

## Time to Get Crafty

Shower your valentines with something unique this year! Yarn hearts are super easy, very festive, and only require two supplies: yarn and cardboard! These are small but sweet gift for your friends and family. Jana Armfield has you covered at the Hospitality Desk. Visit her to pick up pre-cut cardboard and yarn have the cardboard cut already and the yarn is ready to go as well, in small skeins. Yarn color choices include blue, red, and purple. Supplies can also be delivered to your door by calling (785) 323-3847.

**Step One:** Tape the end of the a piece of yarn to the middle of the cardboard heart piece. **Step Two:** Continue to wrap the yarn around the cardboard heart randomly until covered. **Step Three:** Weave the



last piece of yarn through a couple of rows and tie it off. **Step Four:** Add an extra wide loop at the center of the piece (at the top) to create the ability to hang and display.



### Jane Westfall, PhD

Jane Westfall, PhD, age 92, died Jan. 24, 2021 in Manhattan, Kansas.

Jane was born to Frank and Anne Westfall. Jane was raised in Lafayette, California, where she graduated from Acalanes Union High School in 1946. She graduated with honors from the University of the Pacific, Stockton, California, with a bachelor's degree

in zoology in 1950. She received her master's degree in zoology from Mills College, Oakland, California, in 1952, and her doctorate at the University of California at Berkeley in 1965. She received an undergraduate scholarship at Pacific, and a teaching fellowship at Mills.

Jane's first position was a research assistant in zoology at the University of North Carolina at Chapel Hill in 1952. She spent the following year at the Stazione Zoologica in Naples, Italy, as a Fulbright Scholar. In 1954, Jane began her doctoral work at the University of California at Berkeley, but took time off in 1957 to work full time as a laboratory technician, first in the department of physiological chemistry, then in the department of zoology. In 1962, she returned to the program and completed her dissertation.

In 1967, after two years as an assistant research zoologist at the University of California at Berkeley, she accepted an assistant professor position at K-State.

At K-State, Jane ascended to associate professor in 1970, and to full professor in 1976—the first woman to do so in the College of Veterinary Medicine. She

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**WESTFALL, from page 1**

received the 2017 Distinguished Service Award by Kansas State University, College of Veterinary Medicine. Dr. Westfall's accomplishments also include: The 1971 Bradley Writing Award, Distinguished Lecturer at the University of Nebraska in 1972, designated visiting Woman's Scholar at the University of Oklahoma in 1976, elected Fellow of American Association of the Advancement of Science in 1981, Phi Kappa Phi Scholar Award at Kansas State University in 1984, the 1993 Conoco Distinguished Graduate Faculty Award, the university of Pacific Alumni Association's Distinguished Professional Service Award in 1995, the 1998 Pfizer Award for Research Excellence at K-State and, as well as many other honors. Professionally, Dr. Westfall has been a member of the American Association for the Advancement of Science, American Association of Anatomists, American Association of University Professors, American Society for Cell Biology, American Society of Zoologists, Comparative Respiratory Society, Microscopy Society of America, International Brain Research Organization, International Platform Association and Kansas Academy of Science. Although she retired in 1999, Jane often returned to her campus office. She helped organize a symposium on neurobiology for the International Conference of Coelenterate Biology. Jane acknowledged the many women who aided her quest to excel in her field, becoming the first woman professor at Kansas State University, College of Veterinary Medicine.

Jane was an active member of the Manhattan and K-State communities. She was a member of Friends of McCain Auditorium, Friends of the Beach Museum of Art, Friends of KSU Libraries, KSU Social Club, KSU Foundation Board of Trustees, Friends of Sunset Zoo, the English-Speaking Union, the League of Women Voters, and an Elder of the First Presbyterian Church of Manhattan, Kansas.

A scholarship in Dr. Westfall's name was established at the Kansas State University Foundation for students in the College of Veterinary Medicine.

Jane is survived by one sister, Mary Westfall, nephews, Craig Rosen, David Rosen and niece, Laura Rosen.

Services will be held on Feb. 5, 2021 at 2 p.m. at the First Presbyterian Church Peace Memorial Garden for cremains commitment, with the Rev. Jason Pittman officiating.

Memorial Contributions may be made to the First Presbyterian Church of Manhattan. Contributions may be left in care of the Yorgensen-Meloan-Londeen Funeral Home, 1616 Poyntz Avenue, Manhattan, Kansas 66502 or First Presbyterian Church, 801 Leavenworth, Manhattan, Kansas 66502.

**Recognize the Symbols**

*by Polly Ferrell*

In this 160th year of Kansas statehood, we have been centering our thoughts on dining. Now let's remind ourselves of the 13 official symbols of Kansas and the years they were adopted.

-  1861 ~ Great Seal of Statehood
-  1903 ~ Sunflower 
-  1927 ~ Flag
-  1937 ~ Meadowlark 
-  1937 ~ Cottonwood Tree
-  1947 ~ Home on the Range
-  1955 ~ American Buffalo/Bison
-  1976 Honeybee 
-  1986 ~ Ornate Box Turtle
-  1990 ~ Harney Silt Loam
-  1994 ~ Barred Tiger Salamander
-  2007 ~ English Language
-  2010 ~ Little Bluestem 

I often wonder why wheat is not one of our official symbols, but perhaps there is enough honor in calling ourselves "The Wheat State." Also missing is any reference to weather, though without it many of the official symbols would not be. Sunset is my favorite Kansas color and rainbow is second.

Enjoy your January 29th Kansas Pioneer Dinner — at noon, delivered directly to your door. Happy 160th Kansas Day!

## 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/sponsored by Meadowlark at no cost. Passport members may attend with a 20-percent discount.

Classes are now open for enrollment. 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.

Free classes available Meadowlark residents:

~ **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.

### Solution from 1/21

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

## Birthday Card Showers

On Saturday, Jan. 30, Theda and Betty will both be celebrating a birthday! Feel free to send a card or give them a call, to help each them celebrate this special day. Please call the Hospitality Desk at 323-3847 if you have a card you'd liked to be picked up, to be delivered.

## Espresso Drinks

Prairie Star is now serving specialty coffee and espresso drinks! Enjoy lattes, americanos, mochas, and even more to be delivered right to your door. Call (785) 323-3820 to place your order any time between 7 a.m. to 7 p.m.

## Creating Mindful Memoirs Group

Practice telling stories from your real life with K-State Drama Therapy students. 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](mailto:blarkin@meadowlark.org) or (785) 323-3837 if you are interested in participating.

## Virtual Programming (via Zoom)

### Monday, Feb. 1

10:30 a.m.	Mindful Memoirs Group <b>URL:</b> <a href="https://ksu.zoom.us/j/94959978182">https://ksu.zoom.us/j/94959978182</a> <b>Meeting ID:</b> 949 5997 8182
1:45 p.m.	Parkinson's Voice Class <b>URL:</b> <a href="https://us02web.zoom.us/j/82844488642">https://us02web.zoom.us/j/82844488642</a> <b>Meeting ID:</b> 828 4448 8642
2 p.m.	Change & Loss Support Group Email <a href="mailto:kspearman@meadowlark.org">kspearman@meadowlark.org</a> for log-in info.

## UPDATED: Stay Informed

- ✓ Maintenance and IT work order requests return to normal operations and are no longer limited to health and safety issues only.
- ✓ 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.
- ✓ 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.
- ✓ Meadowlark's campus remains closed to all visitors. Do not gather with others on campus.
- ✓ Meadowlark transportation is limited to necessary medical appointments, only.
- ✓ Pizazz Salon has re-opened 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 handwashing.

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



**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.

# Work That Brain!

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**Word Finding Activity:** Often coming up with the word we want to say can be difficult. Practicing tasks where we say/write in a structured manner is a great brain exercise.

Write or say the opposite word for each listed as quickly as possible. Come up with as many words as you can, thinking of words in different meanings too (i.e. light=weight; light=\_\_\_\_\_). For additional work, list/say as many words that mean the same.

**Autumn**

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**Attic**

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**Ascent**

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**Satisfy**

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**Plant**

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**Cruel**

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**Ignore**

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**Natural**

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**Destroy**

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**Intentional**

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**Amuse**

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**Hopeful**

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**Foreign**

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**Approximately**

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**Occupied**

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**Negative**

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**Graceful**

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**Distant**

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

**Compare & Contrast:** The American bison became the state animal of Kansas in 1955 and in 2016 the first official mammal of the United States. It has been commonly called the American buffalo but, its correct name is American bison. The majestic bison is the largest land animal in North America. A mature male can weigh up to 2,000 pounds and stand six feet tall at the shoulder. The estimated number of bison in North America before the 1600s was 30-60 million. The number dropped to under 1,000 prior to the 1900s. Through public and private efforts to preserve and restore the bison, the population has grown to approximately 360,000 in North America. Since it is a symbol of Kansas, many local artists have produced their artistic interpretation of the bison. Below are two artworks which include bison. **As you take some time to enjoy the paintings, what do you notice that is the same or different?**



Lisa Grossman  
*Night's Red Edge*, 2009,  
Watercolor on paper  
KSU, Marianna Kistler Beach Museum of Art, gift of  
Richard D. Olson, 2010.85



Patricia DuBose Duncan  
*Red Prairie with Bison*, 1990, Acrylic on canvas  
KSU, Marianna Kistler Beach Museum of Art,  
gift of Nancy Landon Kassebaum Baker,  
Burdick, Kansas, 1998.6

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### Memory Engagement Opportunity for Wellness

Reminiscing is beneficial for the soul and the mind so let's write about some things from our past.

Read the following quote by author Deena Metzger:

“Write against patterns. Go against the devils. Write what you never write.

Lie. Validate what you don't validate. Indulge what you don't like.

Write the opposite of what you always write, think, speak. Do everything against the grain!”

Now, grab a pen and paper. Take some time to write about your past in relation to this quote.

***Did you live your life going with or against the grain? What were the benefits of how you chose to live your life? How might your life be different if you lived the opposite of what you did? What advice would you share with others about doing the opposite of what they might feel comfortable doing?***

# 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. 31 ~ Lunch \$12	Dinner \$12
	Chicken Fried Steak Mashed Potatoes Vegetable du Jour	Baked Ham <i>with Balsamic Cherry Sauce</i> Mashed Sweet Potatoes Vegetable du Jour
<b>MONDAY</b>	Feb. 1 ~ Lunch \$10	Dinner \$12
	Chicken Lo Mein Choice of Vegetable	Mozzarella-Stuffed Meatloaf <i>with Marsala Sauce</i> Scalloped Potatoes Vegetable du Jour
<b>TUESDAY</b>	Feb. 2 ~ Lunch \$10	Dinner \$13
	Turkey & Provolone Panini <i>with Tomatoes &amp; Pesto Mayo</i> Potato Salad Choice of Vegetable	Pesto Chicken Bruschetta Risotto Vegetable du Jour
<b>WED.</b>	Feb. 3 ~ Lunch \$10	Dinner \$13
	BBQ Chicken Legs Au Gratin Potatoes Choice of Vegetable	Smother Pork Chop Scalloped Potatoes <i>with Swiss Cheese &amp; Green Onion</i> Vegetable du Jour
<b>THURS.</b>	Feb. 4 ~ Lunch \$10	Dinner \$14
	Philly Beef Sandwich Sweet Potato Fries Coleslaw	Pot Roast <i>with Carrots, Onions, &amp; Celery</i> Mashed Potatoes Vegetable du Jour
<b>FRIDAY</b>	Feb. 5 ~ Lunch \$10	Dinner \$14
	Black-Eyed Peas & Ham Cornbread Choice of Vegetable	Herb-Crusted Cod <i>with Sundried Tomato Sauce</i> Wild Rice Vegetable du Jour
<b>SAT.</b>	Feb. 6 ~ Lunch \$10	Dinner \$16
	Spaghetti & Meat Sauce Garlic Toast Choice of Vegetable	Prime Rib au Jus Anna Potatoes Vegetable du Jour



# Meadowlark Entertainment Guide

## Friday, Jan. 29

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:05 a.m.	Kansas People, Kansas History
12:06 p.m.	<b>NEW!</b> Channel 1960 News <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 <b>(Re-run)</b> Meadowlark Update with Lonnie Baker, CEO
6:00 p.m.	<b>(Re-run)</b> Kansas People, Kansas History

## Saturday, Jan. 30

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 – Beauty of the Past, <i>Session 2</i>
1:00 p.m.	<b>(Re-run)</b> The Judds: Docuseries, Ep. 5— <i>Demons in the City of Angels</i>
2:00 p.m.	Band Bust Exercise Class
3:15 p.m.	<b>(Re-run)</b> Meadowlark Update with Lonnie Baker, CEO

### Sight & Sound Theatre's Production: Noah

Tune in to Cox Cable Channel 151 (TBN) at 7 p.m. Friday, Jan. 29, to enjoy the filmed version of Sight and Sound's production of Noah!

"With a catastrophic storm on its way, Noah is given a monumental task: build a boat big enough to save mankind from a flood that will cover the entire earth," according to Sight & Sound. "Filmed in front of a live audience, 'Noah' takes you on history's best-known voyage as you board the enormous ark—along with two of every kind of animal!"

## Sunday, Jan. 31

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.	Progressive Muscle Relaxation with Bridget Larkin, LMSW
3:30 p.m.	Chair Yoga

## Monday, Feb. 1

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

### Kansas People, Kansas History

**Jan. 29 at 11:05 a.m. & 6 p.m.**

Channel 1960 will air an hour-long documentary titled, *Kansas People, Kansas History* in honor of Kansas Day. This presentation is from 2012. There are two opportunities on Friday, Jan. 29, to watch—11:05 a.m. and 6 p.m.

### Beauty of the Past: Session Two

**Jan. 30 at 10:30 a.m. & Feb. 2 at 9 a.m.**

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.

The second session will run at 10:30 a.m. Saturday, Jan. 30, and 9 a.m. Tuesday, Feb. 2.