boy Coleslaw Sweet Potato Fries	Stuffed Sol with Crab Rice Pilaf Vegetable du Jour



Meadowlark Entertainment Guide

Friday, August 28

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:45 a.m.	Cooking with Lisa: <i>Honey Sriracha Cauliflower</i> , Re-run from 8/24
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, 8/28</i>
5:30 p.m.	Update from Lonnie Baker, CEO <i>Re-run from 12:30 p.m., 8/28</i>
7:00 p.m.	Strong Island: <i>Full Documentary</i>

Saturday, August 29

9:00 a.m.	Comedy Club: Wake Up Funny <i>Re-run from 8/26</i>
9:15 a.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 8/28</i>
9:30 a.m.	Band Bust Exercise Class
10:05 a.m.	Babies, Episode 1: <i>First Words</i>
2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny <i>Re-run episode from 8/26</i>
3:15 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 8/28</i>
4:30 p.m.	Happy Hour with J-Mix <i>Re-run episode from 8/27</i>

Back to School Word Scramble (Solution from 8/20)

KSED = DESK / OASOCBEK = BOOKCASE / TXOKBTOE = TEXTBOOK /
 CRTOLUALCA = CALCULATOR / RRAMEK = MARKER (8/20 Messenger was missing the letter P)
 KACKCBAP = BACKPACK

Sunday, August 30

9:00 a.m.	Sweat It Out Aerobics Exercise
10:00 a.m.	Change & Loss Group <i>Re-run episode from 8/26</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>Platon—Photography</i> <i>Re-run episode from 8/25</i>
12:00 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 8/28</i>
2:00 p.m.	Sunday Church Service <i>Re-run episode from 10:30, 8/30</i>
3:00 p.m.	Roman Forum Guided Tour

Monday, August 31

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Cooking with Lisa: <i>Hummus</i>
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Babies, Episode 1: <i>First Words</i> <i>Re-run episode from 8/29</i>

Solution from 8/20

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