



MEADOWLARK

Messenger

Sept. 17, 2020

Manhattan, Kansas

Messenger Editor: Sarah Duggan

A local not-for-profit focused on supporting people in living their best lives *even in the midst of a viral pandemic*

BARNES



COPT



Meet the Artists

2020 fundraiser attracts two sought-after Kansas painters

ZAK BARNES

is a versatile artist based out of Lawrence, Kan. Born and raised in the Sun-flower State, Barnes has strong ties to the Flint Hills, where his parents grew up. He attended the Columbus (Ohio) School of Art and Design for several years and then settled in Chase County, Kan., where he built houses and spent his leisure time painting impressionistic landscapes, en plein air, in the heart of the Flint Hills.

During this time, Barnes developed studio work consisting of unique figurative paintings, featuring



See BARNES, page 2

LOUIS COPT

was born Jan. 29, 1949, in Emporia, Kan. Spending time on a farm as a child and growing up near the Kansas Flint Hills had a profound effect on Copt and has translated into his passion for landscape painting.

Copt graduated with a degree in art from Emporia

State University in 1971 and began his professional career as a full-time artist in 1985, after returning from a summer of study at the Art Students League in New York City.

Copt's current art focuses on the prairie in just about every season, but particularly the annual spring burn-

See COPT, page 3

Resident Board Member Nominations

There is currently a vacant position for an Independent Living resident on the Meadowlark's Board of Trustees (operating board). Prior to an election, a nomination process must take place. Nominations are welcomed from the independent living population over a two-week period. Those nominating should first contact the potential nominee to ensure they would be willing to serve. Nominations forms will be available at the Hospitality Desk, starting Friday, Sept. 18 through Friday, Oct. 2, at 5 p.m. There will be a box located at the Hospitality Desk to place your nominations.

If you have any questions, contact Monte Spiller, Resident Services Leader, at 323-3801.

BARNES, continued from page 1

scenes of strong Kansas women in rural Americana settings with a twist of surrealism and a dream-like combination of subject matter and narrative. It wasn't long before Barnes's work was featured in several Kansas galleries. In 2004, Barnes moved to Lawrence, Kan., to live and create art full time in his rural home, adding abstract paintings and sculpture to his range of work.

Zak Barnes works primarily in oil paint, but he has incorporated many non-traditional techniques over the years. His distinct style combines elements of impressionism, surrealism, regionalism, and folk art coupled with a dynamic painting process and handling of his medium.

Barnes often is regarded as an artist's artist because of the playful way he manipulates the elements of art and principles of design. Each piece takes on a life of its own as he interacts with it throughout the painting process; the final product is a record of the evolution of the work, no matter what subject matter or medium he chooses.

Barnes has won numerous awards in plein air competitions, taught several plein air workshops, and has served as a judge in many competitions. His work has been featured in a variety of publications, and he has donated his artwork and talents to many charitable organizations and events. Zak Barnes has been represented in galleries across Kansas, and his work is included in permanent private and public art collections.

Meadowlark's art collection includes three of Barnes's paintings. The largest hangs in the lobby above the Hospitality Desk. Two others hang on the dark blue wall in Verna Belle's Café.

Page 2

Fitness Equipment Available for Use

Beginning Monday, Sept. 21, some cardiovascular fitness equipment will be available for use in the Community Room. Exercise sessions will be 30 minutes, with only two people allowed into the Community Room per session.

Participants will need to sign up for a session time by calling the Hospitality Desk at (785) 323-3847. Before entering the Community Room for your session, check in with the Hospitality staff. Sessions are available from 7 a.m. to 7 p.m. daily, **however, the equipment cannot be reserved on Wednesdays between 9 a.m. and 12 p.m.** Times will be limited to 30 minutes per session, with a 15 minute gap between sessions to sanitize equipment.

Please use the disinfectant spray and rags to wipe down equipment after use. Following campus protocol, participants must wear a mask while in the Community Room.

Equipment available for use are treadmills, NuSteps, recumbent bicycle, elliptical trainer, recumbent elliptical and a rowing ergometer. For any questions, contact Jeff at (785) 341-2995.

Let's Go to the Movies!

Grosh Cinema will open again for daily movie showings starting Monday, Sept. 21. Seating in the Cinema will be spread and masks are required for the duration of the movie. If two people from the same household attend the movie, staff can move two chairs together. Otherwise, chairs should not be moved.

Movie times will resume as they were prior to March 15. Showings will happen at 1, 4, and 7 p.m. Monday through Saturday. Sunday showings will be at 2 and 6 p.m.

A listing of next week's movies can be found on page 5 of this edition of the Messenger.

**What do you call
an alligator
detective?**

**An
investi-gator.**

COPT, continued from page 1

off in the Flint Hills. His primary medium is oil on canvas which allows him to work on a larger scale and provides the depth and color that best translates his particular vision. He is fascinated by the challenge of capturing the force of nature as the fires race across the prairie renewing the landscape for yet another season.

Copt's work has been featured three times in *The Artist's Magazine*, and three times he has won its award for Top Finalist in the Landscape Division. He has also been featured in *American Artist Magazine*. His work has also been featured in the scholarly publication *American Art Review*.

Copt's paintings are in the collections of Kansas

State University's Marianna Kistler Beach Museum of Art, the Albrecht-Kemper Museum of Art in St. Joseph, and the Spencer Museum of Art at the University of Kansas.

Meadowlark owns several of Copt's paintings, two of which are in the Flint Hills Room. The paintings in that room depict seasonal landscapes in the Flint Hills. A Copt watercolor representing "winter" is on the south wall. An oil painting, similar to one offered in the Art Mingle online auction, hangs on the east wall. A fire blazing across a pasture was chosen by the Art Committee a few years ago to represent "spring."

Other watercolor paintings by Copt can be found on the 5th floor.

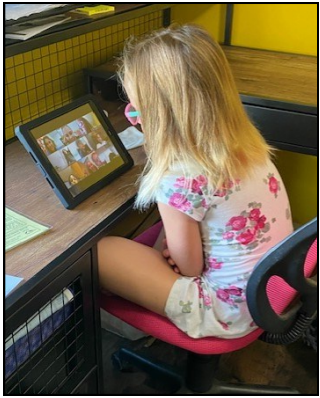
A Glimpse into Pandemic Parenting

by Sarah Duggan, Community Relations Director

The past several months has definitely brought each of us unique challenges that we probably didn't imagine facing now, or ever. I can think of a few for me personally, but my most current hurdle is "Pandemic Parenting." In a society where dual-income families are very necessary for many households, figuring out how to keep your kids safe from COVID-19, educated, stimulated, and mentally stable has proven to be an incredible test of our abilities as humans to be flexible, adaptable,

and forgiving.

The pictures below are a glimpse into what school and activities look like for the Duggan girls this fall. They attend dance where children four and over wear



a mask for their lessons. Murphy completes homework on her iPad and worksheets that are sent home for her remote learning days. She gets creative with her set up, spending a lot of time wrapped in blankets on the floor. Balancing normalcy with safety is a constant battle right now. I know I am doing my best like most parents and teachers; it's important to offer grace to each other and ourselves during this strange time. It is definitely



Yep, that's Murphy Rose completing her Math lesson underneath her cozy blanket.



something Murphy, and maybe even 3-year-old Eilish, will never forget. Life is ALWAYS changing ...

Work That Brain!

The shaded O and the six letters surrounding it spell ROMANCE, 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 to find the BUZZWORD.

1. love affair

romance-O

2. sandwich meat

3. an associate

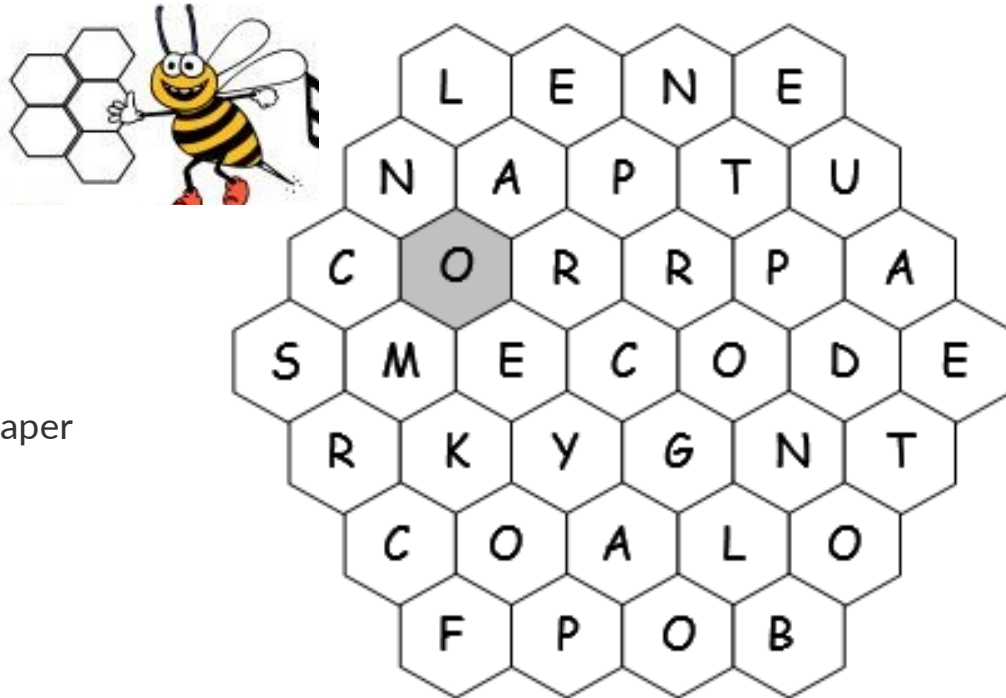
4. food store

5. many small sheets of paper

6. ridicule

7. expression of regret

BUZZWORD: detachable latch _____



Beach Museum of Art Looking Activity

FORM ... One of the seven elements of art is form.

It is three dimensional, measured by length, width and height, and it encompasses volume. Form can

be geometric like a cube and a sphere or organic with curvy, wiry, fluent lines. It is easy to recognize

in a solid sculpture, but what about this object

from our collection? Do you see the dimensions of

form in this artwork? What about volume? Would

you classify it as geometric or organic?

Marjorie Schick, *Celebration Necklace*, ca. 1983, Wood
KSU, Marianna Kistler Beach Museum of Art, Friends of
the Beach Museum of Art purchase, 2011.207





In-Person Worship Services Resume

by Chaplain Patty Brown-Barnett

Beginning this Sunday, Sept. 20, a live worship service will be held weekly at 10:30 a.m. in Prairie Star Restaurant's new Event Center. The space limits us to twenty-five people, with couples counting as "one." We

will not be singing for a while, but we will have beautiful piano music provided by pianist Jennifer

Hasenbank. Masks are required to attend the service.

Recorded services will also run on Meadowlark's Channel 1960 on Sunday at 10:30 a.m., 2 p.m. and Wednesday at 11:30 a.m.

Prior sign up is required and should be completed for each Sunday by calling the Hospitality Desk at (785) 323-3847. Advance sign up for multiple Sundays is permitted.

I look forward to seeing you and hearing from you, knowing that many of us are keeping in touch while social distancing! Wishing you peace during this time of caution and change.

Grosh Cinema Movies

Monday Sept. 21, to Saturday, Sept. 26

Show Times: 1, 4 and 7 p.m., Monday – Saturday / 2 and 6 p.m., Sunday

Monday, Sept. 21— Grease (1978)

Teen lovebirds Sandy and Danny struggle to juggle lingering feelings, new friendships, and more in this iconic movie-musical. Co-Starring: John Travolta, Olivia Newton-John & Stockard Channing
Rated PG; 1 hr. 50 min.

Tuesday, Sept. 22— Back to the Future (1985)

After he accidentally drives a time machine to 1955, Marty McFly races the clock to ensure his future parents fall in love. Co-Starring: Michael J. Fox, Christopher Lloyd & Lea Thompson
Rated PG; 1 hr. 56 min.

Wednesday, Sept. 23— Angel and the Badman (1947)

A hardened criminal bent on tracking the man responsible for a murder, falls in love. Will he change his wicked ways? Co-Starring: John Wayne, Joan Barton & Gail Russell
Rated PG; 1 hr. 40 min.

Thursday, Sept. 24— Sleepless in Seattle (1993)

Fate and a tenacious 8-year-old boy conspire to unite a lovelorn widower and an unhappily engaged journalist. Co-Starring: Tom Hanks, Meg Ryan & Rob Reiner
Rated PG; 1 hr. 45 min.

Friday, Sept. 25— Glory (1989)

During the Civil War, the first all-African American regiment engages in an uphill attack against the Confederate army amid bigotry, bloodshed, and more.

Co-Starring: Matthew Broderick, Denzel Washington & Morgan Freeman

Rated R for strong violence; 2 hr. 2 min.

Saturday, Sept. 26— Casino Royale (2006)

A newly minted agent, 007, is pitted against an infamous financier of global terrorism.

Co-Starring: Daniel Craig, Judi Dench & Eva Green, Rated PG-13; 2 hr. 24 min.

Face-to-Face Programming

Face-to-Face Programming Opportunities are available for independent living residents in the new Prairie Star Restaurant Event Center. Reservations are required and can be made by calling (785) 323-3847, unless otherwise noted. Cottage/duplex residents must be screened at the Village Entrance before entering the building.

Masks are required.

Bingo & Church Service: Sign up for each session. Advance sign-ups available.

Exercise Classes: Same-day/next-day sign ups, only.

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

Staff Spotlight: Make your standing reservation once by calling the Hospitality Desk. The date and time chosen will be your **standing** reservation. **See the schedule for updated days and times.**

Friday, Sept. 18

9:30 a.m.	Seated Strength Exercise
11:00 a.m.	Weights 101 Exercise Class
1:00 p.m.	Staff Spotlight: Prairie Star Team

Sunday, Sept. 19

10:30 a.m.	Sunday Church Service with Chaplain Patty Brown-Barnett
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Monday, Sept. 20

9:30 a.m.	Seated Strength Exercise
11:00 a.m.	Weights 101 Exercise Class
7:00 p.m.	Bingo

Tuesday, Sept. 21

9:30 a.m.	Sit & Be Fit Exercise Class
11:00 a.m.	Steady Yourself Exercise Class

Virtual Programming Opportunities

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.

Parkinson's Voice Class

Every Monday from 1:30 to 2:30 p.m.
To log into the class, use the following URL:
URL: <https://us02web.zoom.us/j/82844488642>
Meeting ID: 828 4448 8642

Memory Café

Wednesday, Sept. 30, at 11 a.m.
To join the meeting, use the following URL and Meeting ID.
URL: <https://us02web.zoom.us/j/88903923826>
Meeting ID: 889 0392 3826

Change & Loss Support Group

Every Monday from 2 to 3 p.m.
To participate, please email Kathleen at kspearman@meadowlark.org for the log-in information.

Parkinson's Exercise Class

Every Friday from 1 to 1:45 p.m.
To receive the log-in link, call Michelle Haub, Special Programs Leader, at (785) 323-3899.

Memory Care Partner Group

Every Wednesday 10 to 11 a.m.
Contact Bridget Larkin, LMSW, for log-in info at (785) 323-3837.



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	Sept. 20 ~ Lunch \$12	Dinner \$13
	BBQ Chicken Au Gratin Potatoes Vegetable du Jour	Beef Tips Fettuccine Garlic Toast Vegetable du Jour
MONDAY	Sept. 21 ~ Lunch \$10	Dinner \$12
	Quiche Lorraine Rice Pilaf Choice of Vegetable	Sautéed Chicken Grand Marnier <i>with Mushroom Sauce</i> Wild Rice Vegetable du Jour
TUESDAY	Sept. 22 ~ Lunch \$10	Dinner \$12
	Goulash Garlic Toast Choice of Vegetable	Chicken Fried Steak Mashed Potatoes & Gravy Vegetable du Jour
WED.	Sept. 23 ~ Lunch \$10	Dinner \$13
	Beef & Bean Burrito Mexican Rice Beans	Sautéed Pork Tenderloin <i>with Apple Chutney</i> Swiss & Green Onion Scalloped Potatoes Vegetable du Jour
THURS.	Sept. 24 ~ Lunch \$10	Dinner \$12
	Hot Turkey Sandwich Mashed Potatoes Choice of Vegetable	Lasagna Garlic Toast Vegetable du Jour
FRIDAY	Sept. 25 ~ Lunch \$10	Dinner \$14
	Catfish Po' Boy Cole Slaw French Fries	Grilled Shrimp Marinara Spaghetti Focaccia Bread Vegetable du Jour
SAT.	Sept. 26 ~ Lunch \$10	Dinner \$15
	Sausage Ham & Cheese Breakfast Casserole Hashbrowns Choice of Vegetable	Steak Baked Potato Vegetable du Jour



Meadowlark Entertainment Guide

Friday, September 18

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, 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 from 12:00, 9/18</i>
5:30 p.m.	Update with Lonnie Baker, CEO <i>Re-run from 12:30, 9/18</i>
7:00 p.m.	Beethoven Symphony No. 6: <i>West--Eastern Divan Orchestra</i>

Saturday, Sept. 19

9:00 a.m.	Comedy Club with Chris Clouds
9:15 a.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 9/18</i>
9:30 a.m.	Band Bust Exercise Class
2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club with Chris Clouds <i>Re-run episode from 9 a.m., 9/19</i>
3:15 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 9/18</i>

Update with Lonnie Baker

A new Meadowlark update with Lonnie Baker, CEO, will air on Channel 1960 at 12:30 p.m. tomorrow, Sept. 11, following the regularly scheduled News.

Beethoven: Symphony No. 6

Tune into Channel 1960 at 7 p.m. Friday, Sept. 18, and enjoy Beethoven's Symphony No. 6 performed by West-Easter Divan Orchestra. This performance was conducted by Daniel Barenboim on July 23, 2012.

Sunday, Sept. 20

9:00 a.m.	Sweat It Out Aerobics Exercise
10:30 a.m.	Sunday Church Service with <i>Chaplain Patty Brown Barnett</i> <i>Re-run episode from 9/13</i>
11:00 a.m.	Explained: <i>World's Water Crisis</i> <i>Re-run episode from 9/15</i>
12:00 p.m.	Update from CEO Lonnie Baker <i>Re-run episode from 9/18</i>
2:00 p.m.	Sunday Church Service <i>Re-run episode from 9/13</i>
3:00 p.m.	Guided Meditation

Monday, Sept. 21

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Solutions from 9/10

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

Bartender Scramble Solutions

- | | |
|-------------|---------------|
| 1. Grater | 9. Lowball |
| 2. Shot | 10. Whiskey |
| 3. Measure | 11. Gin |
| 4. Liqueur | 12. Funnel |
| 5. Tequila | 13. Strainer |
| 6. Muddler | 14. Towel |
| 7. Cocktail | 15. Flute |
| 8. Brandy | 16. Corkscrew |