

Meet Your Neighbor Karen Matthews, 2250 Meadowlark Road



Karen poses last fall with her great-granddaughter, Evelyn.

by Becky Fitzgerald
Karen Matthews took a leap of faith when she moved to Meadowlark on Dec. 5 from her home on Manhattan's west side. She toured her future two-bedroom cottage before committing, but because of COVID-19 restrictions, the Community Center's amenities were "sight unseen." Despite not previously having an

in-depth understanding of the opportunities that will resume once the threat of the virus has passed and the isolation of staying healthy during a pandemic, she doesn't regret her decision to move.

"It appears that everything (offered) is just what you need at the time you need it," said Matthews, 75. "I'm impressed with the kindness and energy and love of

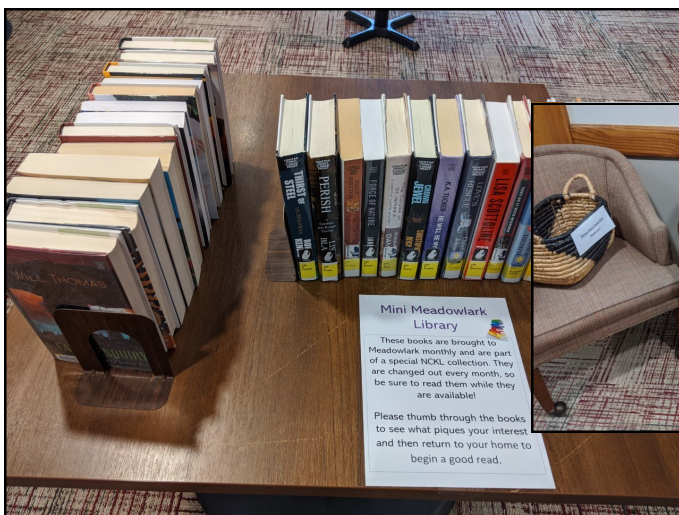
the staff, and I look forward to the socialization and being around other people."

Matthews and her late (second) husband, John, moved to Manhattan from Lawrence in 2017 to be closer to a daughter and her family. They became priority members for Meadowlark's new Monarch apartments, but unfortunately, John died in January 2020. When Community Sales Leader Abby Cavender called Karen about vacancies, Karen decided not to pass up the large windows and easy access to a yard she found at 2250. Her "nice but old" German Shepherd, Lola, was having trouble with the steps at her previous home.

Born in Dodge City, Kan., Karen grew up on a farm east of Spearville. She earned a bachelor's in medical technology from Fort Hays State and a master's in public health from the University of Texas School of Public Health in Houston. Her first job helping doctors diagnose disease by analyzing blood and urine was in Manhattan while her first husband, Ron Lorimor, was getting his master's at Kansas State. She considers herself a longtime K-Stater despite working in medical technology at Purdue University and in Houston.

Ron died in 1999 while they were in Houston, and

See NEIGHBOR, page 2



Mini Meadowlark Library

You're invited to utilize the temporary Mini Meadowlark Library! This make shift library is operated out of the Game Room. The books are part of a special North Central Kansas Libraries collection and are changed out once a month, for new books to take their place. Take a book home to read, then return to the basket outside of the main library. There is also an area right outside the library that features a few more NCKL books, the book return basket, and recent newspapers.

NEIGHBOR, from page 1

Karen left her position as Vice President of Hospital and Clinic Operations at MD Anderson Cancer Center to manage an Assisted Living community. She was promoted to a regional director for the company which owned the facility she managed, leading her to open similar AL facilities in Texas and surrounding states.

In 2001, to move closer to family in Kansas, she became the manager of an AL community in Oklahoma City that she had helped open. After five years, she retired and moved to Lawrence to be near a brother and his wife. Not one to sit idle, she worked in fundraising for the Lawrence hospital.

“I linked up with my second husband in Lawrence,” she recalled. “He was a friend of my brother’s from high school, and his wife was one of my best friends. I was the maid of honor in their wedding and she was in mine. He called me and said he was coming through Lawrence, and asked if my brother and I would meet him for lunch.”

John had been his wife’s caregiver for 12 years before she succumbed to multiple sclerosis. His visit with Karen went well over lunch, and he called her a few weeks later, asking if he could take her to County Stampede. That was in 2007, and they wed in early 2008. “I never expected we’d end up together; I lost him after 12 and a half years.”

As one might expect of a previous Assisted Living manager, Karen has an affinity for older people in general and persons with memory loss specifically. When it’s safe to do so, she would like to volunteer in Meadowlark’s special care households and perhaps with Meadowlark Memory Program. “I’m really attracted to older people who may be isolated. I look forward to visiting with them.”

Karen also enjoys traveling, crocheting, and spending time with seven grandchildren and three great-grandchildren.



Q&A Summary with Lonnie Baker

Lonnie Baker, CEO, addressed questions in his most recent video update, which aired Friday, Jan. 15. A summary of those answers are below. Lonnie’s next message will premiere Friday, Jan. 22 following the noon-edition of Channel 1960 News. If you

have a question to submit, please email Sarah Duggan at: sguge@meadowlark.org or call (785) 323-3878.

There was a question about staff providing an “approved list” of places that are safe to go off campus that won’t result in a 10-day quarantine. That list will not be provided and residents are still strongly encouraged to stay on campus as much as possible. As an organization we are getting close to bringing back events, in-person dining, and opportunities for independent living residents to get together on campus. We have a couple more weeks of tighter restrictions before moving out of this phase.

How do we get out of this and get back to normal? The vaccine. The more people that are vaccinated, the closer we get to the herd immunity threshold. Most importantly for Meadowlark is getting residents the vaccine. Mark your calendar for Saturday, Jan. 23. This is when the second dose of the vaccine will be administered. Communications about timing of administration will be shared this week.

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.

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

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.

Classes available at no cost to Meadowlark residents are:

- ~ **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**, Wednesday, 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. **This is a virtual class that will be offered via Zoom.** Please contact Bridget Larkin at blarkin@meadowlark.org or (785) 323-3837 if you are interested in participating.

NEW! on Ch. 1960

The Judds: A Docuseries

Jan. 19 at 6 p.m.

Tune into *Naomi Tells Her Secret*, episode four of our six-part series. The documentary follows the duo on their final concert tour and explores their mother-daughter relationship.

Dwight Yoakam: Full Concert

Jan. 22 at 6 p.m.

Channel 1960 will air a full concert with Dwight Yoakam at 6 p.m. Friday, Jan. 22. The performance is from Oct. 4, 2015 and was recorded in Austin, Texas.

Beauty of the Past

Jan. 23 at 10:30 a.m.

At 10:30 a.m. Saturday, Jan. 23, Channel 1960 begins its final Osher Course, *Beauty of the Past*.

Life was definitely hard in the mid-19th century, but certain parts of life in those days were outright beautiful. What designers, craftsmen, and artisans of this era seemed to love was a variety of romantic and dramatic elements, sometimes expressed in even the most utilitarian of items. The images and objects we will study in this series will demonstrate the sheer creativity and whimsy of the time, evident in everything from everyday household items, clothing, fashion accessories, hairstyles, and even penmanship.

Though lifestyles have changed since then, we will gain an appreciation of the ways that an often-difficult life of the mid-19th century was made more pleasant through the decorative arts. These fashion elements and trends were inspired by movements such as the Greek, Gothic, and Rococo Revival styles, Exotic Revival and others.

New episodes of this three-part education opportunity will premiere at 10:30 a.m. each Saturday. A re-run of each episode will air the following Tuesday at 9 a.m.



Meadowlark Entertainment Guide

Tuesday, Jan. 19

9:00 A.M.	<i>(Re-run)</i> Osher Course – 1930s: The Troubled Decade, <i>Session Three</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. 4 <i>Naomi Tells Her Secret</i>

Wednesday, Jan. 20

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. 21

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. 22

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	NEW! Channel 1960 News 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 <i>(Re-run)</i> Meadowlark Update with Lonnie Baker, CEO
6:00 p.m.	Dwight Yoakam: <i>Full Concert</i>

Ice Cream Treat!

Substitute a Fudge Bar for your dessert when you order a special or order it at anytime for just \$2!



Virtual Programming (via Zoom)

Tuesday, Jan. 19

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. 20

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.	Memory Café URL: us02web.zoom.us/j/88903923826 Meeting ID: 889 0392 3826