

Holiday House Happenings

by Jana Armfield, Volunteer Engagement Specialist

What are some of your favorite Christmas traditions? One that comes to mind for many is decorating gingerbread houses with lots of delicious frosting and colorful candies! Meadowlark is putting a new spin on this beloved Christmas tradition, thanks to an idea from



fellow residents, Skip and Joan Jones. Pop-Tarts will be provided as a foundation for the houses, in lieu of gingerbread or graham crackers, as they are a bit more malleable. In each supply pack, residents will receive Pop-Tarts, frosting, Fruit Loops, Skittles, mints, a frosting tool (aka a plastic knife), and mini-candy canes. There will be a decorating contest for those who are the competitive type! Prizes will be bestowed to the first, second, and third place winners. Residents are encouraged to show their creativity and may use any other food/candy supplies they may have in their

cupboards. In order to enter the competition, please send a photo of your completed holiday house masterpiece to Sarah Duggan, Community Relations Director, at sguge@meadowlark.org. Houses will be reviewed by a panel of special judges.

Starting today, Monday, Dec. 7, supplies will be available at the Hospitality Desk for pick up. Please call the desk at 323-3847 if you would like your supplies delivered on campus, or if you have any questions. The deadline to compete in the contest will be Wednesday, Dec. 16. The winners will be announced in the Monday, Dec. 21, Meadowlark Messenger. Happy decorating!

Tears of Christmas Joy, December 2020

by Polly Ferrell, IL resident

Meadowlark Hills is delightfully decorated for the holidays. The Stairway to Christmas tree in the front entrance stands tall and regal, beautifully dressed in white and silver. The K-State tree affirms our allegiance to the purple and the white. The Enchanted Forest heralds the 18 Days Till Christmas! In my apartment the colorful Jim Shore Heartwood Creek nativity is center stage. It's Christmas!

For many years I gifted each of my family members with a flashlight to remind us that Jesus is the Light! Each year's lights were unique — from penlights to head lamps to lanterns. Christmas was bright and cheerful.

This year we will start a new tradition of giving to the environment. In celebration of our family, trees will be donated for planting to replenish a national forest, giving renewal to humans, birds and wildlife. It's Christmas!

Long ago on a Christmas Eve afternoon the nursing home where my mother lived phoned to say that she had laid down for her afternoon nap and never awoke. It was then, that I learned my tears were for me, not for Mom. It was a Christmas of remembering.

My 89th Christmas season is unlike any other. No one of my Lifetime Family will be here to celebrate with me. My MLH Family and I will celebrate "together" in a distanced way. Celebrating with other Friends will be via telephone or mail. But we will celebrate. Celebrate the birth of Jesus. Celebrate friendship. Celebrate those who have gone on before us. Celebrate hope. Some of this 2020 year will be celebrated with laughter and some with sorrow, but most of all — we will celebrate with Tears of Christmas Joy!



Ask Lonnie Baker, CEO

Submit questions for Lonnie Baker to answer in his weekly video

update, which typically premieres at 12:30 p.m. Fridays on Channel 1960. Re-runs of his weekly update are scheduled from Friday through Sunday. Questions for Lonnie to answer can be submitted at the collection box located at the Hospitality Desk or by emailing Sarah Duggan at sguge@meadowlark.org. Questions received by 8 a.m. each Thursday will be addressed in the current week's video update.

Visitation to all duplexes, cottages, and apartments is prohibited at this time.

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.

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.



Christmas Carousel: Enchanted Forest

The Enchanted Forest opens today, Dec. 7, in Prairie Star Restaurant's Event Center. Celebrate Meadowlark's *18 Days of Christmas* by visiting the forest each day to see new features and activities as we count down the days.

Masks are required in all common areas on campus, including the Enchanted Forest. When visiting, please distance yourself from others who are not in your household.

Tune into Channel 1960 Monday, Dec. 14, for Holiday Bingo! Cards will be available for pick up in the Enchanted Forest on Dec. 14. Happy Holidays!

Ice Cream Treat!

Substitute a Big Vanilla Ice Cream Sandwich for your dessert when you order a special or order it at anytime for just \$2!



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.

Work That Brain!

Christmas Word Search

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

SANTA
 PRESENTS
 TREE
 ORNAMENTS
 TINSEL
 REINDEER
 COOKIES
 TOYS
 SONGS
 SHOPPING
 DINNER
 FAMILY
 WREATH
 MISTLETOE
 STOCKINGS
 TURKEY
 STUFFING
 EATING
 SNOW
 FUN

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.

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

Christmas Trivia Challenge

1. In *Home Alone*, where are the McCallisters going on vacation when they leave Kevin behind? _____
2. In the classic Christmas movie, *How the Grinch Stole Christmas*, the Grinch was described with which three words?

3. In which modern-day country was St. Nicholas born in? _____
4. In the movie *It's a Wonderful Life*, what happened every time a bell rang?



Meadowlark Entertainment Guide

Tuesday, Dec. 8

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
6:00 p.m.	<i>(Re-run)</i> Meadowlark Holiday Classic 2020

Wednesday, Dec. 9

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

Thursday, Dec. 10

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

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

Solution from 11/30

Virtual Programming (via Zoom)

Tuesday, Dec. 8

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, Dec. 9

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.	ARTful Memories URL: ksu.zoom.us/j/92215181862 Meeting ID: 922 1518 1862



LEADER of the Pack



Meadowlark's December 2020 Leader of the Pack is Michaela Essman, LPN in Collins House—congrats Michaela!

Michaela is always willing to lend a helping hand and picks up numerous open shifts. She stays busy throughout her day and helps out wherever needed! She always keeps a calm demeanor during stressful situations and sets a great example for other employees. Meadowlark is grateful to have her!