



MEADOWLARK

Messenger

Oct. 29, 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**



"Nautilus"

Four copper Lyman Whitaker wind sculptures catch the breeze on the north side of the courtyard. A pioneer in kinetic art, Whitaker, who resides in Utah, is represented by the Leopold Gallery in



The three vertical sculptures are named "Wave."

Where there's wind, there's a Wave

By Becky Fitzgerald

Teresa Minton's mother passed away in November of 2018, but several months prior, Minton began to consider what would be a fitting tribute to both her parents. Her mother, Joyce Ardery, lived several years at Meadowlark, first in an assisted living apartment, then in a healthcare household.

After delays caused by cold weather and a global pandemic, the answer is now visible in the courtyard: four copper wind sculptures that twirl even in the slightest breeze. Minton and her three siblings — Linda Ferguson, Olen Ardery, and Shirley Smalley — supported the project.

"I had observed several memorials located on the Meadowlark campus," Minton said. "I thought about the fact that Meadowlark had done so much for Mom

Memorial gift adds interest to courtyard

and that she would love being remembered, in some way, on the campus where she had spent her last years.

"When Mom was still alive, I had observed a wind sculpture

on K-State's campus by the Leadership building, and I thought it was so intriguing. Mom always loved art and being outside, so it seemed like a perfect idea to meld the both."

Although Joyce Ardery died before the completion of the Community Center courtyard, she received much satisfaction from spending time in the Tinklin and Collins courtyards. A courtyard accessible to all residents, staff, and members of the public allows many to enjoy the memorial gift, Minton said.

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SCULPTURES?from page 9

It was her brother's idea to add their father's name to the memorial plaque, which will be attached to a limestone rock hand-picked for the project and put with the wind spinners in the coming weeks.

"It seemed logical because even though (O.W. Ardery) passed away in 2009, before Mom moved to Meadowlark, Dad had provided for the retirement funds that helped make it possible for Mom to live in there," Minton said.

Jayne Minton, Support Services Director and Teresa's daughter-in-law, suggested the family purchase wind sculptures designed by Lyman Whitaker and sold at Leopold Gallery in Kansas City, Mo. The gallery offers 81 of Whitaker's designs in two finishes and four sizes, and Teresa Minton confesses she found so many choices overwhelming.

"Trying to boil down something that represented Mom, that she would love, was a challenge. Then it came to me when I saw the sculpture called Nautilus; I thought of the ocean. Then I remembered there was a sculpture called Wave, and it clicked. The OCEAN ... a place that she and Dad always seemed their happiest."

"I remember that they would borrow money so that they could take us to the beach in Florida. Mom and Dad never really had enough money to afford such a trip, but they were willing to go into debt so that we could have that experience."

Whitaker's wind sculptures can be seen gently twirling in many U.S. cities, and they've been shipped and installed across the globe. A peek at Whitaker's website shows that installing the sculptures in groups, such as was done for the Ardery memorial, is common.

Meadowlark's courtyard joins a long list of public viewing opportunities in America, such as Zion National Park in Utah, and Children's Campus of Kansas City.

Whitaker's artistry has found fans in about 20 countries, including Australia, Canada, Greece, Norway, and Japan.



Meadowlark Entertainment Guide

Friday, October 30

9:30 a.m.	Seated Strength Exercise
10:25 a.m.	MHK Voter Information, <i>Re-run</i>
10:30 a.m.	Weights 101 Exercise Class
11:55 a.m.	Message Employee Gift Committee
12:00 p.m.	Channel 1960 News
12:30 p.m.	Update with Lonnie Baker
1:00 p.m.	Parkinson's Exercise Class
1:55 p.m.	MHK Voter Information, <i>Re-run</i>
2:00 p.m.	Weights 101 Exercise Class
4:55 p.m.	Message Employee Gift Committee
5:00 p.m.	Channel 1960 News, <i>Re-run</i>
5:30 p.m.	Update with Lonnie Baker, <i>Re-run</i>

Saturday, Oct. 31

9:10 a.m.	Message Employee Gift Committee
9:15 a.m.	Update with Lonnie Baker, <i>Re-run</i>
9:30 a.m.	Band Bust Exercise Class
1:55 p.m.	MHK Voter Information, <i>Re-run</i>
2:00 p.m.	Band Bust Exercise Class
3:10 p.m.	Message Employee Gift Committee
3:15 p.m.	Update with Lonnie Baker, <i>Re-run</i>

Sunday, Nov. 1

9:00 a.m.	Sweat It Out Aerobics
10:30 a.m.	Worship Service, <i>Re-run from 10/28</i>
11:00 a.m.	Explained: <i>Cricket</i>
12:00 p.m.	Update with Lonnie Baker, <i>Re-run</i>
2:00 p.m.	Worship Service, <i>Re-run from 10/28</i>
2:45 p.m.	Guided Meditation
3:00 p.m.	Chair Yoga

The Time for Thank You is Now!

Message from Employee Appreciation
Gift Committee

You have heard all the reasons to contribute to the Employee Gift Fund. The deadline is here. Gifts must be made by Saturday, Oct. 31. If you planned to participate, but haven't contributed yet, please do so TODAY. All gifts small and large are appreciated. You can drop off your check at the Hospitality Desk, payable to the Employee Gift Fund.

Virtual Programming (via Zoom)

Friday, Oct. 30

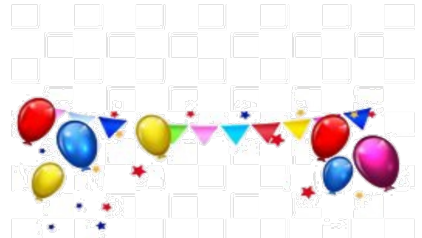
1 p.m.	Parkinson's Exercise Class URL: us02web.zoom.us/j/87980256567 Meeting ID: 879 8025 6567
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Monday, Nov. 2

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.



November Birthdays



Skilled Nursing

11/4 Donna Lawson
11/5 John Roberts
11/9 Betty Brodersen
11/16 Edward Phelps
11/17 Dixie Tessmann
11/30 Earl Schump

Assisted Living

11/17 Donna Vaughan
11/21 Bernice Brighton
11/22 Donna Noble
11/23 Barbara Withee

Independent Living

11/2 Terri Ritter
11/6 Sharon Spencer
11/7 Duane Miksch
11/7 Scott Merritt
11/9 Eleanor Deibler
11/12 Lila Snell
11/13 Margaret Carlson
11/13 Ellie Morton
11/17 Pam Oehme
11/19 Alice Morton
11/19 Jo Lyle

11/24 Esther Sobering
11/24 Peg Ziser
11/25 Alice Howard
11/26 Jim Jorns
11/27 Mary Lou Basham

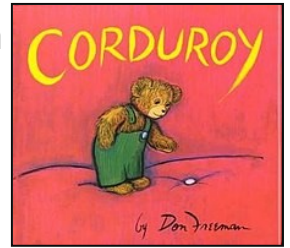
Employees

11/1 Ace Descuatan
11/2 Chris Madsen
11/2 Jerrie Rieck
11/2 Bayleigh Bisnette
11/3 Sharon Woolever
11/4 Doreen Nyakabau
11/4 Connie Smith
11/5 Ashlynn Merz
11/6 Miki Clem
11/6 Kudzai Mugadza
11/6 Rachel Dickinson
11/6 Muhammed Cifci
11/6 Jasmyn Loya
11/7 Cassandra Koch
11/8 Jana Rosich
11/8 Sara Wallace
11/9 Annie Caldwell
11/10 Morgan Atwill
11/11 Ben Smith

11/13 John Gasser
11/13 Brennen Burks
11/14 Brandy Graham
11/19 Chase Fox
11/20 Becky Fitzgerald
11/20 Nick Lundeen
11/20 Brennan Williams
11/22 Kerby Sloyer
11/23 Christina Davin
11/23 Rosa Dominguez
11/24 Jenna Pickett
11/25 Rebecca Boatman
11/26 Rachel Edie
11/27 Alaina DeVolder
11/27 Sarah Cox
11/27 Sydney Loewen
11/28 Elizabeth Thomas
11/28 Ally Jensen
11/29 Ahdri Brunk
11/30 Brian Neuman

**Bold denotes milestone
birthdays of 80, 90, or 100+ !**

What is Happening?... You may know the artist Don Freeman for his 1968 children's book *Corduroy*. In the 1930s, 1940s and early 1950s he published *Don Freeman's Newsstand*. This was a visual quarterly filled with his own lithographs in the style of Social Realism. He also published cartoons and illustrations in the *New York Herald Tribune*, *The New York Times*, *The Christian Science Monitor* and *Theater Magazine*. Freeman was known to roam the streets of New York City capturing the faces of its inhabitants, famous and ordinary alike. Spend some time looking at the faces in the crowd. What is the news they are receiving in the street? How do they feel about it?



Don Freeman

Election Returns, ca; 1932

Lithograph on paper

KSU, Marianna Kistler Beach Museum of Art, gift of the Works Progress

Administration Federal Art Project, 1939.20

Grosh Cinema Movies

Sunday, Nov. 1 – Saturday, Nov. 7

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

Sunday, Nov. 1—The Healer (2018)

With debts piling up and his electrician business failing, Alec Bailey needs a new start. When his uncle offers him one on condition that he move to Nova Scotia, the residents in his rural town soon come to believe that Alec has the gift of healing.

Co-Starring: Oliver Jackson-Cohen, Camilla Luddington & Kaitlyn Bernard; Rated PG; 1 hr. 53 min.

Monday, Nov. 2—The Prince & Me (2004)

College freshman Paige is a force of nature. As soon as she arrives on campus, sparks fly with one of her classmates, Eddie. But she's clueless that he's actually a Danish prince spending a year hiding in America disguised as a regular guy.

Co-Starring: Julia Stiles, Luke Mably & Ben Miller; Rated PG; 1 hr. 51 min.

Tuesday, Nov. 3—The Peanut Butter Falcon (2019)

After running away from a residential nursing home to pursue his dream of becoming a pro wrestler, a young man who has Down syndrome befriends an outlaw who becomes his coach and ally through all his challenges and fears.

Co-Starring: Shia LaBeouf, Dakota Johnson & Zack Gottsagen; Rated PG-13; 1 hr. 33 min.

Wednesday, Nov. 4—Gene Autry: Texans Never Cry (1951)

America's favorite singing cowboy saves a family on the brink of being evicted from their homestead, he discovers a scheme to counterfeit Mexican lottery tickets.

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

Thursday, Nov. 5—Hamilton (2020)

The original Broadway production of the award-winning musical that tells the story of Alexander Hamilton, first secretary of the treasury, blending hip-hop, jazz, R&B and Broadway styles, filmed from the Richard Rogers Theater in New York. **Co-Starring: Lin-Manuel Miranda, Phillipa Soo, Leslie Odom Jr.; Rated PG-13; 2 hr. 40 min.**

Friday, Nov. 6—Now You See Me (2013)

Brainy magicians Atlas and Henley lead a troupe of illusionists who specialize in robbing from the rich, in the form of banks, and giving to the poor, their audiences, all while trying to outwit a team of FBI agents determined to bring them down.

Co-Starring: Morgan Freeman, Isla Fisher & Woody Harrelson; Rated PG-13; 1 hr. 56 min.

Saturday, Nov. 7—Murder Mystery (2019)

To celebrate their anniversary, a New York City cop and his wife fly to Europe. During the flight, a suave viscount invites them to join him on his billionaire uncle's yacht -- where they land in a boatload of trouble when its owner is murdered.

Co-Starring: Adam Sandler, Jennifer Aniston & Luke Evans; PG-13; 1 hr. 37 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	Nov. 1 ~ Lunch \$10	Dinner \$12
	Beef Stew Garlic Toast Vegetable du Jour	Coconut Shrimp Roasted Red Potatoes Vegetable du Jour
MONDAY	Nov. 2 ~ Lunch \$10	Dinner \$13
	Fried Pork Tenderloin Sandwich Potato Salad Choice of Vegetable	Baked Ham Balsamic Cherry Sauce Twice Baked Potato Vegetable du Jour
TUESDAY	Nov. 3 ~ Lunch \$10	Dinner \$12
	Fried Chicken Drumsticks Macaroni & Cheese Coleslaw	Chicken Milanese Gorgonzola Mashed Potatoes Vegetable du Jour
WED.	Nov. 4 ~ Lunch \$10	Dinner \$12
	Spaghetti & Meat Sauce Garlic Toast Choice of Vegetable	Pork & Green Chili Casserole Garlic Toast Vegetable du Jour
THURS.	Nov. 5 ~ Lunch \$10	Dinner \$12
	Hot Turkey Sandwich Mashed Potatoes & Gravy Choice of Vegetable	Grilled Blackberry Chicken Wild Rice Vegetable du Jour
FRIDAY	Nov. 6 ~ Lunch \$10	Dinner \$14
	Fish & Chips Coleslaw	Cornmeal Crusted Pan Fried Trout <i>with Tomato Relish</i> Roasted Red Potatoes Vegetable du Jour
SAT.	Nov. 7 ~ Lunch \$10	Dinner \$15
	Beef & Bean Burrito Rice Beans	Steak Baked Potato Vegetable du Jour

Weekly Face-to Face Opportunities Calendar Oct. 30 to Oct. 7

Friday • Oct. 30

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. 31

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

Sunday • Nov. 1

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

Monday • Nov. 2

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

Tuesday • Nov. 3

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 • Nov. 4

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 • Nov. 5

9:30 a.m. ~ Sit & Be Fit, PS EC
11:00 a.m. ~ Steady Yourself, PS EC
1:00 p.m. ~ Staff Spotlight: Abby Cavender, PS EC

Friday • Nov. 6

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 • Nov. 7

TBD ~ 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

**Daylight Savings Time
ends Sunday, Nov. 1**

Fall Back



Set your clocks
back one
hour before
bed on
Sunday.

Solution from 10/22

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



Meadowlark Entertainment Guide, cont.

Monday, Nov. 2

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