



MEADOWLARK

Messenger

Oct. 15, 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**



Ready for a Change

by Michele Riter, Community Relations Assistant

Fall, autumn, the finale of summer sunshine—it is a season marked with change. Everything begins to change. The temperature changes to a cool breeze, the colors change to bright pigments, the plans for the upcoming months change to talk of holidays, the clothes hanging in the closet change to long sleeves and cozy jackets.

Whether we like it or not, change is inevitable. But it can also bring a new perspective if we let it. Some may see fall as the time of year where everything is dying, preparing for the cold hibernation of winter. Instead, we can view it as the opportunity for something new to come. If we reflect on the change, we can see how truly beautiful October, the season of change, can be.

~ An excerpt from *Anne of Green Gables* by Lucy Maud Montgomery: “October was a beautiful month at Green Gables, when the birches in the hollow turned as golden as sunshine and the maples behind the orchard were royal crimson and the wild cherry trees along the lane put on the loveliest shades of dark red and bronzy green, while the fields sunned themselves in aftermaths.

Anne reveled in the world of color about her. ‘Oh, Marilla,’ she exclaimed one Saturday morning, coming dancing in with her arms full of gorgeous boughs, ‘I’m so

glad I live in a world where there are

Octobers. It would be terrible if we just skipped from September to November, wouldn’t it? Look at these maple branches. Don’t they give you a thrill—several thrills?’”



It’s HOGtoberfest season! Cox Bros. BBQ again is our host for this 7th annual event planned from 11 a.m. to 9 p.m. Thursday, Oct. 29. A portion of the proceeds from the sales will benefit Meadowlark Good Samaritan Fund, so plan now to enjoy lunch or dinner from Cox Bros. later this month.

There will be a pork and chicken slider buffet at lunch time, and hog roast buffet beginning at 5 p.m.

There are a few ways you can get into the HOGtoberfest spirit prior to the big day. Following the 2020 trend of change and adaptation during COVID-19, there have been a few updates to longtime features of the event.

1. Purchase **Cash & More Raffle** tickets. For \$5 a ticket, buyers will have the opportunity to win the following prizes (sponsored by Manhattan Appliance & Sleep Source, GTB Custom Meats in

Riley, Kan., and HCI Hospitality): 1st prize: \$2000 cash; 2nd prize: Traeger “Ranger” Portable Pellet Grill, valued at \$430; 3rd prize: 40-Pound Pork Bundle, valued at \$160; 4th prize: \$50 gift cards to Cox Bros. BBQ, Coco Bolos, and Powercat Grill. Tickets are available now at the Hospitality Desk or online.

2. Reserve a custom **HOGtoberfest face mask** for \$5. Meritrust Credit Union, a longtime sponsor of the event, has ordered the must-have accessory of the season. Limited supplies.

3. A small number of **HOGtoberfest T-shirts** are available in either a short- or long-sleeve option. Reserve a short-sleeve shirt for \$15, and a long-sleeve for \$18. To reserve either a mask or T-shirt, or purchase raffle tickets, visit or call the Hospitality Desk at (785) 323-3847.

REMINDER—Meadowlark Staff Gift

submitted by the Employee Gift Committee

Saturday, Oct. 31, is the closing date for the annual appreciation gift to our ever-helpful Meadowlark staff. It's time to send your check!

This tradition means so much to our outstanding staff, and this year we want to show extra appreciation for their caring attention as they handle the stress of the coronavirus so skillfully.

Place your envelope in the box at the Hospitality Desk, or mail to the Hospitality Desk at 2121

Meadowlark Road, Manhattan, KS, 66502. Make your check payable to Employee Gift Fund. Thank you and stay safe.

Courtyard Maintenance

A painter will work in the Courtyard to apply stain today, Oct. 15, and Friday, Oct. 16. Residents and staff should remain out of the Courtyard on these days. The scheduled maintenance is weather dependent.

2021 Part D Open Enrollment

by Rita Harsch, Financial Counselor
As in years past, Meadowlark has hosted Part D Open Enrollment, but this year is different for sure. Here is some information that I hope helps each of you to make a decision on your Part D plans for the year 2021.

Each year, you have from Oct. 15 to Dec. 7 to review your current Part D plan to see if this current plan will meet your prescription needs in 2021. Please review any information you may have received in the mail letting you know what your new monthly premium will be in 2021.

If you need assistance with reviewing your drug plan for 2021, please contact the following:

- ~ North Central Area Agency on Aging (Manhattan), 785-776-9294
- ~ Riley County Extension Office (Manhattan), 785-537-6350.

Additionally, Rita can be reached at (785) 323-3891 with questions about this process.

YOU'RE INVITED TO A
Murder Mystery
DINNER THEATER PARTY!

THURSDAY, OCT. 29
AT 5:30 P.M.
EVENT CENTER

STARTER ~ Pumpkin Soup in Acorn Squash with Crème Fraîche

SALAD ~ Red Pepper Jack-o-Lantern & Mixed Greens

ENTRÉE ~ Herb-Crusted Rack of Lamb, Spaghetti Squash with Tomato, & Smashed Garlic Yukon Gold Potatoes

DESSERT ~ Chocolate Mousse Cake

*Space is limited.
Please contact Prairie Star Restaurant at 323-3820 to make a reservation.*

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.

Friday, Oct. 16

| | |
|--------|---|
| 1 p.m. | Parkinson's Exercise Class URL: us02web.zoom.us/j/87980256567 Meeting ID: 879 8025 6567 |
|--------|---|

Monday, Oct. 19

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

Tuesday, Oct. 20

| | |
|--------|---|
| 1 p.m. | Parkinson's Exercise Class URL: us02web.zoom.us/j/87980256567 Meeting ID: 879 8025 6567 |
| 2 p.m. | Memory Activities Class URL: us02web.zoom.us/j/82043111342 Meeting ID: 820 4311 1342 |

Wednesday, Oct. 21

| | |
|---------|--|
| 10 a.m. | Memory Care Partner Support Group Contact Bridget Larkin, LMSW for the log-in info by calling (785) 323-3837. |
| 1 p.m. | Memory Café URL: ksu.zoom.us/j/92215181862 Meeting ID: 922 1518 1862 |

Friday, Oct. 23

| | |
|--------|---|
| 1 p.m. | Parkinson's Exercise Class URL: us02web.zoom.us/j/87980256567 Meeting ID: 879 8025 6567 |
|--------|---|

Football Word Scramble Answers from 10/8

- | | | |
|-------------|----------------|-----------|
| 1. Guard | 5. Punt | 9. Score |
| 2. Huddle | 6. Linebacker | 10. Drive |
| 3. Center | 7. Quarterback | |
| 4. Halftime | 8. Down | |

Fitness Equipment

Some fitness equipment is available to use in the Community Room. Exercise sessions are limited to 30 minutes.

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.

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.

Card Shower for Brook

Help celebrate Brook Marcotte, Dining and Event Services Leader, with a card shower! Brook is expecting Mini Marcotte No. 2 this month!

If you would like to have a card delivered to her and her family, please bring one to the Hospitality Desk by Monday, Oct. 19. No gifts please.

Crossword solution from 10/8

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

Color... is used by artists in many ways. It can set a mood, create contrast, provide symbolism and define a season. Many artists blend their paints to acquire a desired color before applying it to the canvas. Sven Birger Sandzen preferred to use pure colors that deflect off each other but, at a distance allow for “optical blending” and create intense vibrant results. Below is the color palette that Sandzen used. Do you see these hues in the artwork? Do you see additional colors as well?



Sven Birger Sandzen

***Autumn on the Blue River*, 1930, Oil on canvas**

KSU, Marianna Kistler Beach Museum of Art, bequest of President & Mrs. Francis Farrell, 1986.16

Work That Brain!

Human Rights

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

- PRIVACY
- LIBERTY
- UNIVERSAL
- SPEECH
- INFORMATION
- LIFE
- RIGHTS
- EXPLOITATION
- RELIGION
- TRAVEL
- JUSTICE
- CHILDREN
- DIGNITY
- EQUALITY
- BELIEFS
- MARRIAGE
- PROPERTY

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.

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

What type of music do ghosts listen to?

Rhythm and Boo's!



Grosh Cinema Movies

Sunday, Oct. 18 – Saturday, Oct. 24

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

Sunday, Oct. 18— Miracle (2004)

Focused on achieving the impossible at the 1980 Winter Olympics, brash U.S. hockey coach unites a motley group of college athletes and turns them into a force to be reckoned with.

Co-Starring: Kurt Russell, Patricia Clarkson & Noah Emmerich; Rated PG; 2 hr. 16 min.

Monday, Oct. 19— Maid in Manhattan (2002)

It's love at first sight when Marisa Ventura and fast-rising politician Christopher Marshall literally run into each other at a posh New York City hotel. The only problem? He has mistaken her for a guest, but she's one of the maids.

Co-Starring: Jennifer Lopez, Ralph Fiennes & Natasha Richardson; Rated PG-13; 1 hr. 45 min.

Tuesday, Oct. 20— Frozen 2 (2019)

The truths about Elsa's past await her as she ventures into the unknown—to the enchanted forests and dark seas beyond her kingdom. Together with Anna, Kristoff, Olaf and Sven, she'll face a dangerous but remarkable journey.

Co-Starring: Kristen Bell, Idina Menzel & Josh Gad; Rated PG; 1 hr. 43 min.

Wednesday, Oct. 21— Gene Autry: Texans Never Cry (1951)

When Texas Ranger Gene Autry saves a family on the brink of being evicted from their homestead, he discovers the existence of a scheme to counterfeit Mexican lottery tickets.

Co-Starring: Gene Autry, Mary Castle & Russell Hayden; NR; 1 hr. 7 min.

Thursday, Oct. 22— Superman Returns (2006)

After spending years away from Metropolis, Superman returns to find a city that's managed to survive without him. But now his archenemy Lex Luthor is developing a new plan to rule the world. Co-

Starring: Brandon Routh, Kevin Spacey & Kate Bosworth; Rated PG-13; 2 hr. min.

Friday, Oct. 23— Radioactive (2020)

This engrossing biopic chronicles the singular path of legendary scientist Marie Curie, who -- with her husband, Pierre -- achieves global fame and wins a Nobel Prize for the 1903 discovery of the radioactive element radium.

Co-Starring: Rosamund Pike, Sam Riley & Aneurin Barnard; PG-13; 1 hr. 43 min.

Saturday, Oct. 24— Hocus Pocus (1993)

The Sanderson Sisters return from 17th-century Salem after they're accidentally conjured up by some unsuspecting pranksters. It's a night full of zany fun and comic chaos once the tricky 300-year-old trio sets out to cast a spell on the town and reclaim their youth.

Co-Starring: Bette Midler, Sarah Jessica Parker & Kathy Najimy; Rated PG; 1 hr. 36 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. 18 ~ Lunch \$12 | Dinner \$12 |
| | Roast Pork Loin <i>with Natural Sauce</i> Swiss & Green Onion Scalloped Potatoes Vegetable du Jour | Chicken Spaghetti Garlic Toast Vegetable du Jour |
| MONDAY | Oct. 19 ~ Lunch \$10 | Dinner \$13 |
| | London Broil Garlic Mashed Potatoes Choice of Vegetable | Blackberry Sage Pork Tenderloin Wild Rice Vegetable du Jour |
| TUESDAY | Oct. 20 ~ Lunch \$10 | Dinner \$12 |
| | Grilled Chicken Parmesan Sandwich Sweet Potato Fries Coleslaw | Swiss Steak Mashed Potatoes Vegetable du Jour |
| WED. | Oct. 21 ~ Lunch \$10 | Dinner \$12 |
| | Philly Beef Sandwich Potato Salad Choice of Vegetable | Creamy Herb Chicken Thighs Rice Pilaf Vegetable du Jour |
| THURS. | Oct. 22 ~ Lunch \$10 | Dinner \$12 |
| | Chicken Enchilada Refried Beans Mexican Rice | Meatloaf <i>with Glaze</i> Roasted Red Potatoes Vegetable du Jour |
| FRIDAY | Oct. 23 ~ Lunch \$10 | Dinner \$15 |
| | Ham & Cheese Quiche Rice Pilaf Choice of Vegetable | Baked Cod <i>with Seasoned Panko</i> Twice Baked Potato Vegetable du Jour |
| SAT. | Oct. 24 ~ Lunch \$10 | Dinner \$15 |
| | BBQ Pulled Pork Sandwich Coleslaw Potato Chips | Steak Baked Potato Vegetable du Jour |

**Weekly Face-to Face Opportunities
Calendar Oct. 16 to Oct. 24**

Friday • Oct. 16

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

Sunday • Oct. 18

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

Monday • Oct. 19

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. 20 *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. 21

9:30 a.m. ~ Seated Strength, PS EC
11:00 a.m. ~ Weights 101, PS EC
1:00 p.m. ~ Memory Cafe, PS EC

Thursday • Oct. 22

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

Friday • Oct. 23

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. 24

11:00 a.m. ~ KSU Football Watch Party, PS EC & Pub

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.

Update with Lonnie Baker, next week

A new video update with Lonnie Baker, CEO, will air on Channel 1960 at **12:30 p.m. Friday, Oct. 23.**



**Meadowlark
Entertainment Guide**

Friday, October 16

| | |
|------------|---|
| 9:30 a.m. | Seated Strength Exercise |
| 10:30 a.m. | Weights 101 Exercise Class |
| 11:55 a.m. | Message from Jo Lyle, <i>IL Resident Council Chair</i> |
| 12:00 p.m. | Channel 1960 News |
| 1:00 p.m. | Parkinson's Exercise Class |
| 2:00 p.m. | Weights 101 Exercise Class |
| 4:55 p.m. | Message from Jo Lyle, <i>IL Resident Council Chair</i> |
| 5:00 p.m. | Channel 1960 News, <i>Re-run</i> |

Saturday, Oct. 17

| | |
|-----------|---|
| 9:25 a.m. | Message from Jo Lyle, <i>IL Resident Council Chair</i> |
| 9:30 a.m. | Band Bust Exercise Class |
| 2:00 p.m. | Band Bust Exercise Class |
| 3:15 p.m. | Message from Jo Lyle, <i>IL Resident Council Chair</i> |

Sunday, Oct. 18

| | |
|------------|---|
| 9:00 a.m. | Sweat It Out Aerobics |
| 10:30 a.m. | Worship Service <i>Re-run episode from 10/14</i> |
| 11:00 a.m. | Explained: <i>Whose Vote Counts</i> |
| 12:00 p.m. | Message from Jo Lyle, <i>IL Resident Council Chair</i> |
| 2:00 p.m. | Worship Service <i>Re-run episode from 10/7</i> |
| 2:45 p.m. | Guided Meditation |
| 3:00 p.m. | Chair Yoga—NEW! |

Monday, Oct. 19

| | |
|------------|----------------------------|
| 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 |