



Acts of Kindness

by Jana Armfield, Volunteer Engagement Specialist

Each year, for the last five years, Vera Williams has been making blankets for children in need through Project Warm Embrace. This project is run through the Kansas Department for Children and Families, or DCF, as many may know it. Many children who receive a blanket are in DCF custody, and currently live in a foster care home. A warm, homemade blanket can bring the children comfort during a scary time of many unknowns.

Vera got started with this project through Kiwanis. During their district convention, members got together to make fleece tie blankets and she volunteered to deliver the blankets to DCF's office in Manhattan. Vera said, "The staff was just tickled to death. I have been doing it ever since, and use items such as flannel, yarn, and often

work with no pattern to make blankets and quilts."

Vera often comes up with her pattern as she goes and uses soft yarn. A few of her creations are pictured above. The size of her blankets vary, keeping in mind the different age ranges of children.

If you would like to get involved with this project, please contact Jana at the Hospitality Desk at 323-3847 to receive a donation form with instructions, or by calling Vera with project questions at 565-2775. It is important to note that the blankets/quilts can be no larger than 50" by 72" and can be dropped off to the local DCF office here in Manhattan once completed.

If you are inspired by Vera's act of kindness, feel free to see the sidebar to the right below about opportunities you can take part in to make a difference in the community!

The Flint Hills Volunteer Center (FHVC) in Manhattan has been "inspiring volunteers and efficiently connecting them to the needs of our community." See below for some of the current needs.

Cookie Brigade & Card Making

According to the FHVC website, cookies are provided to uniformed soldiers during their in and out processing at the Soldier Readiness Process Building, which could take up to eight hours for the soldiers. Volunteers are needed to make cookies and a typical batch for one volunteer is one dozen, or six servings (which is 2 cookies per serving). Each serving needs to be individually wrapped or placed in a small Ziplock bag.

Residents are also encouraged to create *Welcome to Fort Riley* cards for new-to-Fort Riley Soldiers once per month. *The cards do not have to be extravagant, but the USO tries to get every new Soldier a handmade card when they first arrive, according to the FHVC.*

Cookie Brigade and Welcome Card drop off is on the third Thursday of the month.

Toys & Treats

If you are one who has a soft spot for animals, perhaps you would be interested in baking special treats, or making toys to benefit animals who are looking for their fur-ever home. Purple Paws Animal Welfare Society and T. Russell Animal Shelter are two organizations who would benefit from toys and baked treats! Contact Jana Armfield at (785) 323-3847 for recipes and toy-making instructions.

Interested residents who would like to sign up for or learn more about any of the volunteer opportunities, please contact Jana at the Hospitality Desk at (785) 323-3847.

Lifetime Learning opportunities

Meadowlark and UFM Community Learning Center are partnering to offer lifetime learning classes in Spring 2021. Meadowlark will be sponsoring select UFM Lifetime Learning classes.

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.

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.

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 - Kellee 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**, Wed., March 24, 31, & April 7; 6:30 to 8 p.m.

Creating Mindful Memoirs Group with KSU Drama Therapy Students

Practice telling stories from your real life. The purpose of the group is to create connections with peers through shared storytelling experiences. In this group, we will develop oral storytelling techniques, participate in relaxation and mindfulness activities, and explore questions that add meaning and depth to our stories and lives.

Examples of activities include reading and discussing poetry, memoir story prompts, guided drawing and art projects, and sensory-based prompts (music, images, smells, texture, etc.).

The group will meet on Mondays and Fridays, beginning Jan. 25 from 10:30 to 11:30 a.m. and will conclude April 26. Attendance at every meeting is not required. This opportunity is being sponsored by Meadowlark Special Programs.

Please contact Bridget Larkin at blarkin@meadowlark.org or (785) 323-3837 if you are interested in participating.

Donation Check Presentation



Misty Vinduska, Business Development Officer with Meritrust Credit Union, presents a check for \$850 to Meadowlark Foundation, represented by Becky Fitzgerald, Development Director. This donation, a gift from Meritrust's Charity of Choice program, benefits Meadowlark's Helping Hands fund. This fund assists Meadowlark employees in good standing with grants of up to \$500 during times of financial hardship brought about by a medical issue, the death of an immediate family member, or loss or damage to property. "We understand COVID-19 has impacted Meadowlark's operations and taken a toll on its staff. We greatly value our partnerships in the community, and we wanted to help," Vinduska said. Thank you, Meritrust, for your considerate and continued support!

UPDATED COVID-19 Procedures

- ✓ All independent living residents should exercise caution when outside of their residence. **Masks are required when outside of your apartment, cottage, or duplex. Keep a minimum of six feet between you and others. Do not gather with others.**
- ✓ Stay home as much as possible. Do not leave campus unless absolutely necessary. **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. If you are quarantined, please remain in your residence for the full 10 days.
- ✓ 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.
- ✓ Meadowlark transportation is limited to necessary medical appointments, only.
- ✓ **Pizazz Salon re-opened Sunday, Jan. 10. To make an appointment call (785) 323-3847.**
- ✓ **The fitness equipment is available once again for use in the Community Room. Appointments must be made to utilize the equipment. Call (785) 323-3847 to schedule your exercise time.**
- ✓ 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.
- ✓ Seek medical attention immediately if you experience any of the following: difficulty breathing, persistent pain or pressure in chest, new confusion, inability to stay awake, bluish lips or face.

NEW! on Ch. 1960

The Judds: A Docuseries

Jan. 12 at 6 p.m.

Tune into *Heartbreak in the Heartland*, the third episode of our six-part series. The documentary follows the duo on their final concert tour and explores their mother-daughter relationship.

King in the Wilderness

Jan. 15 at 6 p.m.

HBO Documentary Films and Kunhardt Film Foundation present, *King in the Wilderness*.

This film chronicles the final chapters of Dr. Martin Luther King Jr.'s life, revealing a conflicted leader who faced an onslaught of criticism from both sides of the political spectrum. While the Black Power movement saw his non violence as weakness, and President Lyndon B. Johnson saw his anti-Vietnam War speeches as irresponsible, Dr. King's unyielding belief in peaceful protest became a testing point for a nation on the brink of chaos.

The documentary debuted at the 2018 Sundance Film Festival and is directed by Peter Kunhardt.

1930s: The Troubled Decade

Jan. 16 at 10:30 a.m.

The 1930s shattered the normalcy and prosperity that had existed in the 1920s. The Great Depression, which began in 1929, rapidly spread around the globe affecting the livelihood of people in many nations and their reexamination of the existing world order. This class is a world survey of that tumultuous decade.

Session three will air at 10:30 a.m. Saturday, Jan. 16, on Channel 1960. One re-run of the session will air at 9 a.m. Tuesday, Jan. 19. The final class will look at events in Asia such as the rise of militarism in Japan, India's struggle for independence, and both Mao Zedong's challenge to the government of Chiang Kai-shek and the origins of the Sino-Japanese War.



Meadowlark Entertainment Guide

Tuesday, Jan. 12

9:00 A.M.	<i>(Re-run)</i> Osher Course – 1930s: The Troubled Decade, <i>Session Two</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Exercise Class
2:00 p.m.	Steady Yourself Exercise Class
3:00 p.m.	MEOW (Memory Engagement Opportunity for Wellness)
6:00 p.m.	The Judds: A Docuseries, Ep. 3 <i>Heartbreak in the Heartland</i>

Wednesday, Jan. 13

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

Thursday, Jan. 14

9:00 a.m.	<i>(Re-run)</i> MEOW <i>(Memory Program)</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Exercise Class
2:00 p.m.	Steady Yourself Exercise Class

Friday, Jan. 15

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	NEW! Channel 1960 News
12:30 p.m.	NEW! 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.	<i>(Re-run)</i> Channel 1960 News
5:30 p.m.	<i>(Re-run)</i> Meadowlark Update with Lonnie Baker, CEO
6:00 p.m.	King in the Wilderness, <i>an HBO Documentary Film</i>

Ice Cream Treat!

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



Virtual Programming (via Zoom)

Tuesday, Jan. 12

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, Jan. 13

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: https://ksu.zoom.us/j/92215181862 Meeting ID: 922 1518 1862