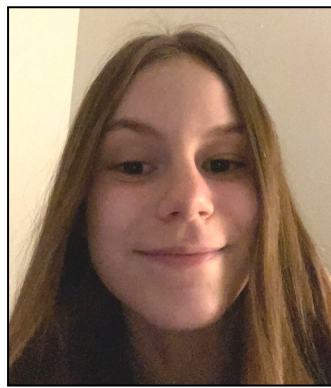




Thank you Meadowlark Food Service Team!



Seth Bedner



Emily Bise

Introducing Meadowlark's Food Service team "face-to-face" without the masks! Over the past several months, this team has supported the entire campus with great food and friendly service. You are appreciated!

"Grateful thanks for your wonderful service throughout these difficult months. Delicious food, prompt and friendly service, and always a smile when you take orders (*I can see them through the telephone!*)." - Olivia Collins



Hope Bryant



Sydney Chyba



Kenzie Cramer



Maddie Cramer

See FOOD SERVICE, page 2

FOOD SERVICE, from page 1

Not pictured: Coy Cavender, John Gasser, Linda Graham, and Jackson Tanner.



Rachel Edie



Pierce Flanders



Chase Fox



Alexa Goforth



Brittany Hernandez



Sara & Sophia Hillard

**“A warm and sincere thank you to
the Food Service team for their hard
work, help, timeliness, and cheerful
greetings. You are appreciated!**

- Pat Dunaway



Colton Johnson



Geoffrey Jones



Kurt Loevenstein



Brook Marcotte



Jaden Moon



Kendal Proctor



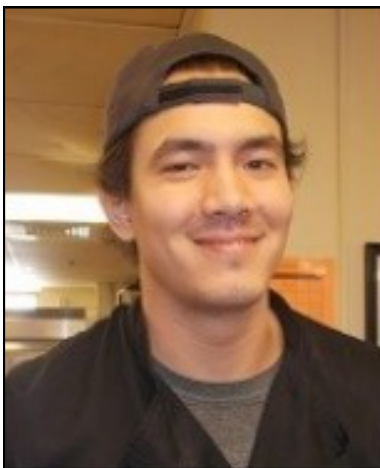
Nada Raef



Lauren Rogers



Christian Rouse-Pagan

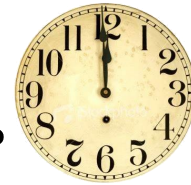


John Schapel



Madison Schmidt

At the Table *in Kansas*



For 160 Years — since 1861 — Kansans have been joining their families at the table for simple and sumptuous food usually prepared by Mom and any helpers she can wrangle. On many occasions the table was not in the farm house, but in the farm field, served from the back of a pickup truck. Wherever the food was served, the meals were hearty, filling and only eaten after thanks was given to the cooks and the provider of all good things.

Four meals each day was the common pattern for many. Can you name those meals? Breakfast, Dinner, Lunch and Supper — until city folks changed that up a bit. Those of us who grew up on farms had dinner at noon and supper in the evening. Supper time was whenever those working the fields and doing outside chores were finished for the day. That is why a lunch in mid-afternoon was provided to tide folks over, because supper might not be served until seven, eight or even nine o'clock. That lunch, most likely taken to a field far from the house, was a happy trip for those too young to work there. Meal times were always family times.

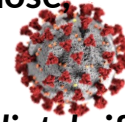
Last week you were asked to think about your Kansas food memories. Let's hope they made you hungry. One MLH resident remembered about the first quail her new husband shot and brought home for her to cook. "The bird was tasty, but with the occasional surprise of chomping down on a lead shot that had been hiding in the muscle of the bird." Thanks for that memory, Wanda.

Watch for the Jan. 24 weekly meal specials. Friday will feature a Kansas Pioneer Dinner — that means 12-noon. What is your guess for the menu?

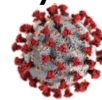
UPDATES: Stay Informed

- ✓ 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.
- ✓ **Private transportation can once again be utilized by independent living residents. Friends or family can pick up a resident at their duplex, cottage, garden apartment, or the Village Entrance. The person must wear a mask and remain in the vehicle while on Meadowlark's campus. Leaving campus regardless of the mode of transportation will still result in a 10-day quarantine.**
- ✓ 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 remains closed to all visitors.
- ✓ 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.



If you must leave your home, mask up.



Solution from 1/7.

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

Work That Brain!

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.

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

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

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.

Gerontology 101: Recruiting Mentors

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 or by calling (785) 456-4903. You would be involved two times a month (likely Tuesdays) for one hour starting in February. Detailed instructions for online learning will be provided.

**Why did it get
so hot in the
baseball stadium
after the game?**

All of the fans left.

Art Engagement *from the* Beach Museum of Art

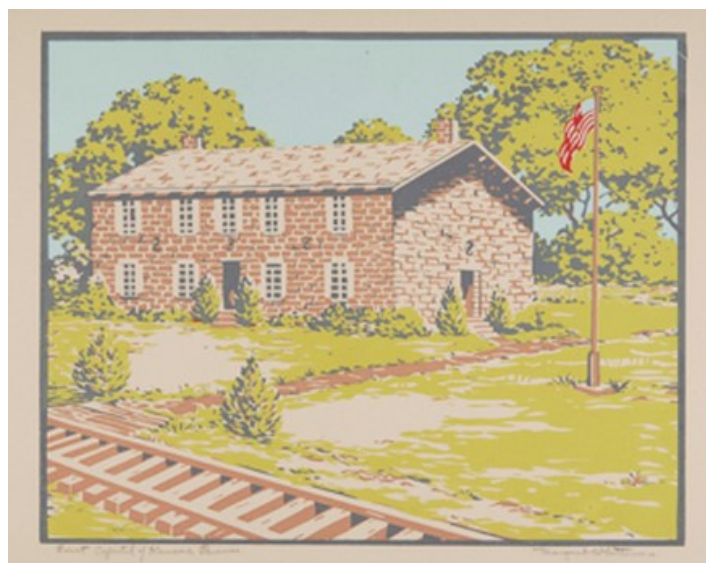
Margaret Evelyn Whittemore was a writer, illustrator and accomplished printmaker from Topeka, Kansas. She illustrated books about birds and trees for other authors. She also wrote and illustrated two books on the subject matter of Kansas landmarks. Included in these books were charming descriptions and sketches of trails, homes, churches, schools, bridges and trees. In honor of upcoming Kansas Day on Jan. 29, let's take a look at Whittemore's prints of the various Capitol buildings of Kansas. These prints are examples of four different printing techniques. You will also see four of the locations where Kansas' legislators have met from its territorial days to present day statehood. Can you put the different Capitols in chronological order? (See page 8 for answer key.)



Margaret Evelyn Whittemore
Shawnee Mission, ca.1936
Block print on paper
KSU, Marianna Kistler Beach Museum of Art, 1940.14



Margaret Evelyn Whittemore
Territorial Capitol, LeCompton, mid 20th century
Woodcut on paper, KSU, Marianna Kistler Beach Museum of Art, Friends of the Beach Museum of Art purchase, 2005.351



Margaret Evelyn Whittemore
Pawnee, mid 20th Century, Screenprint on paper
KSU, Marianna Kistler Beach Museum of Art, G. E. Johnson Art Acquisition Fund, 2006.246



Margaret Evelyn Whittemore, *Old Cottonwood on Capitol Grounds*, ca.1936, Lithograph on paper, KSU, Marianna Kistler Beach Museum of Art, gift of the Works Progress Administration Federal Art Project, 1940.11

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.

SUNDAY	Jan. 17 ~ Lunch \$12	Dinner \$12
	Pot Roast <i>with Carrots, Onions, & Celery</i> Mashed Potatoes Vegetable du Jour	White Chili Cornbread Vegetable du Jour
MONDAY	Jan. 18 ~ Lunch \$10	Dinner \$13
	Chicken Enchilada Casserole Rice Refried Beans	Sauteed Shrimp & Chicken Penne <i>with Sherry Garlic Sauce, Sundried Tomatoes, Portabellas, Basil, Spinach, & Parmesan</i> Vegetable du Jour
TUESDAY	Jan. 19 ~ Lunch \$10	Dinner \$12
	Meatball Hoagie Pasta Salad Choice of Vegetable	Roast Pork Loing <i>with Balsamic Cherry Sauce</i> Risotto Vegetable du Jour
WED.	Jan. 20 ~ Lunch \$10	Dinner \$12
	Brisket Panini <i>with Caramelized Onions</i> Potato Salad Choice of Vegetable	Stuffed Chicken Breast <i>with Cajun Cornbread Dressing</i> Red Beans & Rice <i>with Andouille Gravy</i> Vegetable du Jour
THURS.	Jan. 21 ~ Lunch \$10	Dinner \$12
	BBQ Chicken Wings Carrots & Celery Corn Pudding	Meatloaf <i>with Glaze</i> Scalloped Potatoes Vegetable du Jour
FRIDAY	Jan. 22 ~ Lunch \$10	Dinner \$12
	Fish & Chips Coleslaw	Swiss Steak Mashed Potatoes Vegetable du Jour
SAT.	Jan. 23 ~ Lunch \$10	Dinner \$14
	Beef Quesadilla Rice Black Beans	Grilled Halibut <i>with Sundried Tomato Sauce</i> Twice Baked Potato Vegetable du Jour



Meadowlark Entertainment Guide

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.	(Re-run) Channel 1960 News
5:30 p.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO
6:00 p.m.	King in the Wilderness, an HBO Documentary Film

Saturday, Jan. 16

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

Virtual Programming (via Zoom)

Monday, Jan. 18

2 p.m.	Change & Loss Support Group Email Kathleen for log-in info at kspearman@meadowlark.org .
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Sunday, Jan. 17

9:00 a.m.	Sweat It Out Exercise Class
10:30 a.m.	NEW Worship Service with Chaplain Patty Brown-Barnett
12:00 p.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO
2:00 p.m.	(Re-run) Worship Service with Chaplain Patty Brown-Barnett
3:00 p.m.	NEW! Progressive Muscle Relaxation, Bridget Larkin, LMSW

Monday, Jan. 18

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

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.

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.

Kansas Art Activity Answer: 1. First Capitol of Kansas, Pawnee; 2. Shawnee Mission; 3. Territorial Capital, LeCompton; 4. Old Cottonwood on Capital Grounds