



# MEADOWLARK

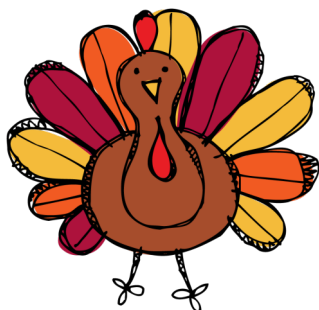
Messenger

Nov. 12, 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***



## Turkey Day: Lunch is Served!

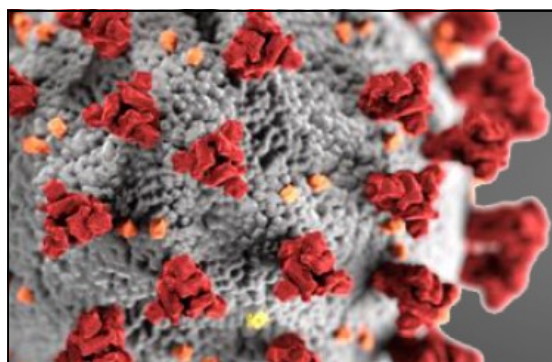
Prairie Star Restaurant will offer a traditional Thanksgiving meal for lunch on Thursday, Nov. 26, delivered between 11:30 a.m. and 1 p.m. The special menu is listed on page 2 of this edition of the

Messenger. The regular full restaurant menu will not be available on Thanksgiving Day. Breakfast will still be offered from 7 to 10 a.m.

A socially-distanced Thanksgiving lunch with a plated meal will be offered in the Event Center. Attendance is limited to 20 people.

For dinner, a boxed meal option will be available and delivered between 2 to 3 p.m. The boxed dinner will include a Ham Sandwich, Potato Chips, Pasta Salad, Mixed Fruit, and a slice of Apple Pie.

To sign up for the special in-person event, delivered lunch, and/or boxed dinner, please call Prairie Star Restaurant at (785) 323-3820. Please sign up by Monday, Nov. 23.



## COVID-19 Information

### COVID-19 Safety Expectations and Procedures Remain in Effect

Local cases of COVID-19 continue to rise, remaining vigilant to safety precautions and procedures is imperative. Please consider the ramifications of the novel coronavirus being introduced to the Meadowlark campus and other places like it. We have seen and heard how significant the impact can be in facilities similar to Meadowlark across the state of Kansas.

Changes to Meadowlark's procedures and precautions as it relates to COVID-19 safety could change at any time. See below for the current guidance.

~ Independent Living residents who live outside the main building can have up to two visitors at a time. The number of days is not restricted and it is not required to have the same visitors from week to week.

~ Those visitors must be screened at the Check Point Station at the Tuttle Creek Boulevard entrance between the hours of 7 a.m. and 7 p.m. Visitors must remain in the resident's cottage, duplex, or garden

apartment for the duration of the visit. Please call the Hospitality Desk at (785) 323-3847 to make staff aware of your planned visitors at least 24 hours in advance.

~ Visitors are not permitted inside the main building.

~ Meadowlark staff does not recommend leaving campus, except for essential needs. However, independent living residents are not restricted from leaving campus by their own personal vehicle, or they can be picked up by a friend or family member. The person picking up can do so at the Village Entrance door after being screened at the Check Point Station.

~ Residents should wear a mask that covers their mouth and nose when outside of their apartment, duplex, or cottage. Through hand washing should be practiced frequently. Please maintain distance of at least six feet between you and others.

If you have questions regarding visitation or safety expectations, please call Monte Spiller, Resident Services Leader, at (785) 323-3801 or Jayme Minton, Support Services Director, at (785) 313-0454.

## Food & Fund Drive

Meadowlark Ambassadors are hosting a Food & Fund Drive for the Flint Hills Breadbasket, a local organization fighting to alleviate hunger and poverty. Collection boxes are in the Game Room for those who would like to make food drive donations. If you would rather make a monetary donation, a glass jar will also be available at the Hospitality Desk for collection. Food and monetary donations will be accepted until Monday, Nov. 16.

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.

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.

Community members can donate directly to the Flint Hills Breadbasket if you would like to support the Food & Fund Drive. Food donations are accepted Monday to Friday 8 a.m. to 12 p.m. at 905 Yuma St. For donation related questions, contact their office at (785) 537-0730.

## Sigma Kappa Sorority Pen Pals

Members from Sigma Kappa, a sorority at K-State, would like to create connections with interested residents during a pen pal opportunity through the remaining Fall semester and next Spring semester. Interested residents can expect a letter or two each month from their sorority pen pal starting this month through May 2021.

If you are interested in this opportunity, and getting to know someone new, please contact the Hospitality Desk at (785) 323-3847 to sign up. Sign up by Nov. 18, to be matched with a pen pal. Please direct any questions to Jana Armfield, Volunteer Engagement Specialist.

## 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. Happy shopping!

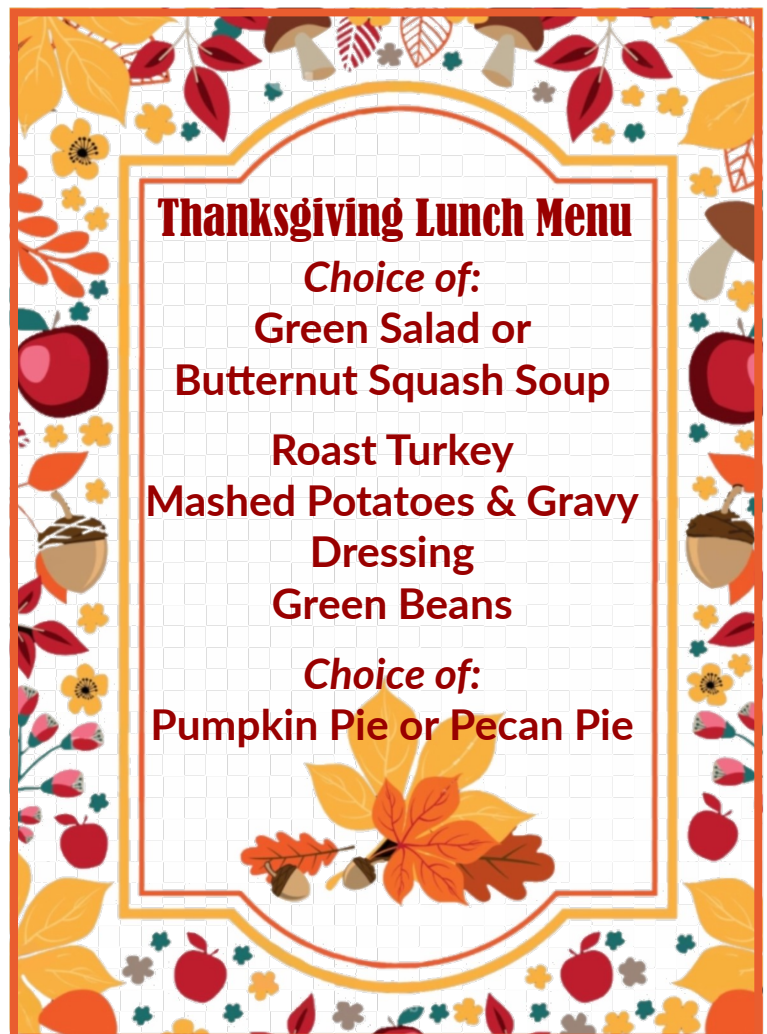
## KN95 Masks—FOR SALE!



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.





**Friday, December 4, at 4 p.m.**

A special dessert will be delivered to your door!

Tune in to Channel 1960 for a community holiday variety show,  
with performances by:

**Linda Uthoff, Joe Braun, Jane Boys, and Thom Jackson**

**First United Methodist Bells**

**Little Apple Chorus**

**Bourbon and Baker**

**Manhattan Arts Center MAC Academy Youth Theater Students**

**Manhattan High School Choir**

**Manhattan High School Chamber Orchestra**

**Solution from 11/5**

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

## Virtual Programming (via Zoom)

**Friday, Nov. 13**

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. 16**

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.



# Work That Brain!

## Leonardo Da Vinci

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

SCISSORS  
 THEORIES  
 MACHINES  
 ADVANCED  
 INVENTOR  
 SCIENTIST  
 WRITER  
 LOUVRE  
 ALGEBRA  
 ITALY  
 HELICOPTER  
 SCULPTOR  
 NOTEBOOK  
 PAINTER  
 INVENTIONS  
 IDEAS  
 SCIENCE  
 ROME

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

**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.

**WHAT DO YOU CALL  
 A PIG THAT DOES  
 KARATE?**

A pork chop.



**Veterans Day** is on November 11. This date was chosen because hostilities were temporarily ceased between Germany and the United States at the eleventh hour of the eleventh day of the eleventh month in 1918, essentially becoming the end of World War I. In 1919 President Wilson proclaimed November 11 Armistice Day to honor those who died. The idea was to celebrate with parades, public meetings and a brief pause at 11 a.m. In 1954, the word Armistice was replaced with Veteran to honor all Veterans of all wars. For a brief time, it was a National Holiday celebrated on a Monday. However, it became apparent that the historical significance of the date November 11 needed to be preserved. So, 1975 President Ford signed a bill to move the recognition of Veterans Day back to the eleventh day of the eleventh month.

As you take a close look at this print think about the Veterans Day parades or ceremonies you have attended. Remember how valuable it is to recognize America's Veterans and their patriotism and willingness to serve and sacrifice for the common good.



**Russell Limbach**

***Reviewing Stand, 1934***

Lithograph on paper

KSU, Marianna Kistler Beach Museum of Art, Friends of the Beach Museum of Art purchase, 2000.240

# Grosh Cinema Movies

Sunday, Nov. 15 — Saturday, Nov. 21

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

## **Sunday, Nov. 15—The Lion King (2019)**

Disney's The Lion King journeys to the African savanna. Through pioneering filmmaking techniques, The Lion King brings treasured characters to life in a whole new way.

**Co-Starring:** Donald Glover, Seth Rogen & Chiwetel Ejiofor; **Rated PG; 1 hr. 58 min.**

## **Monday, Nov. 16—Funny Face (1957)**

Fred Astaire's inimitable dancing feet come full circle in George and Ira Gershwin's airy 1957 musical gambol about high-fashion photography in Paris, co-starring a luminous Audrey Hepburn as a newly discovered fashion model.

**Co-Starring:** Audrey Hepburn, Fred Astaire & Kay Thompson; **Rated NR; 1 hr. 43 min.**

## **Tuesday, Nov. 17—Gemini Man (2019)**

In this action-thriller, aging hit man Henry Brogan discovers he's being stalked by a killer cloned from Henry's DNA. To survive, he must find a way to outmaneuver the younger, stronger and craftier version of himself. **Co-Starring:** Will Smith, Mary Elizabeth Winstead & Clive Owen

**Rated PG-13; 1 hr. 57 min.**

## **Wednesday, Nov. 18—Picture of Dorian Gray (1945)**

In Victorian England, aristocrat Dorian Gray becomes increasingly hedonistic and vain. When his portrait is painted, Gray makes a Faustian bargain: The picture will age while he stays young and handsome—an evil pact that leads to murder.

**Co-Starring:** George Sanders, Hurd Hatfield & Donna Reed; **Rated NR; 1 hr. 50 min.**

## **Thursday, Nov. 19—What a Girl Wants (2003)**

American Daphne heads to Europe in search of the father she's never met. But instead of finding a British version of her bohemian mother, she learns the love of her mom's life is an uptight politician engaged to a fiercely territorial social climber.

**Co-Starring:** Amanda Bynes, Colin Firth & Kelly Preston; **Rated PG; 1 hr. 45 min.**

## **Friday, Nov. 20—Arrival (2016)**

Confronted by a mass landing of alien vessels around the globe, military leaders seek the help of brilliant linguist Louise Banks in an effort to communicate with the extraterrestrials and determine their intentions.

**Co-Starring:** Amy Adams, Jeremy Renner & Forest Whitaker; **Rated PG-13; 1 hr. 56 min.**

## **Saturday, Nov. 21—Rudy (1993)**

In this fact-based drama about the triumph of the human spirit, scrawny high schooler Rudy Ruettiger dreams of playing football at Notre Dame. But his father can't afford to send him, so he ends up at a college across the street instead.

**Co-Starring:** Sean Astin, Jon Favreau & Ned Beatty; **PG; 1 hr. 54 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. 15 ~ Lunch \$13	Dinner \$11
	Beef Stroganoff & Noodles Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	Nov. 16 ~ Lunch \$10	Dinner \$12
	Ham & Pineapple Kabobs with Sweet & Sour Sauce Rice Choice of Vegetable	Chicken Artichoke Roulades with Carrot Madeira Sauce Wild Rice Vegetable du Jour
TUESDAY	Nov. 17 ~ Lunch \$10	Dinner \$12
	Italian Panini Pasta Salad Choice of Vegetable	Cajun Pork Loin Red Beans & Rice Corn Pudding
WED.	Nov. 18 ~ Lunch \$10	Dinner \$14
	Spaghetti & Meatballs Garlic Toast Choice of Vegetable	Grilled Shrimp Pesto Spaghetti with Marinara Sauce Vegetable du Jour
THURS.	Nov. 19 ~ Lunch \$10	Dinner \$13
	Salmon Patties with Green Pea Sauce Choice of Vegetable	Beef Fromage Vegetable du Jour
FRIDAY	Nov. 20 ~ Lunch \$10	Dinner \$15
	Chili Dog French Fries Coleslaw	Grilled Salmon with Brown Sugar & Mustard Glaze Rice Pilaf Vegetable du Jour
SAT.	Nov. 21 ~ Lunch \$10	Dinner \$15
	Goulash Garlic Toast Choice of Vegetable	Steak Baked Potato Vegetable du Jour



## Weekly Face-to Face Opportunities Calendar Nov. 13 to Nov. 21

Please note temporary changes in the schedule below for Parkinson's and Memory Programming.

### 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

### Sunday • Nov. 15

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

### Monday • Nov. 16

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. 17

*Trash & recycling pick-up*

9:30 a.m. ~ Sit & Be Fit, PS EC  
11:00 a.m. ~ Steady Yourself, PS EC

### Wednesday • Nov. 18

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

### Thursday • Nov. 19

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

### Friday • Nov. 20

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. 21

3:00 p.m. ~ KSU Football Watch Party, 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. 13

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Channel 1960 News
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>

### Saturday, Nov. 14

9:30 a.m.	Band Bust Exercise Class
2:00 p.m.	Band Bust Exercise Class

### Sunday, Nov. 15

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>
2:00 p.m.	Worship Service, <i>Re-run</i>
2:45 p.m.	Guided Meditation
3:00 p.m.	Chair Yoga

### Monday, Nov. 16

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

## NEW HOURS

Starting Wednesday, Nov. 11, the Hospitality Desk hours of operation will return to 8 a.m. until 9 p.m. daily. If you have any questions, please contact Resident Services Leader, Monte Spiller at (785) 323-3801.