

Meet Your Neighbors

Art Chaput & Beth Pannbacker,
1204 Meadowlark Circle

by *Becky Fitzgerald*

Arthur “Art” Chaput and Beth Pannbacker celebrated four decades of marriage earlier in 2020, and they admit having different last names has caused some confusion over the years.

“I got married (for the first time) when I was 35,” Pannbacker said. “I was established in my career, and thought I was too old to change my name. We’ve had fun with it,” she added. “Art will say ‘Yes, I’m with my girlfriend.’”

Pannbacker grew up on a farm near Washington, Kan., and went to Kansas State, where in 1966 she earned a bachelor’s degree in dietetics and institutional management. “Growing up in a small community, I was eager to explore the world, so life after college and before Art found me in lots of different places,” Pannbacker said.

After a U.S. Army internship at Walter Reed hospital in Maryland, she spent a year at Fort Ord living on the Monterey Peninsula and then had a short stint at a hospital in Oakland, Calif. In December 1968, Pannbacker and her college roommate took a freighter across the Atlantic and traveled throughout Europe the following year.

“In my professional life, I was always seeking innovative or challenging opportunities. Once a facility or program was running smoothly, I was looking for the next challenge,” she explained.

She worked in Iowa City and Kansas City, and then moved to Chicago to work with Northwestern University in a large community based cardiovascular research project with study sites around the nation. In conjunction with the Chicago Heart Association, Pannbacker helped develop and test the heart symbols on menus to denote heart healthy foods.

“We were pioneers in this endeavor and published our work, which was the beginning of labeling menu



items with symbols.” During this time, she earned a master’s in Education from the University of Illinois.

Pannbacker recalls looking up and seeing a full moon through a portion of Chicago’s elevated train track. She asked herself “What’s a country girl like me doing here?” She took a job in Denver and moved. The year was 1978.

Chaput began working alongside his father in the sewer repair business when he was seven years old. After graduating from Englewood High School, he attended Western State College in Gunnison, Colo. Soon after college, he began serving a five-year plumbing apprenticeship and became a licensed Master Plumber in 1975.

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COVID-19 Procedures at Meadowlark

Meadowlark is updating its current precautions and practices in response to the increasing number of COVID-19 positive tests in the Manhattan area and around the state. The safety Meadowlark’s residents and staff is top priority. Please see below for updates on Meadowlark’s COVID-19 response.

- ~ 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; or at the cottage, duplex, or garden apartment. If you have someone picking you up, they must be screened at the Check Point Station at the Tuttle Creek Boulevard entrance. Masks are required and your family/ friends must remain in the vehicle while on Meadowlark’s campus.
- ~ Visitation to duplexes, cottages, and garden apartments will be suspended effective Monday, Nov. 23.
- ~ All in-person programming, including movies in Gresh Cinema, worship service, exercise classes, bingo, and live entertainment has been canceled.
- ~ Personal training and massage

sessions have been suspended. **The exercise equipment located in the Community Room can still be reserved by calling the Hospitality Desk at (785) 323-3847.**

- ~ Salon services will remain the same continuing with current limitations.
- ~ If you go to the hospital for any reason, please contact Jayme Minton, Support Services Director, at (785) 313-0454. Anyone who has a hospital visit will be asked to quarantine for ten days.

Riley County Key Club Pen Pals

The Riley County High School Key Club, the high school level Kiwanis Club, is looking for pen pals! If you are interested in having a pen pal from this organization, please contact Ron Williams at rwilliams@greatplainsumc.org.



Who You Gonna Call?

Finance Department	(785) 323-3819
Food & Grocery Delivery	(785) 323-3820
Hospitality Desk	(785) 323-3847
Housekeeping Request	(785) 323-3847
IT Help Request	(785) 323-3847
Maintenance Request	(785) 323-3847
Meadowlark Home Health	(785) 537-9497

If you are sick, please contact your doctor via phone for further instruction. After contacting your doctor, please call Jayme Minton at (785) 313-0454 to update the Meadowlark team on your status.



MEADOWLARK
Holiday Classic
2020

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

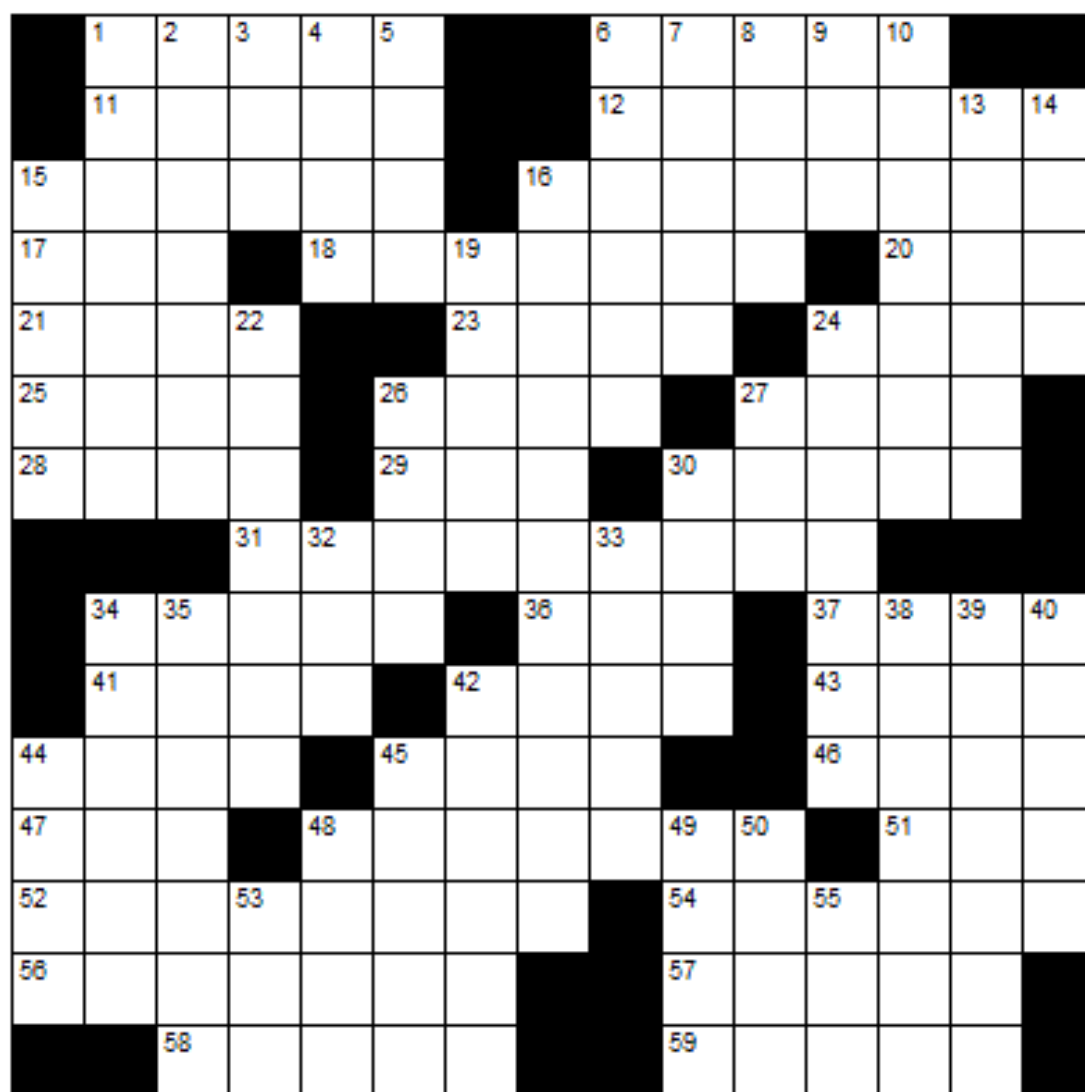
Manhattan High School Choir

Manhattan High School Chamber Orchestra

Hosted by



Work That Brain!



ACROSS

1. Delete
6. Showed displeasure
11. Unoriginal
12. Not devious
15. Chocolate chip or fortune
16. ShriII
17. Alien Life Form
18. Clairvoyant
20. Caviar
21. Learning method
23. God of love
24. Dud
25. Eager
26. Add
27. A song for 2
28. Misprint
29. Shade tree
30. Cantankerous
31. Small spoons
34. Move furtively
36. "___ the season to be jolly"
37. Dad
41. Overtake
42. Transgressions
43. "Wise" birds
44. Damson
45. Search
46. Orange pekoe
47. Manner
48. Declination
51. South southeast
52. Icebreakers
54. Androids
56. Set free
57. Foam
58. Sperm fluid
59. Banana oil, e.g.

DOWN

- | | | |
|--------------------------|-----------------------------|----------------------|
| 1. Environmental science | 15. Unit of weight for gems | 35. Honors |
| 2. Top of a house | 16. Delicious | 38. Impressive |
| 3. Biblical boat | 19. Shouts | 39. Spackle |
| 4. Trim | 22. Self-importance | 40. Donkeys |
| 5. Visual organs | 24. Worrywart | 42. Lessen in force |
| 6. Anticlimax | 26. Pinnacle | 44. Twosome |
| 7. German iris | 27. Lair | 45. Rental agreement |
| 8. Ear-related | 30. Throw | 48. Wander |
| 9. A late time of life | 32. N N N N | 49. Backside |
| 10. Chevrotain | 33. Pig sounds | 50. Cuts off |
| 13. Bigheaded | 34. Join | 53. Spelling contest |
| 14. Stair | | 55. Except |

Balance is a principle of design used by artists to create equilibrium throughout the artwork. If you think of the piece as a scale the visual weight of the objects, colors, textures and space should be balanced to portray stability. A symmetrical balance has elements on one side of the image similar to the other side. In an asymmetrical balance there is a perception of balance despite the two halves of the art looking different. A radial balance shows objects circled around a central object. As you look at this screen print from our permanent collection, what kind of balance do you see and how did the artist arrange the objects to achieve it?



Bernard Joseph Steffen, *Fruit of the Soil*, ca. 1945, Color screen print on paper, KSU, Marianna Kistler Beach Museum of Art, John F. Helm, Jr. Memorial Fund, 2002.350

Solutions from 11/16

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

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

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When Chaput took over his family's business in 1976, he expanded to all types of plumbing repair and remodeling work and also had a specialty in boiler repair and replacement. In the early 1980s, he became fully licensed in all types of heating, air conditioning, and ventilation, and the business expanded again.

In 1979, the country girl met her city boy at a party thrown by some of Chaput's employees. "We were the old folks at the party at age 34," Pannbacker said. She was surprised to learn that Chaput's father was born and raised in Miltonvale, Kan., near where Pannbacker had grown up. They married in 1980.

During the '80s and early 1990s, Pannbacker's nutrition work in Denver was all related to public health. She is proud to have worked with federal and state officials to secure funding for the Women, Infants, and Children (WIC) nutrition program for the City and County of Denver. She said she went from managing dietitians to managing plumbers when she joined Chaput's business in 1995. She implemented computer automation of the customer database and accounting systems, and assumed many other roles in managing the company.

Chaput has a daughter from a previous marriage, and he and Pannbacker had one son, who died in 2010. The couple retired from Chaput Rootmaster in 2011, but Art kept both feet in the work force until 2018, staying active with the Chaput family's rental business.

About four years ago, they sold their Denver house and moved to a townhome. At the same time, they also purchased a home in Rogers, Ark., to be near their daughter and her family.

Pannbacker became a Passport member a couple of years ago, saying Meadowlark was attractive because it is near her siblings and their children in Washington County, and is only a few hours from the couple's family in Arkansas. They moved to 1204 Meadowlark Circle in mid-October.

If their last names seem familiar, it's perhaps because two other Independent Living residents have the same surnames. Pannbacker's cousin Richard and his wife, Candace, moved to Meadowlark Circle cottage in 2018; sadly, Dick passed away earlier this year. Pannbacker said Art is probably related to Edith Chaput, who lives on

2nd floor. "We just don't know how yet," she added. "There are many Chaputs, and he seems to be related to all of them in some manner!"

Chaput, 76, and Pannbacker, 75, are avid travelers. Prior to the pandemic, they spent about a quarter of the year in Denver, another quarter in Arkansas, and another three to four months packing and unpacking suitcases.

"When COVID struck, we were in Israel," Pannbacker said. "The world changed while we were gone."

Living in Colorado most of his life, it's no surprise that Chaput enjoys outdoor activities, such as hunting, skiing, golfing and hiking. The couple discovered Meadowlark's trail and have enjoyed exploring the campus with their chocolate lab, Shea. They also share their home with a cat named Clemmie.

Virtual Programming (via Zoom)

Tuesday, Nov. 24

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, Nov. 25

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

Monday, Nov. 30

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 <i>kspearman@meadowlark.org</i> for the log-in information.

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. 29 ~ Lunch \$14	Dinner \$12
	Roasted Beef Brisket with Mushroom Sauce Hashbrown Casserole Vegetable du Jour	Chicken Cacciatore Rice Vegetable du Jour
MONDAY	Nov. 30 ~ Lunch \$10	Dinner \$13
	Turkey & Provolone Panini with Cranberry Relish Potato Chips Coleslaw	Stuffed Pork Tenderloin with Spinach, Sundried Tomato, & Mozzarella Risotto Vegetable du Jour
TUESDAY	Dec. 1 ~ Lunch \$10	Dinner \$13
	Shepherd's Pie Choice of Vegetable	Pot Roast with Carrots, Onions, & Celery Mashed Potatoes Vegetable du Jour
WED.	Dec. 2 ~ Lunch \$10	Dinner \$12
	Chicken Quesadilla Mexican Rice Black Beans	Chicken Piccata Spaghetti Vegetable du Jour
THURS.	Dec. 3 ~ Lunch \$10	Dinner \$12
	Quiche Lorraine Rice Pilaf Choice of Vegetable	BBQ Spare Ribs Mashed Potatoes Vegetable du Jour
FRIDAY	Dec. 4 ~ Lunch \$10	Dinner \$14
	Fish & Chips Coleslaw	Shrimp & Grits Vegetable du Jour
SAT.	Dec. 5 ~ Lunch \$10	Dinner \$15
	Tater Tot Casserole Choice of Vegetable	Steak Baked Potato Vegetable du Jour



Meadowlark Entertainment Guide

Tuesday, Nov. 24

10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Aerobics Exercise
2:00 p.m.	Steady Yourself Exercise Class

Wednesday, Nov. 25

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	(Re-run) Worship Service with Chaplain Patty Brown-Barnett
2:00 p.m.	Weights 101 Exercise Class

Thursday, Nov. 26

10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Aerobics Exercise
2:00 p.m.	Steady Yourself Exercise Class

Friday, Nov. 27

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.	(Re-run) Channel 1960 News

Thanksgiving Breakfast Special

Prairie Star Restaurant will offer a special French Toast Breakfast Casserole on Thanksgiving morning. Residents may call the restaurant number at (785) 323-3820 to order.



Saturday, Nov. 28

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

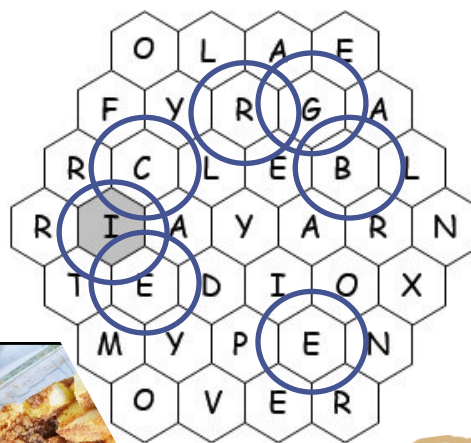
Sunday, Nov. 29

9:00 a.m.	Sweat It Out Aerobics
10:30 a.m.	NEW Worship Service with Chaplain Patty Brown-Barnett
2:00 p.m.	(Re-run) Worship Service with Chaplain Patty Brown-Barnett
2:45 p.m.	Guided Meditation
3:00 p.m.	Chair Yoga

Monday, Nov. 30

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

BUZZWORD SOLUTION from 11/16



2. pioneEr
3. daytimE
4. **allergy**
5. Garbage
6. Clarify
7. algeBra

Buzzword:
ICEBERG

