

Back Together Again!



[top left] Tom and Angie Fryer enjoy Prairie Star Restaurant's September Dinner Theater event.

[top right] Nate Hernandez entertained guests during September's Dinner Theater events, which featured a very popular Peach Crème Brûlée with Mini Sugar Cookies *[center picture]*.

[above] Independent Living Resident Council met Monday, Sept. 14, which was the first council meeting since March.

Art Mingle

Online Bid & Give 2020

This year's primary fundraiser for Meadowlark Memory Program will be virtual. Meadowlark Foundation is partnering with a Lakeland, Fla., company called QGiv to present Art Mingle: Online Bid & Give. Qgiv has developed software which enables non-profits to more easily register event participants, manage peer-to-peer fundraising, and host virtual auctions. Bidding will begin Sept. 28 through Oct. 3 on the Givi app.

Paintings, prints, jewelry, and more may be viewed on a custom Art Mingle website at secure.qgiv.com/event/artmingle2020. The auction website offers photos, descriptions, and the value of auction items, with items also visible on one's phone with Givi.

In addition, at the Art Mingle site, there is a page highlighting Meadowlark Memory Program, and information and photos about our two featured artists: Zak Barnes and Louis Copt, both Kansas natives whose appreciation for the Flint Hills influences their work.

In addition to original works by Copt and Barnes, the auction features other fine art (paintings, prints, photographs), folk art, jewelry, hand-crafted items, and donations from local businesses.

Community First, National Bank, Goldstein Fund, Kellstrom Pharmacy, and Strecker Nelson West Gallery return as event sponsors. In addition, several other friends of Meadowlark Foundation have donated items to ensure the success of this event.

On Horse Sense

by Helen Roser

Due to the virus, crowds were not allowed at Churchill Downs for running of the Kentucky Derby this year. The horses were there and had approved their new starting gate.

No one had sought approval of the Garland of Roses that would be draped over the winning horse's neck. The philosophy of the designer of this year's garland apparently was: "If a little is nice, then a lot is wonderful."

Before the race, the garland was displayed, with stats: "400 roses. 20 pounds." The weight states was off. It took two men to show it. It was a huge mass on a wide base. Around the bottom, curly strings hung off.

On seeing the strings, I wanted to yell: "Wait! Let me get my scissors and cut those strings hanging off!" But I wasn't there.

The big race was run. The winning horse was walked into the Winner's Circle. The huge mass of roses was piled on the horse's neck, with the strings blowing in the wind, tickling the horse's hind legs.

Well, if they think he is going to put up with that, they don't know horses. As famous trainer Bob Baffert held his reins, the horse reared up on his hind legs, knocking his trainer flat.

Bob wasn't mad at the horse. He understood. He said: "He didn't like the ribbons that tickled his back legs."

Hopefully future designers of garland will show horses some respect.

What do YOU
CALL a BLIND
DINOSAUR?

(Do-you-think-he-saur-us)

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.

Walk Your Way Challenge

The Courtyard Walking Challenge is an ongoing, self-paced event designed to encourage physical activity. Each participant can track the number of courtyard laps that they complete and prizes will be awarded for reaching certain milestones.

Whether you are new to the challenge, or have already started, walk the perimeter of the courtyard and then record your laps in the Courtyard Walking Challenge binder in the Game Room. Blank forms can be found in the front of the binder, write your name on your lap sheet and place it in the appropriate alphabetized section.

For participants who have already completed laps, you can pick up right where you left off. The four destinations that walkers are striving for are: Wamego (225 laps), Abilene (645 laps), Lindsborg (1,380 laps) and Wichita (2,175 laps). For participant reference, 15 courtyard laps = one mile.

Outdoor Adventure

submitted by Sue Hunt

A walk to the Bayer Pond today gave me an opportunity to celebrate the coming of fall in the cool crisp morning weather.

September is the month of the Sunflower and Leon's Glen was the ablaze of gold from the top of the path to the bottom.

Then go further to where the full pond sparkles and makes the fish happy. Sit awhile, enjoy and don't forget to write your thoughts in the journal.

LEADER OF THE PACK!



Congrats to our September Leader of the Pack, Jon Thompson! In addition to his regular role in the Finance office, he has taken on many other jobs to help out over the past five plus months! Not only done what was expected of him within those jobs outside of his regular role, but has gone above and beyond to keep things going smoothly. Thank you Jon for your commitment, great attitude and willingness to lend a helping hand!

October Birthdays

Skilled Nursing

- 10/3 **Helen Clark**
- 10/3 Merle Schmidt
- 10/5 **Charles Schurle**
- 10/7 Evelyn Russell
- 10/10 Carol Winslow
- 10/13 Brenda Condray
- 10/17 David Bowers
- 10/25 Marie Doedyns

Assisted Living

- 10/6 Madlyn Rietcheck
- 10/8 Miles McKee

Independent Living

- 10/2 Glen Leitch
- 10/3 Betty Love
- 10/9 Carol Balding
- 10/11 Mary Lou Gibbs
- 10/13 **David Vanderbilt**
- 10/15 Ed Lindly
- 10/16 Pat Dunaway
- 10/21 Mike Sekal
- 10/23 Max Bayer
- 10/23 **Don Rasmussen**
- 10/23 Olivia Collins
- 10/24 Polly Ferrell
- 10/27 Dorothy Blacker

- 10/27 Mary Jane Swofford
- 10/30 Pat Vogt
- 10/31 Opal Phillips

Employees

- 10/1 Brianna Petersen
- 10/2 Aubrey Edds
- 10/2 Kyra Pinkston
- 10/3 Carrie Schlesinger
- 10/4 Mary Jo Eichman
- 10/4 Stephanie Williams
- 10/7 Brittany Hernandez
- 10/9 Amanda Quinsey
- 10/9 Caroline Davis
- 10/9 Danae Adams
- 10/10 Madison Altis
- 10/10 Nada Raef
- 10/11 Courtney Wohletz
- 10/12 Jon Thompson
- 10/12 Greta Wehrman
- 10/14 Carie Scott
- 10/14 Ally Buffum
- 10/14 Carlos Medina
- 10/15 Bridget Larkin
- 10/16 Alex Horak
- 10/17 Hannah Mathies
- 10/18 Rebekah Kryger
- 10/19 Kristi Cook



- 10/21 Kate Cashman
- 10/21 Lauren Zwiesler
- 10/21 Katy Hensley
- 10/22 Lisa Lawton
- 10/22 Betty Dishman
- 10/23 Alayna Noe
- 10/26 Cathy Bristol
- 10/27 Kimm Burton
- 10/27 Kim Ensley
- 10/30 Fran Bard
- 10/30 Kathleen Spearman
- 10/31 Weston Grant
- 10/31 Nadia Dupree Fogle

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

Face-to-Face Programming

Face-to-Face Programming Opportunities are available for independent living residents in the new Prairie Star Restaurant Event Center. Cottage/duplex residents must be screened at the Village Entrance before entering the building. **Masks are required.**

Bingo & Church Service: Call 323-3847 to sign up for each session. Advance sign-ups available.

Exercise Classes: Effective Sept. 21, reservations for exercise classes are not required. Class size is limited to 17 participants.

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. 25

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

Saturday, Sept. 26

11:00 a.m.	K-State Football Watch Party
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Sunday, Sept. 27

10:30 a.m.	Sunday Church Service with Chaplain Patty Brown-Barnett
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Monday, Sept. 28

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

Tuesday, Sept. 29

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

Wednesday, Sept. 30

9:30 a.m.	Seated Strength Exercise
11:00 a.m.	Weights 101 Exercise Class
2:00 p.m.	Staff Spotlight: TBD



October Dinner Theater

The first three Thursdays in October at 5:30 p.m. Event Center at Prairie Star Restaurant Space is limited. Please contact Prairie Star Restaurant at 323-3820 to make a reservation. Entertainment may vary from week to week.

- Greek Salad**
- Potato-Crusted Alaskan Cod**
with Beurre Rouge
- Roasted Yukon Gold Potatoes**
- Fresh Green Beans**
- Fruit Napoleon**

\$22 per person

Bring on the Cats!
KSU Football Watch Party
Saturday, Sept. 26
11 a.m.
Prairie Star Restaurant
Pub & Event Center
KSU Wildcats vs. Oklahoma Sooners

Snacks will be provided. Social distancing and masks are required. Please contact Monte Spiller at (785) 323-3801 with questions.

Virtual Programming

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

Michelle Haub, Special Programs Leader, is conducting a voice class each Monday from 1:30 to 2:30 p.m. During class, participants will engage in breathing, resonance, voice and body, and voicing exercises, as well as some reading and conversation.

To log into the class, use the following URL:

URL: <https://us02web.zoom.us/j/82844488642>

Meeting ID: 828 4448 8642

Memory Café

Join Michelle Haub, Special Programs Leader, for a live Zoom opportunity focused on reminiscing and social interaction. The next Memory Cafe will take place on 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

Join Bridget Larkin, LMSW, and Kathleen Spearman, LMSW, for the live and virtual Change and Loss Support Group each 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

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 electronic device with video capability. The class meets each Friday from 1 to 1:45 p.m. To receive the log-in link, call Michelle at (785) 323-3899.

Memory Care Partner Group

Join the weekly Zoom meeting for the Memory Care Partner Support Group from 10 to 11 a.m. each Wednesday. The group is led by Bridget Larkin, LMSW. Contact Bridget for the log-in information by calling (785) 323-3837.

Event Center Reserved

Beginning Tuesday, Oct. 6, healthcare household residents will be utilizing the Event Center in Prairie Star Restaurant every Tuesday, Wednesday, and the fourth Monday from 4 to 6:30 p.m. The entrance to Prairie Star Restaurant will be roped off during this time.

It is imperative that independent living residents do not make contact with the household residents. This includes the time while they are entering the Event Center from the parking lot. The households are able to host these outing opportunities with the assurance that it can be accomplished in a safe manner and without additional contact with residents or employees not living or working directly within the household.

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.

Courtyard Music & Television System

The Courtyard Music and Television System may be turned on using the controls located at the Courtyard Bar. Residents are encouraged to utilize these features. Please be considerate of Sloan House residents in regards to the volume level. Sound should be turned off at 8 p.m., game time dependent. If you have questions, please contact Monte Spiller at (785) 323-3801.

Work That Brain!

ACROSS

- 1. Preserves
- 6. Pitcher
- 10. Hack
- 14. Underway
- 15. Rant
- 16. Protagonist
- 17. Formula 1 driver
- 18. Midmonth date
- 19. "What a shame!"
- 20. Pearlescent
- 22. Barbershop emblem
- 23. "Eureka!"
- 24. Flat floating vessels
- 26. Glutinous
- 30. Subarctic coniferous forests
- 32. Deck
- 33. Improvised construction
- 37. Dribble
- 38. Constructed
- 39. Roman moon goddess
- 40. Pauses
- 42. Test versions
- 43. Gloats
- 44. Indicate
- 45. Injure
- 47. Pal
- 48. A crumbling earthy deposit
- 49. Symbolic
- 56. Diva's solo
- 57. Knockout
- 58. Flooded
- 59. Lascivious look
- 60. Moving within
- 61. Electrical pioneer
- 62. Lazily
- 63. Require
- 64. Glacial ridge

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			

DOWN

- 1. Indian dress
- 2. A long way off
- 3. Hubs
- 4. Pigeon-__
- 5. Marked by stripes
- 6. Genus of heath
- 7. Walk in water
- 8. Not odd
- 9. Restrain
- 10. Brought low in spirit
- 11. Serf
- 12. Not written exams
- 13. Sit for a photo
- 21. Timid
- 25. Since
- 26. Cumberbund
- 27. Tall woody plant
- 28. Angers
- 29. Pertaining to an ecclesiastical chapter
- 30. Attempts
- 31. Afflicts
- 33. Backside
- 34. Car
- 35. Annoying insect
- 36. Leisure
- 38. Gold brocaded silk fabric
- 41. 2,000 pounds
- 42. Sexual partner
- 44. Fitting
- 45. Squandered
- 46. Bay window
- 47. A bodily fluid
- 48. A landlocked African republic
- 50. Head of hair
- 51. 8 bits of data
- 52. Amazes
- 53. Chore
- 54. Small island
- 55. Blacken



Take a long moment to look closely at this image. Then ask yourself, what is going on in this picture? Any thoughts you have about this image are worth mentioning. Be sure and include in your comments what you see that gives you these ideas.

More to think about... What is going on in the background of this picture? If you could sit down next to this person and visit with them, what would you like to talk about?

See Page 10 for artist information.

Grosh Cinema Movies

Sunday, Sept. 27, to Saturday, Oct. 3

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

Sunday, Sept. 27—Set It Up (2018)

In desperate need of a break from the office, two assistants team up to trick their workaholic bosses into falling in love. **Co-Starring: Zoey Deutch, Glen Powell & Lucy Liu**
Rated PG-13; 1 hr. 45 min.

Monday, Sept. 28— Little Women (2019)

The writings of Louisa May Alcott unfold as the author's alter ego, Jo March, reflects back and forth on her fictional life. In this adaptation, the beloved story of the March sisters are determined to live life on their own terms. **Co-Starring: Saoirse Ronan, Emma Watson & Florence Pugh**
Rated PG; 2 hr. 15 min.

Tuesday, Sept. 29— Olympus Has Fallen (2013)

A disgraced Secret Service agent must come to the rescue when Korean terrorists descend on the White House and take the president hostage. **Co-Starring: Gerard Butler, Morgan Freeman & Aaron Eckhart**; Rated R for violence; 1 hr. 59 min.

Wednesday, Sept. 30—Ford v Ferrari (2019)

American car designer Carroll Shelby and the fearless British-born driver Ken Miles together battle corporate interference and the laws of physics to build a revolutionary race car and take on Enzo Ferrari at the 24 Hours of Le Mans in France in 1966. **Co-Starring: Christian Bale, Matt Damon & Caitrona Balfe**; Rated PG-13; 2 hr. 32 min.

Thursday, Oct. 1—Mowgli: Legend of the Jungle (2019)

Torn between two worlds, he's on a treacherous quest to discover who he really is, and the hero he's meant to become. **Co-Starring: Rohan Chand, Cate Blanchett & Benedict Cumberbatch**
Rated PG-13; 1 hr. 44 min.

Friday, Oct. 2—Notting Hill (1999)

A chance encounter brings together reserved bookstore owner and Hollywood icon, who forge an improbable romance. Can their love overcome all the pretense -- and the flash of the paparazzi?
Co-Starring: Julia Roberts, Hugh Grant & Emma Chambers
Rated PG-13; 2 hr. 4 min.

Saturday, Oct. 3—A Beautiful Day in the Neighborhood

After a jaded magazine writer, Tom Junod, is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about kindness, love and forgiveness from America's most beloved neighbor.
Co-Starring: Tom Hanks, Matthew Rhys & Susan Kelechi Watson, Rated PG; 1 hr. 48 min.

*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. No prior sign up is required.*

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. 27 ~ Lunch \$12	Dinner \$12
	Cornflake Ranch Baked Chicken Scalloped Potatoes Vegetable du Jour	Ham & Bean Soup Cornbread Vegetable du Jour
MONDAY	Sept. 28 ~ Lunch \$10	Dinner \$12
	Hot Brown Sandwich Choice of Vegetable	Cajun Braised Chicken Red Beans & Rice Vegetable du Jour
TUESDAY	Sept. 29 ~ Lunch \$10	Dinner \$13
	Chicken Quesadilla Black Beans Spanish Rice	Slow Roasted Pork Butt Green Chili Stew Warm Tortillas Vegetable du Jour
WED.	Sept. 30 ~ Lunch \$11	Dinner \$13
	Pesto Shrimp Sandwich <i>with Spinach & Marinara</i> Pasta Salad Choice of Vegetable	Sautéed Chicken Breast <i>braised in Hunter's Sauce</i> Wild Rice Vegetable du Jour
THURS.	Oct. 1 ~ Lunch \$10	Dinner \$12
	Ginger Honey Glazed Chicken Wings Steamed Rice Choice of Vegetable	French Onion Smothered Pork Chops Dijon Scallions Potato Salad Vegetable du Jour
FRIDAY	Oct. 2 ~ Lunch \$10	Dinner \$14
	Fish & Chips Coleslaw	King Salmon Florentine en Croute Roasted Red Potatoes Vegetable du Jour
SAT.	Oct. 3 ~ Lunch \$10	Dinner \$15
	BBQ Pulled Pork Sandwich French Fries Pasta Salad	Beef Tenderloin <i>with Béarnaise Sauce</i> Duchess Potatoes Vegetable du Jour



Meadowlark Entertainment Guide

Friday, September 25

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:45 a.m.	Crazy Cooks: Cornbread <i>Re-run episode from 9/22</i>
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, 9/25</i>
5:30 p.m.	Update with Lonnie Baker, CEO <i>Re-run from 12:30, 9/25</i>

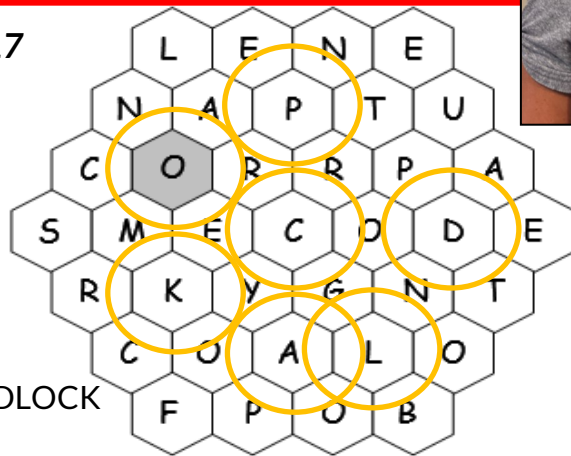
Saturday, September 26

9:00 a.m.	Comedy Club with Chris Clouds
9:15 a.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 9/25</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., 9/26</i>
3:15 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 9/25</i>

Solution from 9/17

- romance—O
- bologna—L
- partner—P
- grocery—C
- notepad—D
- mockery—K
- apology—A

BUZZWORD: PADLOCK



Sunday, September 27

9:00 a.m.	Sweat It Out Aerobics Exercise
10:30 a.m.	Worship Service with Chaplain Patty Brown Barnett <i>Re-run episode from 9/23</i>
11:00 a.m.	Explained: Stock Market <i>Re-run episode from 9/22</i>
12:00 p.m.	Update from CEO Lonnie Baker <i>Re-run episode from 9/25</i>
2:00 p.m.	Worship Service <i>Re-run episode from 9/23</i>
2:45 p.m.	Guided Meditation
3:00 p.m.	Chair Yoga—NEW!

Monday, September 28

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

Update with Lonnie Baker

A new Meadowlark update with Lonnie Baker, CEO, will air on Channel 1960 at 12:30 p.m. tomorrow, Sept. 25, following the regularly scheduled News.



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!

Artist information from page 7

Pablo O'Higgins, Cautla Market, 1947, Lithograph on paper, KSU, Marianna Kistler Beach Museum of Art, 2000.232