

Special Programs Return to Campus



The Special Programs team will start phasing back into in-person programming beginning Monday, Oct. 5. Michelle Haub, Special Programs Leader, and Bridget

Larkin, Social Services Leader, will be offering a couple of face-to-face opportunities next week. Each program will meet in Prairie Star Restaurant's Event Center. No prior sign up is required.

Parkinson's Exercise will offer classes on Tuesdays and Fridays at 1 p.m. A weekly Memory Activities Class will resume on Tuesday, Oct. 6, at 2 p.m.

Memory Café will meet at 1 p.m. Wednesday, Oct. 7.

ARTful Memories will meet in the Event Center Wednesday, Oct. 14, at 1 p.m. Join Kim Richards from the Beach Museum of Art as she leads the group in Visual Thinking Strategies.

Additionally, Bridget will be the Staff Spotlight for Thursday, Oct. 8, at 1 p.m. Michelle will be featured in the Staff Spotlight Thursday, Oct. 15, at 1 p.m.

Voice Class and Memory Care Partners Support Group will remain virtual at this time. Please see page 5 of this Messenger for dates, times, and log-in information. If you have questions regarding Meadowlark Parkinson's Program and/or Meadowlark Memory Program, please contact Michelle at (785) 323-3899.

Chaplain Returns to Campus



Chaplain Patty Brown-Barnett is returning to campus! At this time, Patty will be at Meadowlark each Sunday, Monday, and Thursday.

Tuesdays and Wednesdays she will continue to work remotely.

Patty can be contacted via phone on both on and off campus days at (785) 320-2565.

Face-to-face Worship Service is offered in the Event Center every Sunday at 10:30 a.m. Please sign up at the Hospitality Desk. Masks are required.

Televised Worship Service now premieres with a new sermon every Wednesday at 11:30 a.m. on Channel 1960. Re-runs of the Wednesday Worship Service will air at 10:30 a.m. and 2 p.m. the following Sunday.

Mail-in Ballot Voting Information

Believe it or not—Election Day, Tuesday, Nov. 3, will arrive! The last day to register to vote is Tuesday, Oct. 13. Early voting will take place in the Courthouse annex from 8 a.m. to 5 p.m. beginning Oct. 14.

If you have requested a mail-in ballot, it will be mailed to you starting on Wednesday, Oct. 14. Due to the influx of mail through postal service during election season, it is important to be ready to complete and return your ballot quickly—do your homework now and know who you're voting for. Beginning Oct. 5, sample ballots can be found at rileycountyks.gov or you can request a copy from the Hospitality Desk.

Once you've completed and sealed your ballot:

1. **Mail:** Drop in a USPS mail slot for regular mail delivery.
2. **Courthouse Drop Box:** There is a ballot drop box labeled "Riley County Drop Box" (**NOT** the PO Box) outside of the Courthouse annex that you can put your ballot in. The ballot drop box is on the north side behind the PO Box. You can do this between 8 a.m. and 5 p.m. starting Wednesday, Oct. 14.
3. **Coordinate a Drop-Off:** If you are unable to drive yourself or do not want to go inside the courthouse, you can arrange a ballot drop-off through the Hospitality Desk. Once you have your ballot sealed, you will be able to authorize another person to deliver it to the Courthouse annex drop box for you.

Watch for information in future Messengers regarding specific dates and times that you may leave your ballot with an authorized deliverer.

A Message from the Employee Gift Committee

submitted by Leo Lake, Committee Chair

It's time to contribute to our annual staff appreciation gift fund that offsets our no-tipping policy. In this year of COVID, though, it's been a difficult, new experience for everyone—for residents, and for staff members and their families.

Our outstanding staff have been unusually caring in keeping residents safe, with their extra deliveries, maintenance, and other services—all done with smiles behind those masks! So this time we need to be especially grateful with our gifts, recognizing the extra measures, and even sacrifices, they have made doing their jobs for the Meadowlark family.

Residents and friends need to make their own decisions about giving, but we all need to remember that it's for a WHOLE YEAR. And we encourage giving with gratitude and joy in this unusual time. Giving is totally private, as gifts go directly to the bank. Keep in mind that they are not tax deductible. Send your check, payable to the Employee Gift Fund, to the Meadowlark Hospitality Desk at 2121 Meadowlark Road, Manhattan, KS 66502—or drop it off in the box in Meadowlark's lobby. In addition to this notice, messages will be sent individually to residents and Passport members. The deadline for giving is Oct. 31.

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. . Those nominating should first contact the potential nominee to ensure they would be willing to serve. Nominations forms are available through 5 p.m. tomorrow, Oct. 2. There is 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.

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.



BINGO Theme Nights!

If you thought BINGO couldn't get any more exciting, think again! Once a month, we will be having BINGO theme nights! During the second Monday of each month, special themes will be planned. Game play will resume as normal, with the added excitement of decorations, music, and prizes to fit the theme!

The first BINGO theme night starts at 7 p.m. Monday, Oct. 12, in the Event Center. The theme will be *Hawaiian Luau*, so feel free to break out your bright colors and tropical shirts and dress for the occasion! Residents should sign up in advance and only 20 spots are available. Sign-ups will open for the October theme night on Tuesday, Oct. 6.

Player buy-in is \$1 for the use of two playing cards. Monthly themes will be announced in the Messenger. For questions, please call Jana at (785) 323-3847. Aloha!



Featured paintings now on display

Four paintings provided by Art Mingle featured artists Zak Barnes and Louis Copt now may be viewed in the Prairie Star Event Center. (Not sure if this is how we are referring to this space.) The paintings arrived at Meadowlark on Monday, and rather than tuck them away during the online auction, they are temporarily on display near the bar where they may tempt potential bidders and prompt discussion.

To date, more than 40 have registered for Art Mingle: Online Bid & Give, and several of the 20 donated items are attracting bids. The auction is open through 1 p.m. on Saturday, Oct. 3. Art Mingle proceeds benefit Meadowlark Memory Program, which offers free services and enrichment opportunities to persons with cognitive changes and their care partners.

Thanks to the generosity of a couple of participants, one of the Memory Program’s two “Fund-a-Need” items was fully funded soon after bidding and giving opened on Monday. Donations totaling \$2500 will enable the program to purchase 50 MP3 players with headphones to offer a type of personalized music therapy called Music & Memory. Through this well-tuned program, customized playlists are created for persons with Alzheimer’s and other forms of dementia and then the requested music is loaded onto the MP3 players. Persons with cognitive loss listen to “their” music in the hopes of improving their overall health and well-being. Research has shown music therapy results in participants displaying less agitation and an overall better mood.

If you’d like to participate in the auction, you’re not too late. Follow this link to view the auction and register as a Virtual Bidder: <https://secure.qgiv.com/event/artmingle2020/>

If you’d like to bid and/or give, download Givi, a free bidding app, onto your smartphone. The weekday concierges have been trained to assist with this process. Don’t have a smartphone? Jana Armfield and Michele Riter can bid for you. Call them at (785) 323-3847 or contact Becky Fitzgerald, Development Director, at (785) 323-3843 with any questions.

TV GUIDE Meadowlark Entertainment Guide

Friday, Oct. 2

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
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</i>
5:30 p.m.	Update with Lonnie Baker <i>Re-run from 12:30, 10/2</i>

Saturday, Oct. 3

9:15 a.m.	Update from Lonnie Baker <i>Re-run episode from 10/2</i>
9:30 a.m.	Band Bust Exercise Class
2:00 p.m.	Band Bust Exercise Class
3:15 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 10/4</i>

Sunday, Oct. 4

9:00 a.m.	Sweat It Out Aerobics
10:30 a.m.	Worship Service <i>Re-run episode from 9/30</i>
11:00 a.m.	Explained: <i>Racial Wealth Gap</i> <i>Re-run episode from 9/29</i>
12:00 p.m.	Update from Lonnie Baker <i>Re-run episode from 10/4</i>
2:00 p.m.	Worship Service <i>Re-run episode from 9/30</i>
2:45 p.m.	Guided Meditation
3:00 p.m.	Chair Yoga—NEW!

Monday, Oct. 5

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

Meadowlark staff members have been wearing masks since April, having to hide their smiles. Until now!! Thank you J & C Imaging, G Thomas Jewelers, and NZone Sportswear for your sponsorship of 160 Smile MHK Buttons for Meadowlark caregivers!



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.

Monday, Oct. 5

1:30 p.m.	Parkinson's Voice Class URL: https://us02web.zoom.us/j/82844488642 Meeting ID: 828 4448 8642
2:00 p.m.	Change & Loss Support Group Email Kathleen at kspearman@meadowlark.org for the log-in information.

Wednesday, Oct. 7

10:00 a.m.	Memory Care Partner Support Group Contact Bridget Larkin, LMSW for the log-in information by calling (785) 323-3837.
1 p.m.	Memory Cafe URL: https://us02web.zoom.us/j/88903923826 Meeting ID: 889 0392 3826

Beach Museum of Art: Livestream Event

The next Beach Museum of Art Livestream Event will be a presentation by Tom Folk, co-curator, titled, "Waylande Gregory: Art Deco Ceramics and the Atomic Impulse." The talk will begin at 5:30 p.m. Thursday, Oct. 8.

Waylande Gregory (1905-1971), a native of Baxter Springs, Kan., was one of the most innovative and prolific Art Deco ceramic sculptors of the twentieth century. Independent curator Tom Folk provides and introduction to the museum's virtual retrospective exhibition of the artist.

Join the free program via Zoom. To register in advance, visit the Beach Museum website at <https://beach.k-state.edu/>. After registering, you will receive a confirmation email with information about how to join the program.

Memory Engagement Opportunities for Wellness

submitted by Michelle Haub, Special Programs Leader

For National Coffee Day, we talked about our memories of sharing coffee with others, maybe writing or reading special books/articles, learning to do something new over coffee. Please share your memories with us! You can leave it at the concierges' desk or email mhaub@meadowlark.org.

Work on your long-term and short-term memory while celebrating National Coffee Day by matching the slogan on the left to the brand on the right!

Good to the last drop

It's happiness in a cup

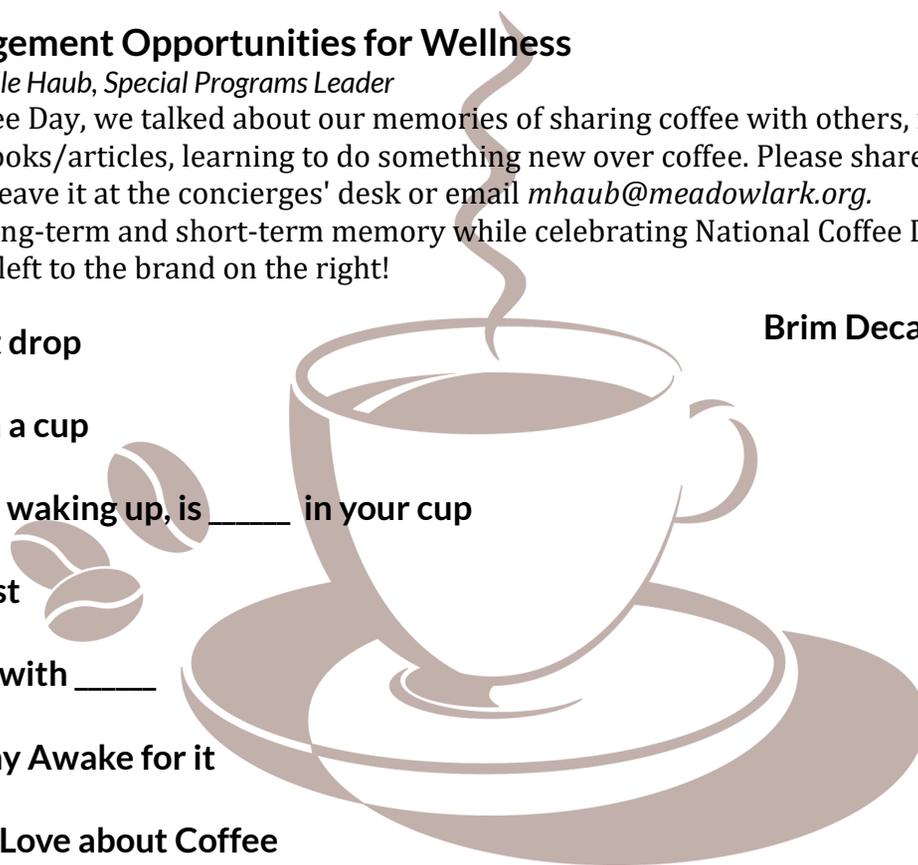
The best part of waking up, is _____ in your cup

Coffee at its Best

Fill it to the rim with _____

Life is Short, Stay Awake for it

Everything You Love about Coffee



Brim Decaffeinated Coffee

Folgers

Caribou Coffee

Maxwell House

Dunkin' Donuts

Sanka Coffee

Nescafe

Work That Brain!

Solution from 9/24

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

- DESERT
- BEACH
- FESTIVAL
- GRAVES
- MEXICO
- SEÑORITA
- HOPE
- PACIFIC
- BELIZE
- VOLCANO
- CORN
- JAGUAR
- NORTH
- CAPITAL
- AZTECS
- DAY OF DEAD
- CATTLE
- PALENQUE
- AMIGO
- PLAINS

Mexico

C	L	E	E	R	N	P	A	L	E	N	Q	U	E
A	D	P	Z	S	S	R	P	I	P	L	I	N	N
P	P	C	I	N	E	E	O	A	E	U	E	O	O
I	O	E	L	Y	N	A	L	C	C	A	G	C	P
T	C	D	E	B	O	F	E	S	T	I	V	A	L
A	I	C	B	E	R	T	L	C	M	T	F	I	C
L	X	V	I	A	I	R	I	A	G	T	O	I	E
P	E	O	P	C	T	E	T	H	O	P	E	F	C
L	M	L	A	H	A	S	C	A	Z	T	E	C	S
A	I	C	O	D	A	E	D	F	O	Y	A	D	N
I	G	A	C	O	L	D	E	Q	N	I	I	A	T
N	E	N	R	Z	S	Z	L	G	R	A	V	E	S
S	D	O	C	S	I	O	H	T	R	O	N	C	S
X	C	A	T	T	L	E	J	A	G	U	A	R	S

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.

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

Abstract... art can be a puzzle for many of us. When we attempt to find something recognizable in this type of art and we do not, it is easy to walk away. I once read someone liken looking at abstract art to the way you would listen to a symphony. Just let your eye roam around and through the artwork like you would let the music wash over your being. What does your mind like or not like? Are the color combinations pleasing to you? Does your eye abruptly stop in one place or smoothly travel across the image? How does this artwork make you feel?



Colette Stuebe Bangert

Old Oak Leaves Red Budded, March 1969

Acrylic on canvas, KSU, Marianna Kistler Beach Museum of Art, gift of Colette Stuebe Bangert and Charles Jeffries Bangert, 2018.65

Grosh Cinema Movies

Sunday, Oct. 4 – Saturday, Oct. 10

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

Sunday, Oct. 4 – Les Misérables (2012)

The musical version of Victor Hugo's epic tale of love and sacrifice. The era of the French Revolution is the backdrop to Jean Valjean's long struggle for redemption. **Co-Starring: Hugh Jackman, Russell Crowe & Anne Hathaway; Rated PG-13; 2 hr. 37 min.**

Monday, Oct. 5 – The Social Network (2010)

This biographical drama chronicles the rise of Facebook CEO Mark Zuckerberg from Harvard student to Internet superstar. As the entrepreneur is driven to succeed, his personal relationships suffer and he lands in legal trouble. **Co-Starring: Jesse Eisenberg, Andrew Garfield & Justin Timberlake; Rated PG-13; 2 hr.**

Tuesday, Oct. 6 – Emma (2020)

Beautiful, clever, and rich, Emma Woodhouse is a restless "queen bee" without rivals in her sleepy little English town. In this glittering satire of social class, she navigates the challenges of growing up and romantic missteps to realize the love that has been there all along.

Co-Starring: Anya Taylor Joy, Johnny Flynn & Bill Nighy; Rated PG; 2 hr. 4 min.

Wednesday, Oct. 7 – War Horse (2011)

This majestic World War I drama centers on Devon lad Albert and his steadfast horse, Joey, whose faithful bond cannot be shaken, **Co-Starring: Emily Watson, David Thewlis & Peter Mullan**
Rated PG-13; 2 hr. 26 min.

Thursday, Oct. 8 – HUGO (2011)

When his father dies, Hugo takes up residence behind the walls of a Parisian train station. There, he meets Isabelle, the daughter of filmmaker Georges Méliès, who holds the key to Hugo's destiny.

Co-Starring: Ben Kingsley, Sacha Baron Chen & Asa Butterfield
Rated PG; 2 hr. 7 min.

Friday, Oct. 9 – The Blind Side (2009)

Affluent couple Leigh Anne and Sean Tuohy take in Michael, a homeless teenager. Leigh Anne helps him catch up academically and nurtures his growth into a football powerhouse.

Co-Starring: Sandra Bullock, Quinton Aaron & Tim McGraw; Rated PG-13; 2 hr. 6 min.

Saturday, Oct. 10 – A Knight's Tale (2001)

William Thatcher persuades a scribe to forge documents passing him off as a bona fide knight -- who soon becomes a jousting star while finding romance with an admiring princess.

Co-Starring: Heath Ledger, Rufus Sewell & Shannyn Sossamon; Rated PG-13; 2 hr. 12 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	Oct. 4 ~ Lunch \$14	Dinner \$12
	Braised Beef Brisket <i>with Wild Mushroom Sauce</i> Hashbrown Casserole Vegetable du Jour	Sautéed Chicken Breast <i>with Lemon Basil Cream Sauce</i> Wild Rice Vegetable du Jour
MONDAY	Oct. 5 ~ Lunch \$10	Dinner \$13
	Spaghetti & Meat Sauce Garlic Toast Choice of Vegetable	Pork Tenderloin Piccata Risotto Vegetable du Jour
TUESDAY	Oct. 6 ~ Lunch \$10	Dinner \$13
	Fried Pork Tenderloin Sandwich Potato Salad Choice of Vegetable	Beef Stroganoff Noodles Vegetable du Jour
WED.	Oct. 7 ~ Lunch \$11	Dinner \$14
	Tamale Pie Refried Beans Rice	Trout Almondine Twice Baked Potato Vegetable du Jour
THURS.	Oct. 8 ~ Lunch \$10	Dinner \$12
	Roast Beef Panini <i>with Swiss Cheese & Caramelized Onions</i> Coleslaw Choice of Vegetable	Meatloaf <i>with Glaze</i> Smoked Gouda Mashed Potatoes Vegetable du Jour
FRIDAY	Oct. 9 ~ Lunch \$10	Dinner \$12
	BLT <i>with Avocado</i> French Fries Choice of Vegetable	Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour
SAT.	Oct. 10 ~ Lunch \$10	Dinner \$15
	Meatball Sandwich French Fries Choice of Vegetable	Steak Baked Potato Vegetable du Jour

Weekly *Face-to Face* Opportunities Calendar Oct. 2 to Oct. 10

Friday • Oct. 2

9:30 a.m. ~ Seated Strength, PS EC
11:00 a.m. ~ Weights 101, PS EC

Saturday • Oct. 3

2:30 p.m. ~ KSU Football Watch Party, PS EC & Pub

Sunday • Oct. 4

10:30 a.m. ~ Worship Service, PS EC

Monday • Oct. 5

9:30 a.m. ~ Seated Strength, PS EC
11:00 a.m. ~ Weights 101, PS EC
7:00 p.m. ~ Bingo, PS EC

Tuesday • Oct. 6 *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 • Oct. 7

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 • Oct. 8

9:30 a.m. ~ Sit & Be Fit, PS EC
11:00 a.m. ~ Steady Yourself, PS EC
1:00 p.m. ~ Staff Spotlight: Bridget Larkin, PS EC
5:30 p.m. ~ Dinner Theater, PS EC

Friday • Oct. 9

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 • Oct. 10

3:00 p.m. ~ KSU Football Watch Party, PS EC & Pub

*Meadowlark News and Announcements
can be viewed on Channel 1960*

Face-to-Face Opportunities are open to independent living residents in the new Prairie Star Restaurant Event Center (PS EC). When entering the main building for events, residents must be screened. Masks are required.

Fitness Equipment Available for Use

Cardiovascular fitness equipment is available to use in the Community Room. Exercise sessions will be 30 minutes, with only two people allowed into the Community Room per session.

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.



October Dinner Theater

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

*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.*

\$22 per person