



“I promise I won’t steal her little dog again if we can be done with 2020 ... “

## Worn and Weary

by Sarah Duggan, Community Relations Director

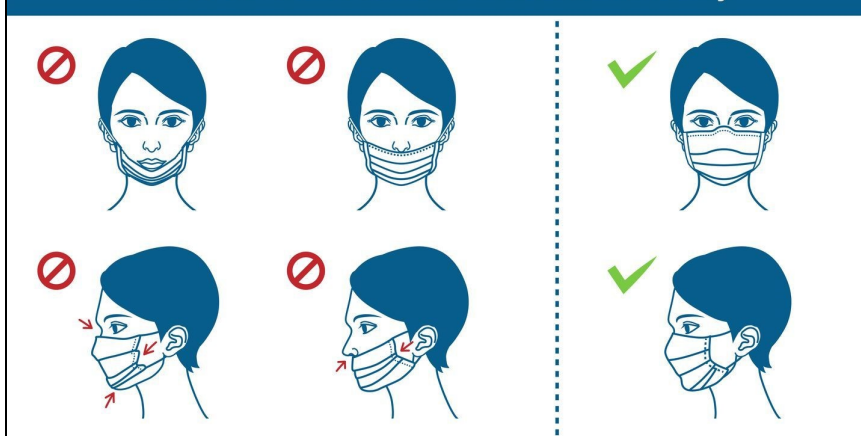
We’ve hit the eleventh month of 2020 and our eighth month of pandemic precautions. This year even has the Wicked Witch of the West (pictured left, aka Eilish Duggan, 3-years-old) worn and weary. It has been a roller coaster ride for sure. We’ve endured lock-downs, quarantines, screenings, constant disinfecting, supply shortages, remote school, working from home, and the never-ending list of canceled plans.

Unfortunately, I can’t say it will all be over soon. The unknowns seem to keep multiplying and all the while, our souls and bodies grow worn and weary.

The continued COVID-19 cases, learning model transitions, and outbreak locations is a reminder that it is time for a check in. I invite you to join me in making a commitment for the month of November, a month dedicated to thankfulness, to check in with yourself, your family, your friends, healthcare workers, business owners, and others. It’s time to check on each other. How are you doing? What do you need? Are there ways we can help support each other?

Today, I am thankful for my Meadowlark family. Even when we are worn and weary, we’re better together. And life? It’s always changing.

### How to wear a face mask correctly



**Masks work**, but only if you wear them correctly. Make sure it covers your **nose and mouth**. Covering the chin will help create a good seal around the mouth. Your mask should fit comfortably toward the bridge of your nose. **Don’t leave home without your mask!**

### KN95 Masks—FOR SALE!

Residents and staff are invited to purchase KN95 masks by contacting the Hospitality Desk at (785) 323-3847. Packages of five masks will be sold at \$7.50/each.

KN95 masks, like N95 respirators, consist typically of several layers of a polypropylene plastic polymer, a synthetic material. KN95 masks are the next level down from the N95 respirators, which require fit testing.

This is an great opportunity to stock up for the winter months with a high-quality and effective mask.



# Food & Fund Drive for the Flint Hills Breadbasket



The holidays are right around the corner! This is often a time to reminisce about things we are thankful for and to give back, to those less fortunate.

One way you can do so is by donating food to the Flint Hills Breadbasket! Flint Hills Breadbasket is an organization in Manhattan for the past 35 years has been distributing food to ensure no one in the community goes hungry. They receive no federal state, county or city funding, and rely heavily on donations.

Their goal is to put together at least 180 special holiday baskets this year for those in need this holiday season. Please consider donating the

following non-perishable food items for these special holiday baskets: boxed stuffing mix, canned pumpkin, canned yams, evaporated milk, and canned fruit.

The Meadowlark Ambassadors will be placing collection boxes in the Game Room for those who would like to make food drive donations. If residents would rather make a monetary donation, a glass jar will also be available at the Hospitality Desk for collection.

Other non-perishable canned and boxed food items are also welcome such as vegetables, baked beans, cereal, and boxed meals like Hamburger Helper. Expired items will not be accepted. The Food & Fund Drive will begin Monday, Nov. 9. The last day to donate is Monday, Nov. 16.

## On Easy Does It

by Helen Roser

In reading a book about philosophers, I came across this nugget I'd like to share:

The expert was explaining: "When faced with a problem to solve, some people seek the easiest way." To illustrate his point, he cited the story of the drunk who was seen searching for his keys in a lighted alley way.

"Did you lose them here?" The passer-by asked. "No," said the drunk. "I lost them over there." He raised up to point to a dark parking lot.

The passer-by said: "Then, if you lost them over there, why are you looking for them over here?"

The reply: "This is where the light is."

The author of the book mentions "annoyances." (AKA "the fly in our soup"). He mentions leaf blowers. Boy, we are really on the same page!

Parting thought: If you haven't been able to think about something you are grateful for, be happy that you're not listening to a leaf blower!



## LEADER OF THE PACK!

Congratulations to Meadowlark's November Leader of the Pack—Greta Wehrman, CNA in Honstead House!

Greta goes above and

beyond in building relationships with residents, their families, and other staff members. She takes a genuine interest in the residents lives, adding to the warm, homelike atmosphere in the household. Not only does Greta provide high quality care to residents, she is also committed to being a reliable and positive member of the Honstead House Team. Thank you for all your hard work and dedication to Meadowlark, Greta!



## PRICE CORRECTION: Meadowlark Honey



**12 oz. Bear ~ \$6.50**  
**16 oz. Bottle ~ \$8.50**  
**Mini Bear ~ \$2.50**

### Fitness Equipment Available

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.

Make sure 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.

### Meadowlark SWAG SHOP

Orders for Meadowlark's SWAG SHOP can be placed by calling Sarah Duggan at (785) 323-3878 or sending an e-mail to [sguge@meadowlark.org](mailto:sguge@meadowlark.org). The cost of your order can be paid for at the Hospitality Desk by cash, check, or credit card. The charge can also be added to your monthly statement.

The Holiday Catalog was printed in the Nov. 2 edition of the Meadowlark Messenger. Extra copies are available at the Hospitality Desk or upon request. There was a typo in the original catalog and the price correction is listed to the left. Happy shopping!

### Window Washing—Independent Living

Exterior window washing of the was not completed on its typical schedule in the summer of 2020. This project has been suspended until Spring 2021. If you would like to have the inside of your windows cleaned, please contact Meadowlark Housekeeping at (785) 323-3831 to inquire about pricing and schedule an appointment.

### KSU Football Watch Party, Nov. 7

Bring on the Cats! Join the KSU Football Watch Party at 3 p.m. Saturday, Nov. 7, in Prairie Star Restaurant's Event Center and Pub. Snacks will be provided. Social distancing and masks are required. Please contact Monte Spiller at (785) 323-3801 with any questions.

### Thursday Entertainment: November

Dave "Zerf" Zervas will be this month's Thursday night entertainment featuring old time Kansas, Cowboy and classic ballads. You can sign up for one of two different dates, Nov. 12 and Nov. 19, at 6 p.m. in the Prairie Star Event Center. Please call the Hospitality Desk at (785) 323-3847 to reserve your spot.

### October Gifts to Meadowlark Foundation

*Gifts to Meadowlark Foundation during October 2020 were given in memory of the following persons to benefit the Good Samaritan Fund, Parkinson's Program, Lyle House, and Stolzer House.*

#### Memory of

Mike Babcock	Eleanor McEwen
Larry Fronce	Dale Stein
Helen Janes	Bill Stolzer

*If you have questions regarding Meadowlark Foundation, please contact Becky Fitzgerald at (785) 323-3843.*

# Work That Brain!

## Cooking Terms

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

GRILL  
WHIP  
CHOP  
TOSS  
BOIL  
STEAM  
MELT  
GRATE  
BLEND  
BEAT  
PARE  
SIFT  
BAKE  
CREAM  
FREEZE  
MIX  
CUT IN  
FRY

### Virtual Programming (via Zoom)

Friday, Nov. 6

1 p.m.	Parkinson's Exercise Class <b>URL:</b> <a href="https://us02web.zoom.us/j/87980256567">us02web.zoom.us/j/87980256567</a> <b>Meeting ID:</b> 879 8025 6567
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Monday, Nov. 9

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

*Cryptogram Poem Answers from 10/29*

A=11 B=2 C=13 D=9 E=14 F=24 G=1  
H=19 I=20 K=3 L=17 M=4 N=16 O=22  
P=25 R=26 S=7 T=15 U=18 V=23  
W=12 Y=6; No J; Q; X or Z

Halloween is here	Put on your scary
A spooky time of	mask
year	The time has come
When goblins walk	For candy fun
and monsters talk	All you have to do
And ghosts breathe	is ask!
in your ear	Trick or treat!
So don your	
costume fast	

## Compare and Contrast

Did you know that ducks will travel thousands of miles to warmer climates during migration? They will seek out the same location where they were hatched to lay their eggs. Ducks rely



on their instincts to find their way during migration. Scientists are not certain how they do it but, they think they use the sun, stars and landmarks like rivers, coasts and valleys to guide them. Days are getting colder and duck hunting season is just around the corner, we should start to see and hear the ducks flying overhead. Spend some time with these two artworks and see how many things you can find that are the same (and different!).



**[above]**

**Jay (Ding) Norwood Darling**

***Mr. & Mrs. Mallard*, 1933**

Drypoint on paper

KSU, Marianna Kistler Beach Museum of Art,  
gift of Peggy L. Sondergard & Samuel H. Logan,  
2002.564

**[left]**

**Undetermined United States**

***Ducks Rising from Cover*, 20<sup>th</sup> Century**

Screenprint on paper

KSU, Marianna Kistler Beach Museum of Art,  
gift of Richard S. Field, 2006.323

## Grosh Cinema Movies

Sunday, Nov. 8 – Saturday, Nov. 14

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

### **Sunday, Nov. 8—Steel Magnolias (1989)**

Featuring a star-studded cast, this bittersweet drama follows five tight-knit women who congregate at a beauty parlor in a small Louisiana town to laugh, cry and discuss their lives.

Co-Starring: Sally Field, Dolly Parton & Shirley MacLaine; Rated PG; 1 hr. 59 min.

### **Monday, Nov. 9—Soul Surfer (2011)**

This inspiring film dramatizes the real-life story of Bethany Hamilton, a Hawaiian teen who bravely returns to competitive surfing after losing her left arm in a vicious shark attack.

Co-Starring: AnnaSophia Robb, Helen Hunt & Dennis Quaid; Rated PG; 1 hr. 46 min.

### **Tuesday, Nov. 10—The Lion in Winter (1968)**

In this stylish costume drama, England's King Henry II and his dysfunctional family gather on Christmas Eve to decide who will inherit the throne. Henry's wife, Queen Eleanor has other ideas.

Co-Starring: Peter O'Toole, Katharine Hepburn & Anthony Hopkins; Rated PG; 2 hr. 15 min.

### **Wednesday, Nov. 11—Lawless (2012)**

This true-to-life action saga profiles Virginia's bootlegging Bondurant gang, whose exploits during the Prohibition era made them outlaw heroes. The three Bondurant brothers tussle with the law and each other as they try to survive changing times.

Co-Starring: Shia LaBeouf, Tom Hardy & Jason Clarke; Rated R for strong violence & language; 1 hr. 55 min.

### **Thursday, Nov. 12—Clash of the Titans (1981)**

This epic mythological adventure of Perseus, son of Zeus who embarks on a series of perilous quests in the hopes of rescuing Princess Andromeda and winning the keys to the kingdom of Joppa.

Co-Starring: Laurence Olivier, Claire Bloom & Maggie Smith; Rated PG-13; 1 hr. 58 min.

### **Friday, Nov. 13—Judy (2019)**

Thirty years after rising to global stardom, showbiz legend Judy Garland arrives in London to perform a five-week sold-out run at The Talk of the Town. While preparing for the shows, Garland battles with management, romance and her own health.

Co-Starring: Renee Zellweger, Jessie Buckley & Finn Wittrock; Rated PG-13; 1 hr. 58 min.

### **Saturday, Nov. 14—Time Trap (2018)**

In the 1970s, an archaeology professor's parents vanished while looking for the Fountain of Youth, and now he's done the same—prompting a group of students to search for him. But what they find in a mysterious Texas cave shatters their reality.

Co-Starring: Reiley McClendon, Cassidy Gifford & Brianne Howey; PG-13; 1 hr. 27 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. 8 ~ Lunch \$12	Dinner \$11
	BBQ Chicken Au Gratin Potatoes Vegetable du Jour	Beef Chili Cornbread Vegetable du Jour
MONDAY	Nov. 9 ~ Lunch \$10	Dinner \$12
	Roast Beef & Gorgonzola Panini Wild Rice Salad Choice of Vegetable	Fried Catfish <i>with Remoulade Sauce</i> Sweet Potato Casserole Vegetable du Jour
TUESDAY	Nov. 10 ~ Lunch \$10	Dinner \$12
	Chicken Stroganoff & Noodles Choice of Vegetable	Meatloaf <i>with Glaze</i> Garlic Mashed Red Potatoes Vegetable du Jour
WED.	Nov. 11 ~ Lunch \$10	Dinner \$12
	Baked Ziti Garlic Toast Choice of Vegetable	Chicken Fairmont <i>with Hunter's Sauce</i> Wild Rice Vegetable du Jour
THURS.	Nov. 12 ~ Lunch \$10	Dinner \$12
	BBQ Pulled Pork Sandwich Coleslaw Baked Beans	Orange Braised Pork Loin Citrus Rice Vegetable du Jour
FRIDAY	Nov. 13 ~ Lunch \$10	Dinner \$13
	Ham & Cheese Quiche Rice Pilaf Choice of Vegetable	BBQ Ribs Baked Beans Coleslaw
SAT.	Nov. 14 ~ Lunch \$10	Dinner \$14
	Meatball Sub Sandwich French Fries Choice of Vegetable	Chicken & Shrimp Penne <i>with Sherry Garlic Sauce, Portobello Mushrooms, Sun-dried Tomatoes, Spinach &amp; Basil</i> Vegetable du Jour

## Weekly Face-to Face Opportunities Calendar Nov. 6 to Nov. 14

### 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

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

### Sunday • Nov. 8

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

### Monday • Nov. 9

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. 10 *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. 11

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

### Thursday • Nov. 12

9:30 a.m. ~ Sit & Be Fit, PS EC  
11:00 a.m. ~ Steady Yourself, PS EC  
1:00 p.m. ~ Staff Spotlight: Kourtney Williams, PS EC  
6:00 p.m. ~ Music with Dave "Zerf" Zerfas, PS EC

### Friday • Nov. 13

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

*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. Prior sign-ups are required for Bingo, Worship Service, and Thursday Entertainment. Please contact the Hospitality Desk at (785) 323-3847 to register.*



## Meadowlark Entertainment Guide

### Friday, Nov. 6

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 p.m. 11/6</i>

### Saturday, Nov. 7

9:15 a.m.	Update with Lonnie Baker, <i>Re-run episode from 11/6</i>
9:30 a.m.	Band Bust Exercise Class
2:00 p.m.	Band Bust Exercise Class
3:15 p.m.	Update with Lonnie Baker, <i>Re-run episode from 11/6</i>

### Sunday, Nov. 8

9:00 a.m.	Sweat It Out Aerobics
10:30 a.m.	Worship Service, <i>Re-run</i>
11:00 a.m.	Explained: <i>Cults</i>
12:00 p.m.	Update with Lonnie Baker, <i>Re-run episode from 11/6</i>
2:00 p.m.	Worship Service, <i>Re-run</i>
2:45 p.m.	Guided Meditation
3:00 p.m.	Chair Yoga

### Monday, Nov. 9

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