



# MEADOWLARK

## Messenger

Dec. 10, 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**

## A Spoonful of Fudge

by Nancy Julien Kopp, IL resident  
[pictured right at age 10 and now]

Spiral back in time with me to a mid-December day in 1947 and relive one of my treasured memories. With our teacher's guidance, my third-grade class planned the Christmas party, which would be held on our final day before the holiday break. Our classroom already looked festive thanks to a live Christmas tree decorated with our art work. Cut-out paper snowflakes adorned the tall windows, and in free time we'd made construction paper chains which we used to decorate every available space in the room.

But now the most important part of getting ready was upon us. Miss Marshak asked for volunteers to bring Christmas napkins, cookies, and punch.

"Now what else would be good to have at the party?" she asked.

A boy in the last row hollered, "Fudge!"

At his one-word answer, I sat up straight and waved my hand in the air. When Miss Marshak did not call on me immediately, I bounced up and down in my chair and gestured furiously.

"Yes, Nancy," she finally said.

"I'll bring the fudge. My mother makes the best fudge in the world." My mouth watered at the thought of the creamy, rich chocolate candy my entire family



loved.

I could hardly wait to get home and tell my mother that I'd volunteered to bring fudge for the party. She'd be so excited to share her special fudge with all my classmates. I barely felt the cold December air as I hurried along the six blocks from school to our apartment building. My feet scarcely touched the stairs as I sailed up the three flights to our door.

Mother stopped peeling potatoes when I burst into the kitchen. I announced the great news, but I didn't get the reaction I'd expected. Her face paled. "Fudge? Isn't there something else you can bring?"

"No. Other people signed up for the rest." My excitement deflated like a pricked balloon. What could be wrong?

Mother shrugged, picked up the potato peeler and said, "It's all right. I'll make the fudge."

The December days slid by, one by one. I helped Mother put up our Christmas decorations. Dad took my brothers and me to pick

### Holiday House Happenings!

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](mailto:sguge@meadowlark.org). Houses will be reviewed by a panel of special judges. After sending your picture, you are invited to bring your completed house to the Game Room for others to enjoy. (Looking, not eating!)

Supplies are 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.

See **FUDGE** page #

Christmas Carousel: **Enchanted Forest**



The Enchanted Forest opened Monday, Dec. 7, in Prairie Star Restaurant’s Event Center. Celebrate Meadowlark’s *18 Days Until Christmas* by visiting the forest each day to see new features and activities as we count down the days. The Enchanted Forest will be on display through Sunday, Jan. 3.

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 to celebrate the *11th Day Until Christmas*! Cards will be available for pick up in the Enchanted Forest on Dec. 14. Happy Holidays!



**Virtual Programming (via Zoom)**



Friday, Dec. 11

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

Monday, Dec. 14

	Change & Loss Support Group
2 p.m.	Email Kathleen for log-in info at <a href="mailto:kspearman@meadowlark.org">kspearman@meadowlark.org</a> .

**Solutions from 12/3**

*Christmas Scrambles*

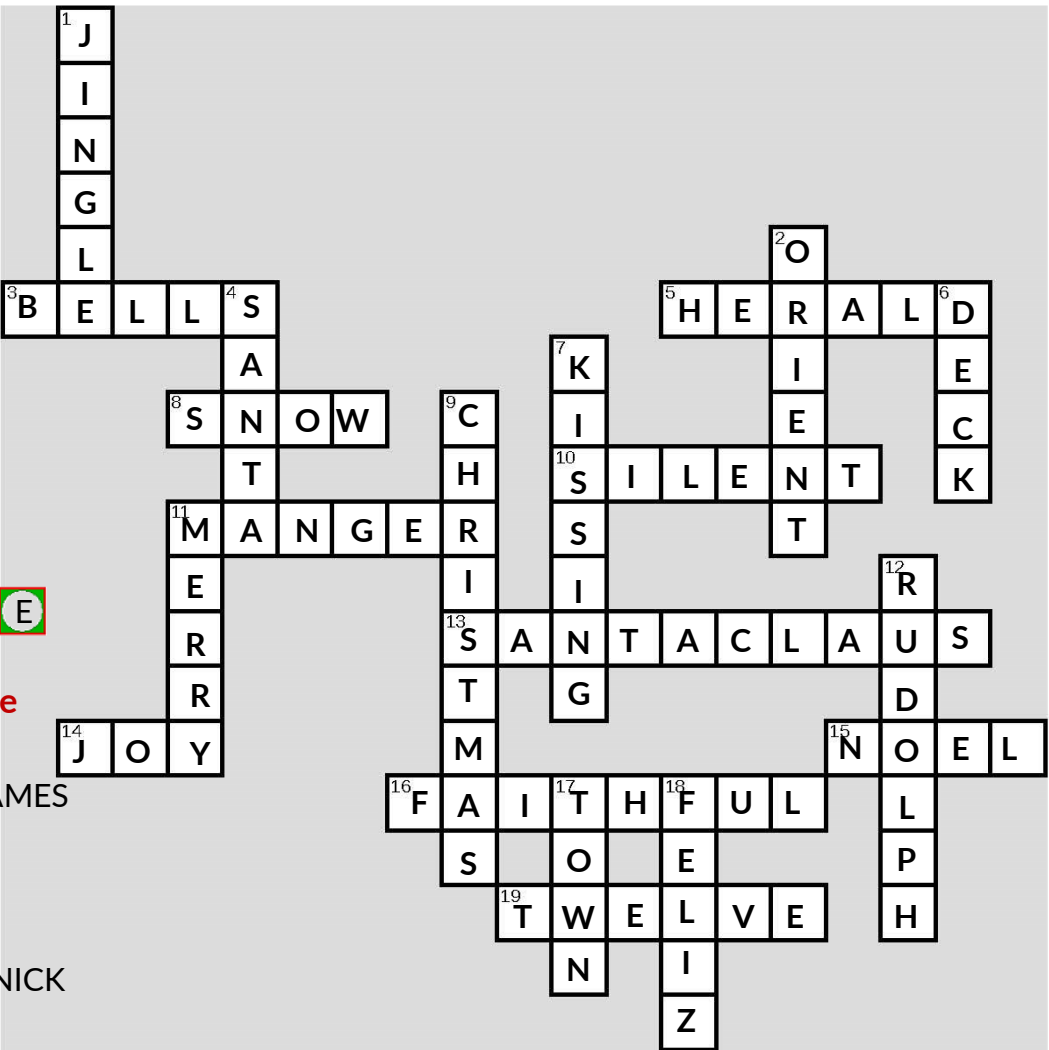
- 1. STOCKING
- 2. FIREPLACE
- 3. CHIMNEY
- 4. MISTLETOE
- 5. ORNAMENTS
- 6. TINSEL
- 7. SLEIGH
- 8. PRESENTS
- 9. TWINKLE

The Bonus Solution is:

**S N O W F L A K E**

**Christmas Trivia Challenge**

- 1. EGGNOG
- 2. JOIN ANY REINDEER GAMES
- 3. FOUR
- 4. BETHLEHEM
- 5. MACY’S
- 6. KRIS KRINGLE & SAINT NICK
- 7. BLUE CHRISTMAS
- 8. AN ANGEL



## **FUDGE** from page 1

out a tree, and Mother spent her days wrapping packages and baking special cookies and Christmas cakes. At school, we practiced for our part in the all-school musical program, read Christmas stories in reading time and created our own in Language Arts period. Giggles got louder as Christmas surrounded us.

Finally, the day before the party arrived. Our teacher went over a checklist to make sure everyone remembered what they were to bring the next day. How could I forget? I'd thought about the chocolaty, wonderful fudge Mother would make every day. I could almost taste its smoothness and the lingering sweetness it left.

When I got home that afternoon, my baby brother was crying, and Mother looked about to cry along with him. "What's wrong?" I asked. My worry centered not on the baby or my mother but on the fudge.

Mother sank into a kitchen chair. "I've made three batches of fudge today, and none of them worked. They're all too soft. I can't send it to school."

I had no idea why she was so disturbed. Fudge was always soft and gooey. We spooned it up every time we had it. "Why?" was all I could think to say.

"Nancy," my mother said, "fudge is not meant to be eaten with a spoon. It should be firm enough to pick it up in a piece and pop into your mouth. I beat and beat it, but it's like it always is when I make it. Too soft. And I made it three times today!"

Tears welled in her eyes, and my baby brother reached up and patted her cheek. Maybe even he knew how bad she felt. How could I bring the fudge to school? I loved my mother's fudge, but maybe nobody else would. Maybe they'd laugh when they saw it. I worked up my courage and asked, "What are we going to do?"

The next morning, I carried a big pan of fudge and 21 spoons to school.

The soft candy was the hit of the party. After we had our punch and cookies, everyone gathered around the cake pan of fudge, spoon in hand, and dug in. My fears were never realized. One of the boys licked his spoon and said, "You were right. Your mom does make the best fudge in the world." Echoes of agreement sounded around the circle. We dipped our spoons for more.

Some years later, Mother began to make a new fudge recipe that contained marshmallow crème. The ads promised it was foolproof--firm fudge every time. They were right, but the spoonfuls of soft fudge we'd eaten all those years before remained my favorite, and I never forgot how my mother found a solution to what might have been my biggest third grade disaster. It wasn't only fudge she'd given me that December day.

## **NEW! on Channel 1960**

### **Meadowlark Cribs: Holiday Series**

**Premieres at 5:30 p.m. Dec. 12**

Step into homes of Meadowlark staff members and take a tour of their holiday decorations. You'll hear about traditions and stories behind some of the featured family's favorite décor pieces.

The family of Sarah Duggan, Community Relations Director, invites you to tune in for the *Duggan Residence* episode of Meadowlark Cribs: Holiday Series. Grab a glass of wine, cozy up, and join Edward, Sarah, Murphy, and Eilish as they share their holiday cheer!

### **Christmas Storytime**

**Premieres at 6 p.m. Dec. 11**

Rowan Minton, nine-year-old son of Jayme Minton, Meadowlark's Support Service Director, will read a classic Christmas story, Tune into hear *'Twas the Night Before Christmas*.

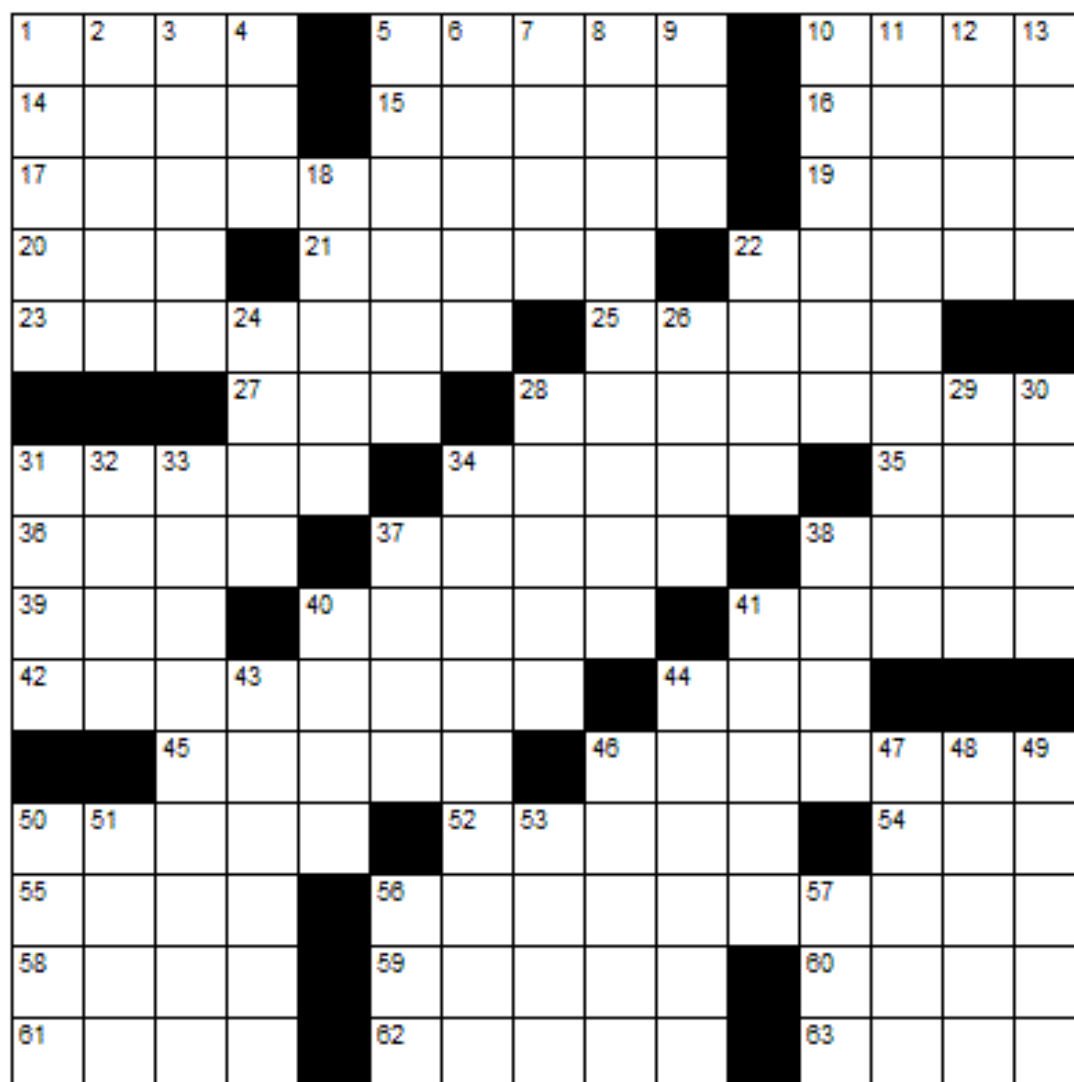
### **Osher Course: The Ranger Ideal**

**Premieres at 10:30 a.m. Dec. 12**

Established in Waco in 1968, the Texas Ranger Hall of Fame and Museum honors the iconic Texas Rangers, a service which has existed, in one form or another, since 1823. They have become legendary symbols of Texas and the American West. Thirty-one Rangers, with lives spanning more than two centuries, have been enshrined in the Hall of Fame. Darren L. Ivey examines the lives and careers of the first nineteen of these men and discusses their contributions to the Rangers and to the nation.

Tune into session one of *The Ranger Ideal* at 10:30 a.m. Saturday, Dec. 12, on Channel 1960. One re-run of the session will air at 9 a.m. Tuesday, Dec. 15. There are three total sessions for this course. The new sessions will premiere on Saturdays at 10:30 a.m.

# Work That Brain!



## ACROSS

1. Old stories
5. Anagram of "Space"
10. Backside
14. Cain's brother
15. Anagram of "Talon"
16. Brother of Jacob
17. Embroidery
19. Tanks
20. Papa
21. Turf
22. Gowns
23. Pettifogger
25. A yellowish brown color
27. Which person?
28. Prevaricated
31. A Canadian winter hat
34. Pup
35. Actress Lupino
36. Astringent
37. Muse of love poetry
38. "Smallest" particle
39. Ribonucleic acid
40. Eyeglasses
41. Verse
42. Salary payment
44. Female deer
45. Streamlined
46. Search haphazardly
50. Homeric epic
52. A kind of macaw
54. Shade tree
55. Purges
56. Self-centered
58. Poems
59. Yields
60. 3 times 3
61. Prying
62. Utilizers
63. French for "Head"

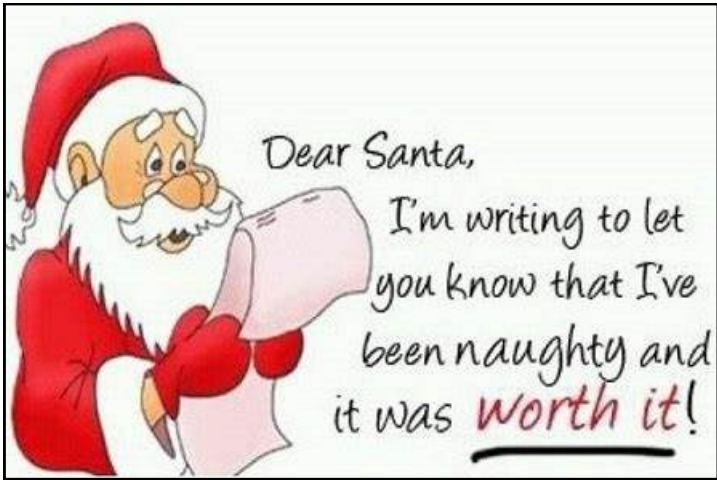
## DOWN

1. Territories
2. A religion based on sorcery
3. Slender
4. A late time of life
5. Record player
6. Cringe
7. Again
8. Budgies
9. Antlered animal
10. Annul
11. Usefulness
12. Spouse
13. Kitty-cat
18. Wood shaping machine
22. Coarse file
24. Travelled through water
26. Angel's headwear
28. Hit hard
29. Biblical kingdom
30. Matron
31. Canvas
32. Forearm bone
33. Adjacent to docks
34. Ruins
37. Type of sword
38. Throat-clearing
40. Outbuilding
41. Ancient empire
43. Stylish
44. Coercion
46. Formula 1 driver
47. Eagle's nest
48. Gleam
49. Master of ceremonies
50. Weightlifters pump this
51. Adriatic resort
53. Was a passenger
56. Euro forerunner
57. Explosive



Christmas Trivia Challenge

- 1. What words follow "Silent Night" in the song? \_\_\_\_\_
- 2. Which Hollywood actor played six different roles in the *Polar Express*? \_\_\_\_\_
- 3. In Charles Dickens' *A Christmas Carol*, what was the first name of Scrooge? \_\_\_\_\_
- 4. Which country did eggnog come from? \_\_\_\_\_
- 5. What did Frost the Snowman do when a magic hat was placed on his head? \_\_\_\_\_
- 6. What is Ralphie's little brother's name in the movie *A Christmas Story*? \_\_\_\_\_
- 7. Which Christmas song contains the lyric "Everyone dancing merrily in the new old-fashioned way?" \_\_\_\_\_



**Winter Math:** Can you figure out what number the lanterns, snowmen, and trees represent to solve the final equation?

Three lanterns + Three lanterns + Three lanterns = 45

Two snowmen + Two snowmen + Three lanterns = 23

Two trees + Two trees + One snowman = 10

Two lanterns + One tree x One snowman - One lantern = ?

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.**

## Art Engagement from the Beach Museum of Art



Margaret Evelyn Whittemore, *Bridge over Wakarusa*, mid 20<sup>th</sup> Century  
Screenprint on paper, KSU, Marianna Kistler Beach Museum of Art, G.  
E. Johnson Art Acquisition Fund, 2006.220

An artist may use **repetition** in an artwork to move your eye across the canvas and create visual interest. Shape, form, line, color or texture can be used as recurring elements. Once the viewer's eye attaches to an element, they will then begin to move across the artwork to seek out similar elements. For example, in *Bridge over Wakarusa*, the arches are a repeated form in the bridge and in the reflection in the water, the ripples in the water are repeated lines from front to back, the bricks are repeated shapes, the color of the leaves is repeated in the trees and in the grass on the left bank and lower right bank and in the water.

When framing a photograph, a photographer can look for repeating elements and capture them within the image. As you look at this photograph what **repetition** do you notice? What elements did the artist capture that create that repetition?

Patricia DuBose Duncan,  
*Lyric Opera House*,  
*Cottonwood Falls, Kansas*,  
20<sup>th</sup> Century, Chromogenic  
print, KSU, Marianna Kistler  
Beach Museum of Art, gift of  
the artist, 1998.99



# 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	Dec. 13 ~ Lunch \$12	Dinner \$12
	Chicken Schnitzel Cheesy Mashed Potatoes Vegetable du Jour	Honey Lime Chicken Hind Quarter Cilantro Lime Rice Vegetable du Jour
MONDAY	Dec. 14 ~ Lunch \$10	Dinner \$12
	Salmon & Lemon Pasta Bake Choice of Vegetable	Fried Pork Cutlet <i>with White Wine Mushroom Sauce</i> Polenta Vegetable du Jour
TUESDAY	Dec. 15 ~ Lunch \$10	Dinner \$12
	Spaghetti & Meat Sauce Garlic Toast Choice of Vegetable	Cowboy Beef Stew Garlic Toast Vegetable du Jour
WED.	Dec. 16 ~ Lunch \$10	Dinner \$13
	Fried Pork Egg Rolls <i>with Sweet &amp; Sour Sauce</i> Fried Rice Choice of Vegetable	Swiss Steak Mashed Potatoes & Gravy Vegetable du Jour
THURS.	Dec. 17 ~ Lunch \$10	Dinner \$14
	Grilled Ham Steak <i>with Pineapple</i> Tater Tots Choice of Vegetable	Braised Short Ribs Gouda Scalloped Potatoes Vegetable du Jour
FRIDAY	Dec. 18 ~ Lunch \$10	Dinner \$15
	Beef Burrito Mexican Rice Refried Beans	Crab Cakes <i>with Cajun Remoulade Sauce</i> Twice Baked Potato Vegetable du Jour
SAT.	Dec. 19 ~ Lunch \$10	Dinner \$15
	BBQ Wings Mac & Cheese Coleslaw	Seared Halibut <i>with Asparagus Sauce</i> Roasted Yukon Gold Potatoes Vegetable du Jour





# Meadowlark Entertainment Guide

## Friday, Dec. 11

9:00 a.m.	(Re-run) Worship Service with Chaplain Patty Brown-Barnett
9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:49 a.m.	Christmas Carousel Promotion
12:00 p.m.	Channel 1960 News
12:30 p.m.	<b>NEW Update</b> with Lonnie Baker, CEO
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	(Re-run) Worship Service with Chaplain Patty Brown-Barnett
4:49 p.m.	Christmas Carousel Promotion
5:00 p.m.	(Re-run) Channel 1960 News
5:30 p.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO
6:00 p.m.	Christmas Storytime with Rowan Minton

## Solution from 12/3

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

## Saturday, Dec. 12

9:15 a.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO
9:30 a.m.	Band Bust Exercise Class
10:30 a.m.	Osher Course: The Ranger Ideal, Session One
2:00 p.m.	Band Bust Exercise Class
3:15 p.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO
5:30 p.m.	Meadowlark Cribs: Holiday Series <i>Duggan Residence</i>
5:49 p.m.	Christmas Carousel Promotion
6:00 p.m.	(Re-run) Meadowlark Holiday Classic 2020

## Sunday, Dec. 13

9:00 a.m.	Sweat It Out Aerobics
10:30 a.m.	<b>NEW</b> Worship Service with Chaplain Patty Brown-Barnett
12:00 p.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO
12:19 p.m.	Christmas Carousel Promotion
12:30 p.m.	(Re-run) Meadowlark Holiday Classic 2020
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, Dec. 14

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
6:49 p.m.	Christmas Carousel Promotion
7:00 p.m.	Holiday Bingo (11 Days Until Christmas!)