

# Lifetime Learning

## **Meadowlark & UFM partner to offer classes for Spring 2021**

Meadowlark and UFM Community Learning Center are excited to announce that the organizations will partner to offer lifetime learning classes in Spring 2021. Meadowlark will be sponsoring select UFM Lifetime Learning classes. Osher courses will not be offered through Meadowlark.

UFM has a wide selection of courses, developed by the same UFM team that organized the Osher classes in Manhattan. Charlene Brownson will continue to be your contact for questions or enrollment assistance. Some courses are planned for live presentation, others by Zoom. Meadowlark residents may participate in the four classes held at and sponsored by Meadowlark at no cost. Passport members may attend with a 20-percent discount. A brochure and UFM catalogs will also be available this month.

Due to the ongoing concern regarding the COVID-19 global pandemic, class structure may flex to online only.

Classes at Meadowlark available at no cost to residents include:

**True Stories of Adoptions and Reunions - Kellie Parr**  
Tuesday, February 9 & 16; 3:30 to 4:30 p.m.

**A Drive Through Manhattan's African American History - Cheryl Collins, RCHM**  
Thursday, February 18, 1 to 2 p.m.

**Commerce on the Kaw: Exploring the History of Manhattan's Main Street - Allana Parker, RCHM**  
Thursday, March 25, 1 to 2 p.m.

**Leadership in World War II - Robert Smith**  
Wednesdays, March 24, 31, & April 7; 6:30 to 8 p.m.

Classes are now open for enrollment. For the learning opportunities at Meadowlark, call UFM at (785) 539-8763 and let them know you want to register. If the office is not open, leave a message and staff will call you back. Class size for Meadowlark courses is limited to 50 people.



## **Happy Birthday, Ruth!**

**Ruth Wells is celebrated a big birthday on Tuesday, Jan. 5!**

**Thank you all who helped make the day a special one!**

## **Gerontology 101: Recruiting Mentors for Spring 2021**

Gayle Doll has been teaching gerontology to senior level K-State students for more than 20 years, the majority of those years with mentors from Meadowlark Hills. This year looks very different than years past, but she is still wanting to provide this intergenerational activity for her students.

If you are interested in connecting with students in a ZOOM classroom, please contact Gayle at [gdoll@ksu.edu](mailto:gdoll@ksu.edu) or by calling (785) 456-4903. You would be involved two times a month, likely on Tuesday afternoons for one hour, starting in February. Detailed instructions for online learning will be provided.

## Stay Informed

Housekeeping and laundry services have resumed at this time.

Independent living residents are invited to place small tables outside of their door for staff to place deliveries. If you need to borrow a small table, please call the restaurant at 323-3820.

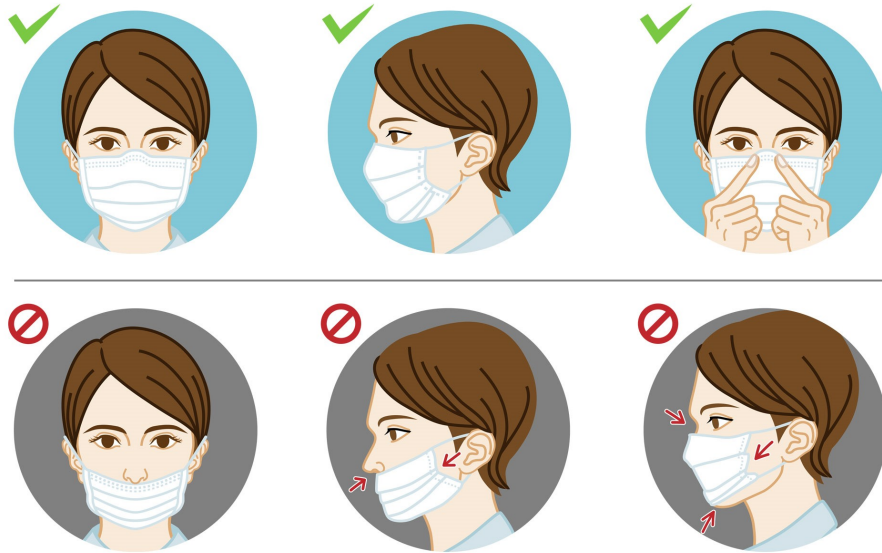
Pizazz Salon remains closed.

Transportation services are limited to necessary medical appointments only. To schedule transportation services, call (785) 313-1039.

Maintenance requests during this time of limited exposure should only be items that affect safety. Maintenance requests can be submitted via a phone call to the Hospitality Desk at (785) 323-3847.

Tune into Channel 1960 and read the twice-weekly Meadowlark Messenger for updated information regarding Meadowlark's COVID-19 response and procedures.

## If you must leave your home, mask up.



## COVID-19 CHECKLIST: Current Precautions

- ✓ All independent living residents need to self isolate.
- ✓ If you have a necessary and unavoidable reason to leave, first contact Jayme Minton, Support Services Director, at (785) 313-0454.
- ✓ If you choose to leave campus for any reason, you will need to complete a 10-day quarantine inside of your residence.
- ✓ Meadowlark's campus is **closed to all visitors**. Friends and/or family of independent living residents are **not permitted** to come to Meadowlark and pick up a resident.
- ✓ Do not gather with others. Not outside. Not inside.
- ✓ Deliveries for residents will continue to be received by staff at the Tuttle Creek Boulevard entrance, then brought to your door.
- ✓ Grocery and meal orders can be placed by calling Prairie Star Restaurant at (785) 323-3820.
- ✓ Practice frequent and proper hand hygiene.
- ✓ Watch for symptoms: sore throat, fever, chills, cough, shortness of breath, fatigue, muscle or body aches, headache, loss of taste or smell, congestion or runny nose, nausea, vomiting, diarrhea.
- ✓ Watch for emergency warning signs and if any are developed, seek medical attention immediately: difficulty breathing, persistent pain or pressure in chest, new confusion, inability to stay awake, bluish lips or face.





## Additional UFM Lifetime Learning Courses

(Not sponsored by Meadowlark. Fees vary.)

**Starting Your Family History Journey** will start with a class on Getting Started which will cover the basics about various databases and how to use Ancestry.com, FamilySearch.org, and Find a Grave. The second class will cover researching, organizing, and record keeping. The last class will cover ideas on how to write your family stories. This series is a collaboration with UFM and Riley County Genealogical Society.

**Location:** Riley Co. Genealogy Library – 2005 Claflin Rd.

**Class Date/Time:** Mondays, 10 to 11:30 a.m., April 12, 19, and 28

**Securing Your Online Identity** - No matter who you are in this modern world you're going to have an online presence, so this class will cover what is ok to share online and what could cause security risks. We'll cover: The value of information, even simple things like pet names or family nicknames. Appropriate things to post about others. Passphrases and passwords. Social media posts, posts that share information like time spent away from home, accidents, or even specific interests. Device security and what to do with old devices.

**LIVE ONLINE COURSE:** Feb. 2 from 6:30 to 7:30 p.m., Fee: \$25

**Web Browsing Security** - Since everyone is stuck at home, web browsing has been on the rise. With so many people browsing, hackers have seen this as an opportunity to lure people to false websites. This course will teach you new dangers and how to combat them, including: The importance of Adblockers. How to recognize false websites and hyperlinks. Websites and the information they want from you - what is OK to share.

**LIVE ONLINE COURSE:** Feb. 9 from 6:30 to 7:30 p.m., Fee: \$25

**Email/Phone Security** - Phishing and Vishing scams are the most common scams and you often run into them daily. Most are relatively easy to avoid but this course will teach you how to separate fact from fiction, such as: Learning the script which many scams use, making them easier to spot. Spotting the false deadlines they force upon you using fear tactics and a few tricks to keep calm while seeking the truth. Learning the steps to take after such events have occurred.

**LIVE ONLINE COURSE:** Feb. 16 from 6:30 to 7:30 p.m., Fee: \$25

**Chair Yoga** will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction. Participants will also learn how to develop a home practice. All levels welcome.

**Location:** UFM Solar Addition

**Class Date/Time:** Tuesdays beginning Jan. 19 Noon to 1 p.m., **Fee:** \$29 per 5-week session

### Important Legal Documents

Who will care for your children if you cannot? Who will pay your bills and choose your doctor if you have a stroke and can no longer speak? What if you develop dementia or have a serious accident? Who gets your stuff when you die? Who decides? These and other fascinating legal questions, along with solutions to resolve common dilemmas, will be discussed by experienced Elder Law Attorney Chris Bailey. It could be easier than you think... or you may need to make some good decisions now!

**Location:** UFM Solar Addition, **Class Date/Time:** Feb. 2 to Feb. 24, from 6 to 7 p.m., **Fee:** \$20

**See the UFM Catalog for additional class offerings. To enroll in any of these classes or many others, call UFM at (785) 539-8763 or register online at [tryufm.org](http://tryufm.org).**



## December Gifts to Meadowlark Foundation

Gifts benefiting the Good Samaritan Fund, Lyle House Activity Fund, Helping Hands Fund, Meadowlark Memory Program, and Meadowlark Parkinson's Program were received by Meadowlark Foundation during the month of December 2020.

\* Tribute gifts as part of 10th annual Dollar-a-Day campaign.

## Memory of

Twila Bailie  
Avis Duncan Bidwell  
Imogene Lamb Bolls\*  
Betty Broderson  
Richard Cattell  
Lynda Ewert  
Linda Hood  
John & Mildred Lindhom\*  
Richard McKittrick\*  
Eleanor McEwen  
Jody Sondergard  
Michael Strobe

## Honor of

Wayne Bailie  
Rita Harsch\*  
Ann Harts  
Jim Morrison\*  
Jane Westfall\*

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

# TEATIME TO TAILGATES

by Polly Ferrell

Kansas achieved statehood on January 29, 1861! This year we are celebrating "160 Years of Dining in Kansas." We will explore our food heritage and taste the goodness of Kansas foods. Yum, Yum!

In 2013 Kansas State University marked their 150th anniversary. As part of the celebration a book, "Teatime to Tailgates" was published. Written by Jane P. Marshall, a rural Kansan — are there any other kind? — it overviews the history of food in the great state of Kansas. Introducing the book she says —

*"The story of food on the Kansas State University table is the story of food in Kansas. It is the story of grasshoppers and drought, of tornadoes and blizzards. It is the story of fortitude and patience, of the love of Independence and the bravery of risk. It is*

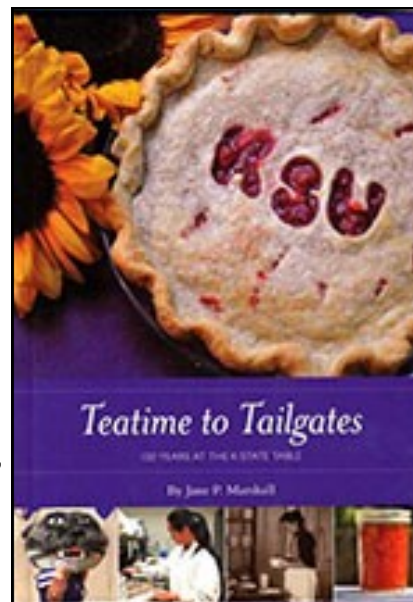
*the story of men and women who loved the horizon, the land and a good loaf of bread."*

Our early Kansans feasted on Roast Raccoon, Pemmican, Scrapple and Mullberry Pie. On occasion there was even Popcorn

Pudding. My mother made the best Scrapple ever, after hog butchering time. Corn meal, cracklings and bacon scraps were mixed with boiling water, poured into a loaf pan and chilled. Then any cold morning was made warmer as we feasted on slices of Scrapple, sliced thin and fried until crispy brown.

Stop by our MLH Library to enjoy the book, full of food lore and history. Learn about Clementine Paddleford, born on a farm near Stockdale, Kansas and a graduate from KSU. She was an American food writer who kept Kansas food memories alive.

Let us know about your favorite Kansas foods by emailing me at [pollyferrell@att.net](mailto:pollyferrell@att.net) or by phone at 537-0103. Catch you later. It's dinner time.



# Work That Brain!

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20					21						22			
23				24					25	26				
			27				28						29	30
31	32	33				34						35		
36					37						38			
39				40						41				
42			43						44					
		45						46				47	48	49
50	51					52	53					54		
55					56						57			
58					59						60			
61					62						63			

## ACROSS

1. Yokel
5. Concealment
10. F F F F
14. Functions
15. Drizzly
16. Ark builder
17. Convincing
19. Melody
20. Before, poetically
21. 58 in Roman numerals
22. Made a mistake
23. Demesnes
25. Fertile areas
27. A large vase
28. Surmises
31. A drama set to music
34. Very slender
35. Mineral rock
36. Facts
37. Certain aromatic herbs
38. Ship's front
39. Not wet
40. Fall guy
41. Hard fats
42. Milled product of durum wheat
44. Tavern
45. Overweight
46. Security activities
50. Light wood
52. Set out
54. Destroy the inside of
55. Found in some lotions
56. Squadron
58. Lower limbs
59. French for "Queen"
60. Mobile phone
61. Lock openers
62. Viper
63. Existence

## DOWN

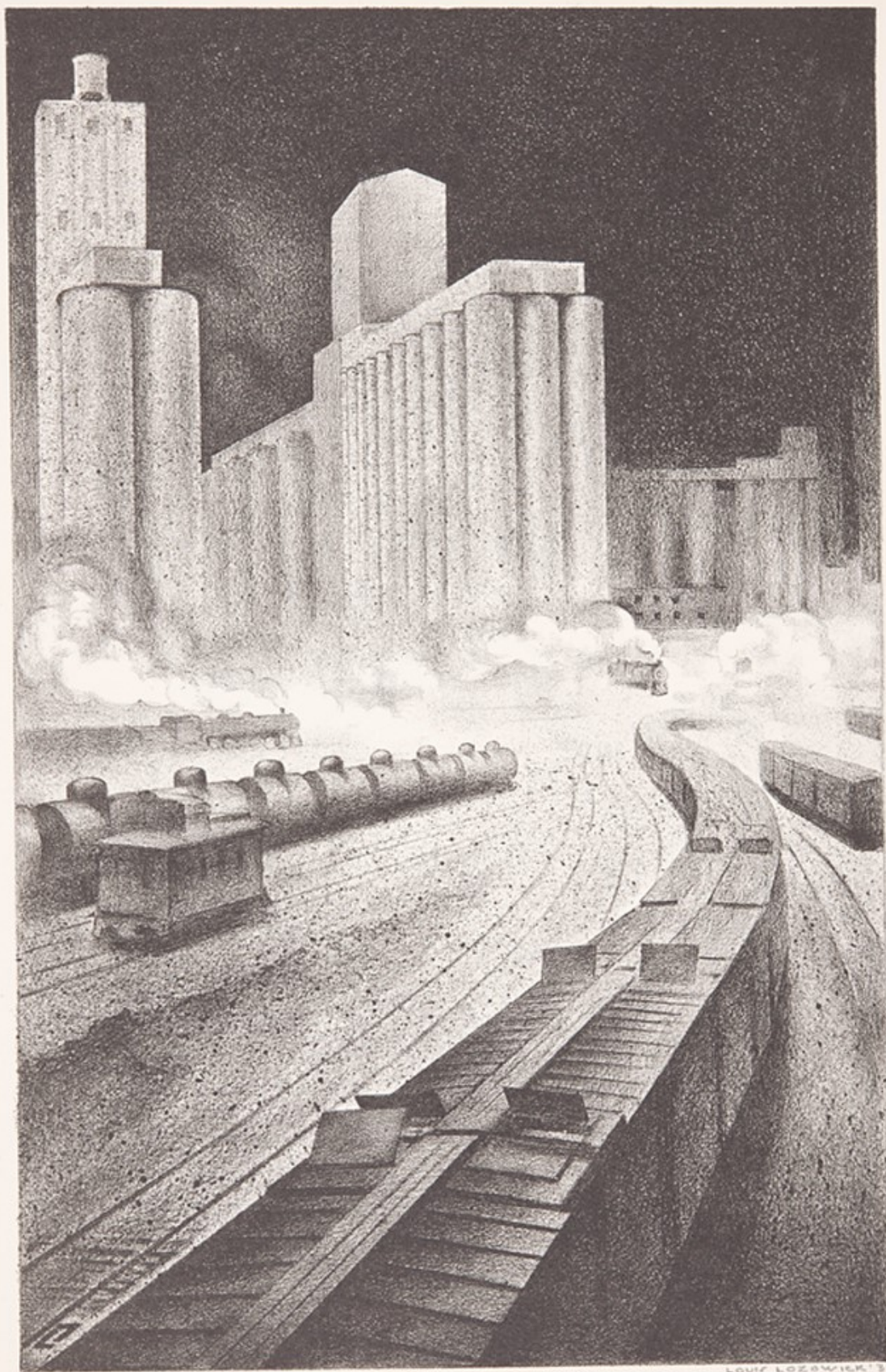
- |                             |                             |                                  |
|-----------------------------|-----------------------------|----------------------------------|
| 1. Indian monetary unit     | 18. Extreme                 | 40. Entreaty                     |
| 2. Utilizers                | 22. Catch a glimpse of      | 41. Nymph chaser                 |
| 3. Type of cap              | 24. Emanation               | 43. Preoccupy                    |
| 4. S                        | 26. Vipers                  | 44. Norse god of light and peace |
| 5. Cowardly                 | 28. Chip dip                | 46. Aircraft                     |
| 6. Fertile area in a desert | 29. Gait faster than a walk | 47. Leers                        |
| 7. 8 in Roman numerals      | 30. Stitches                | 48. Quietens                     |
| 8. Covetously               | 31. Probabilities           | 49. Inscribed pillar             |
| 9. Type of whiskey          | 32. Trim                    | 50. Hesitate                     |
| 10. Main course             | 33. Study of words          | 51. Away from the wind           |
| 11. Eighty (archaic)        | 34. Saw                     | 53. Corrosive                    |
| 12. A temple (archaic)      | 37. Stage                   | 56. Historic period              |
| 13. Outbuilding             | 38. Happy cat sound         | 57. Frozen water                 |



## Art Engagement *from the* Beach Museum of Art

**FORM** Artists use rhythm to carry an idea through an artwork. The rhythm is created with repetition of an element of art such as line, shape, color, texture or form. **Form** is the chosen element of repetition in this print. Form can be geometric or organic. An artist will start with a two-dimensional shape then, by adding light, value and shadow, transform the shape into a three-dimensional object. As you look at this print what geometric forms do you notice? How did the artist repeat them? How does it move your eye through the scene? Final challenge: Do you notice any organic forms?

Louis Lozowick  
*Granaries to Babylon*,  
1933  
Lithograph on paper  
KSU, Marianna  
Kistler Beach  
Museum of Art,  
acquisition made  
possible with funds  
provided by  
Benjamin & Marilyn  
Tilghman, 1997.14



# PRAIRIE STAR RESTAURANT

**Restaurant Hours**  
*Breakfast is available from 7 to 10 a.m.*  
*Lunch & Dinner available*  
*Monday to 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.

<b>SUNDAY</b>	Jan. 10 ~ Lunch \$12	Dinner \$12
	Grilled Blackberry Chicken Roasted Fingerling Potatoes Vegetable du Jour	Beef Pot Pie Garlic Toast Vegetable du Jour
<b>MONDAY</b>	Jan. 11 ~ Lunch \$10	Dinner \$12
	Fettucine Alfredo <i>with Bacon &amp; Mushrooms</i> Garlic Toast Choice of Vegetable	Fried Pork Cutlet Mashed Potatoes & Gravy Vegetable du Jour
<b>TUESDAY</b>	Jan. 12 ~ Lunch \$10	Dinner \$12
	BBQ Chicken Panini Pasta Salad Choice of Vegetable	Pecan Chicken <i>with Dijon Sauce</i> Rice Pilaf Vegetable du Jour
<b>WED.</b>	Jan. 13 ~ Lunch \$10	Dinner \$12
	Grilled Ham Steak <i>with Pineapple Sauce</i> Roasted Potatoes Choice of Vegetable	Beef & Sausage Cannelloni <i>with Spinach &amp; Mozzarella</i> Garlic Toast Vegetable du Jour
<b>THURS.</b>	Jan. 14 ~ Lunch \$10	Dinner \$14
	Catfish Po' Boy Tater Tots Cucumber Salad	Braised Short Ribs Green Chili Mashed Potatoes Vegetable du Jour
<b>FRIDAY</b>	Jan. 15 ~ Lunch \$10	Dinner \$15
	BBQ Pulled Pork Sandwich Coleslaw Baked Beans	Baked Halibut <i>with a Shallot Crust</i> Sweet Potato Casserole Vegetable du Jour
<b>SAT.</b>	Jan. 16 ~ Lunch \$10	Dinner \$15
	Turkey Reuben Sweet Potato Fries Choice of Vegetable	Steak Baked Potato Vegetable du Jour



# Meadowlark Entertainment Guide

## Friday, Jan. 8

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	<b>NEW!</b> Channel 1960 News
12:30 p.m.	<b>NEW!</b> Meadowlark Update with Lonnie Baker, CEO
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
5:00 p.m.	<b>(Re-run)</b> Channel 1960 News
5:30 p.m.	<b>(Re-run)</b> Meadowlark Update with Lonnie Baker, CEO
6:00 p.m.	<b>FULL CONCERT</b> , Battle of Swing: Benny Goodman vs. Glenn Miller

## Saturday, Jan. 9

9:15 a.m.	<b>(Re-run)</b> Meadowlark Update with Lonnie Baker, CEO
9:30 a.m.	Band Bust Exercise Class
10:30 a.m.	<b>NEW!</b> Osher Course – 1930s: The Troubled Decade, <i>Session 2</i>
1:00 p.m.	<b>(Re-run)</b> The Judds: Docuseries, Ep. 2— <i>Hurricane Wynonna</i>
2:00 p.m.	Band Bust Exercise Class
3:15 p.m.	<b>(Re-run)</b> Meadowlark Update with Lonnie Baker, CEO

## Sunday, Jan. 10

9:00 a.m.	Sweat It Out Exercise Class
10:30 a.m.	<b>NEW</b> Worship Service with Chaplain Patty Brown-Barnett
12:00 p.m.	<b>(Re-run)</b> Meadowlark Update with Lonnie Baker, CEO
2:00 p.m.	<b>(Re-run)</b> Worship Service with Chaplain Patty Brown-Barnett
3:00 p.m.	<b>NEW!</b> Guided Meditation with Kathleen Spearman, LMSW

## Monday, Jan. 11

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

### **Battle of Swing: Benny Goodman vs. Glenn Miller Jan. 8 at 6 p.m.**

Originally aired on Friday, Nov. 7, 2014, some of the UK's finest musicians recreating an iconic Carnegie Hall swing concert from 1938, first bringing Benny Goodman then Glenn Miller to life. Watch the full, unforgettable concert at 6 p.m.

### **1930s: The Troubled Decade**

#### **Jan. 9 at 10:30 a.m.**

Session two will air at 10:30 a.m. Saturday, Jan. 9, on Channel 1960. One re-run of the session will air at 9 a.m. Tuesday, Jan. 12. The second class crosses the Atlantic and focuses on Europe and its response to the economic dislocation, most notably the rise of fascism in Germany and the Stalinist Revolution in Soviet Russia.



My word for the year is — **integrity**. The highest compliment to give someone is to say, "You are a person of integrity." With honesty and morality guiding one's life, every decision becomes much easier. - *Polly Ferrell*

## Virtual Programming (via Zoom)

### Monday, Jan. 11

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