

Meadowlark is LOVED



[above] Balloon Prank! After Monte left on Monday evening, two sneaky IL residents constructed a tower of balloons in front of his office and surprised him Tuesday morning!



Thank you Confetti & Cashmere! The local boutique led the charge to send “virtual hugs” to us for Valentine’s Day in the form of balloon bouquets. Confetti & Cashmere solicited donations from Manhattan community members to send the beautiful arrangements!



iCAN with PD Course to Begin Soon!

Following a competitive application process last spring, Meadowlark Parkinson’s Program was chosen as a recipient of a Parkinson’s Foundation Community Grant. The grant will fund a new learning opportunity titled, “iCAN with PD: Confidence about Nutrition, Swallowing, Activities of Daily Living (ADLs), and Emotional Wellness with PD Education Series.” It is an eight-week course designed to support people with Parkinson’s disease and their care partners. Nutrition is important for health, well-being and self-perception, but most individuals with PD, newly diagnosed or acute, typically aren’t aware of how nutrition impacts many facets of their lives.

iCAN with PD is more than just a nutrition program! The series caters to the whole person with content relating to: emotional and social engagement, physical safety and exercise, Parkinson’s disease knowledge,

and quality of life.

Every week of the course, a specific nutrition topic will be covered. At least one cooking, baking, and/or meal preparation demonstration will be included during each class. Participants will be able to learn and implement new healthy skills, techniques, or tools to improve nutrition. One of the featured instructors is Dr. Kelly Lyons, Research Professor in the Department of Neurology at KU Medical Center, which is a Parkinson’s Foundation Center of Excellence. Dr. Matt Floersch, Meadowlark Medical Director and Advisor for the Parkinson’s Program, will also speak during the series along with several other healthcare professionals.

iCAN with PD Education Series will begin March 23 and meet every Tuesday from 11:30 a.m. to 1 p.m. through May 11. Classes will be held virtually, with

See iCAN, page 2

NEW on Channel 1960

Hauser, "LIVE in Zagreb"

Feb. 19 at 6 p.m.

At 6 p.m. Friday, Feb. 19, Channel 1960 will air Hauser, "LIVE in Zagreb." Stjepan Hauser is a Croatian cellist and a member of the duo 2Cellos. In October 2017, Hauser performed his favorite classical music pieces recorded at the prestigious Lisinski Concert Hall Zagreb with the Zagreb Philharmonic Orchestra and Choir Zvjedice, conducted by Elizabeth Fuchs.

Those Old Records

Feb. 21 at 6 p.m.

Enjoy a 45-minute collection of some of the musical favorites of the past at 6 p.m. Sunday, Feb. 21, on Channel 1960. The song list includes music by Guy Lombardo, Bing Crosby, The Easy Riders, and more.

Diana: The Royal Truth

Feb. 23 at 6 p.m.

Diana: The Royal Truth will air on Channel 1960 at 6 p.m. Tuesday, Feb. 23. A captivating first-hand account of the life of one of the most iconic figures of the 20th Century, Diana Princess of Wales, by the man who lived through it all.

From innocent dreamer to divorced change-bringer, the turbulent life of Diana rocked the world. With exclusive insight and anecdotes, prepare to uncover the heartbreaking true story of the most photographed woman in the world and the mother of the future King.

This full feature film is rated TV-PG and was released in 2017. The movie will contain commercial breaks.

Page 2

Restaurant Updates

Beginning **today, Feb. 18**, reservations for dining in Prairie Star Restaurant will no longer be required. Reservations are still welcome and can be made a week in advance. Please contact the restaurant directly at (785) 323-3820 for questions, reservations, and to place carry-out or delivery orders.

Elevator Voice Prompt—new addition

A voice-prompt feature has been added to the west passenger elevator in the Community Center and independent living. When using the elevator, please be aware that the voice will indicate the floor number you have arrived at. Please contact Monte Spiller, Resident Service Leader, if you have questions.

Time to Relax

Sara Hillard, Massage Therapist, is now offering massage therapy services for independent living residents! Massages will be performed at 2210 Meadowlark Road. To make an appointment, call Sara at (208) 949-5297.

EVENTS & OPPORTUNITIES

Contemporary God Talk

Monday, Feb. 22, at 1:30 p.m.

The first meeting of Contemporary God Talk was Monday, Feb. 15. This group will meet each Monday for an hour starting at 1:30 p.m. in the Bison Room, the new meeting space in the southwest corner of Prairie Star Restaurant.

It's been almost a year since the group met. If you are interested in the attending, please join Jim Reed and the rest of the group at 1:30 p.m. Monday, Feb. 22. All are welcome.

Sing-Along Social

Wednesday, Feb. 24, at 3 p.m.

Jim Reed, IL resident, will be hosting a Sing-Along Social each Wednesday from 3 to 4 p.m. in the Event Center. All independent living residents are invited to attend and sing some tunes!

iCAN, from page 1

the potential for an in-person option depending on COVID-19 restrictions at that time. In addition to presentations from a variety of experienced professionals, participants will receive complimentary items such as a resource book, a pill

box, recipes, and ingredients to use in their own homes.

Registration for this free learning opportunity is open now. Sign up today by visiting www.meadowlark.org or call Meadowlark Special Programs at (785) 323-3899 for more information.

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. Large mass of ice
5. A fencing sword
10. Smudge
14. Chocolate cookie
15. Layers
16. Adriatic resort
17. Rovings
19. Double-reed woodwind
20. Estimated time of arrival
21. Beeper
22. Decorative jugs
23. Similar to a porpoise
25. Keen
27. A very long period
28. Suck in (air)
31. Publicized
34. Holding devices
35. A Hebrew letter
36. Hearing organs
37. Clocked
38. Be dressed in
39. Senesce
40. Tweaked
41. Pub game
42. Got undressed
44. Rechewed food
45. Fasten
46. Okay
50. Pizazz
52. Eagerness
54. Caviar
55. Provisions
56. Commencement ceremony
58. Not closed
59. Nosed (out)
60. Probabilities
61. Verruca
62. Russian emperors
63. To be, in old Rome

DOWN

- | | | |
|-----------------------------|-----------------------------------|---------------------------|
| 1. Genuflected | 22. Auspices | 40. Lacquered metalware |
| 2. Muse of love poetry | 24. P P P P | 41. Indian millet |
| 3. Kidney-related | 26. Copied | 43. Yield |
| 4. Deity | 28. Intended | 44. Cumulus and cirrus |
| 5. A type of painful injury | 29. Sourish | 46. Venomous snake |
| 6. Level | 30. Female sheep (plural) | 47. Gratings |
| 7. Common hop | 31. A person who is in charge | 48. Gangsters |
| 8. Reverted | 32. A sharply directional antenna | 49. Anxious |
| 9. S | 33. A type of church elder | 50. Flat-bottomed boat |
| 10. Electric fan | 34. Vineries | 51. The thin fibrous bark |
| 11. Emancipator | 37. Brass instrument | 53. Indian music |
| 12. Smell | 38. Dry riverbed | 56. Obtain |
| 13. Foot digits | | 57. Foot digit |

Art Engagement *from the* Beach Museum of Art

Shapes. When an artist uses shapes in an image, he has a multitude of options. If drawing geometric objects, they may be recognizable shapes, or they may just hint at squares, triangles, and circles. Triangles pointing up can draw your eye upwards, an inverted triangle can cause tension in the composition. Squares are stable and circles suggest movement. In this landscape print, John Helm used a grid to horizontally and vertically bisect the plane and create chunky geometric shapes with soft and hard edges.

Where do you notice these shapes? Are they opaque, transparent or reflective? How do they translate to a feeling or impression? Do they successfully transfer the idea given in the title? Do you like the geometric shapes overlaid with the natural landscape?



John Frederick Helm, Jr., *Ice Glare*, ca. 1951, Gouache on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Mary Helm Pollack, 1998.22



LEADER OF THE PACK

Congratulations to Hailey Havenstein, Meadowlark's Leader of the Pack for February 2021! Hailey is a CNA in Honstead House who provides high-quality care for residents with an upbeat attitude, all while going above and beyond to be a supportive and helpful teammate. She puts her whole heart into her work at Meadowlark and shows up with a positive attitude each day. Hailey always has a kind word, supports the team, and the residents love her. Meadowlark is happy to have Hailey as a part of the team!

PRAIRIE STAR RESTAURANT

Restaurant Hours
 Delivery-only Breakfast 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 reservations, carry-out and delivery meals, and grocery orders.

Reservations are not required, but can be placed up to a week in advance.

No delivery fees will be assessed at this time. All specials include beverage, starter and dessert.

Lunch specials without a starter or dessert can be requested and will cost \$7 each.

Espresso drinks can be ordered from Prairie Star Restaurant between 7 a.m. and 4 p.m.

SUNDAY	Feb. 21 ~ Lunch \$12	Dinner \$13
	Baked Ham with Balsamic Cherry Sauce Au Gratin Potatoes Vegetable du Jour	Sauteed Chicken Lemon Couscous Vegetable du Jour
MONDAY	Feb. 22 ~ Lunch \$10	Dinner \$14
	Philly Beef Sandwich Coleslaw French Fries	Braised Beef Brisket with Wild Mushroom Sauce Potato Pancake Vegetable du Jour
TUESDAY	Feb. 23 ~ Lunch \$10	Dinner \$12
	Fettucine Alfredo with Bacon & Peas Garlic Toast Choice of Vegetable	Mexican Pork Stew Cornbread Vegetable du Jour
WED.	Feb. 24 ~ Lunch \$10	Dinner \$13
	Fried Chicken Sandwich Pasta Salad Choice of Vegetable	Chicken Parmesan Spaghetti Vegetable du Jour
THURS.	Feb. 25 ~ Lunch \$10	Dinner \$12
	Sweet & Sour Pork Rice Choice of Vegetable	Meatloaf with Glaze Mashed Potatoes Vegetable du Jour
FRIDAY	Feb. 26 ~ Lunch \$10	Dinner \$14
	Shrimp Po'Boy Coleslaw French Fries	Parmesan Baked Cod with Tartar Sauce Rice Pilaf Vegetable du Jour
SAT.	Feb. 27 ~ Lunch \$10	Dinner \$15
	BBQ Pulled Pork Potato Salad Choice of Vegetable	Steak Baked Potato Vegetable du Jour

Weekly Opportunities Calendar Feb. 21 to Feb. 26

Sunday • Feb. 21

10:30 a.m. ~ Worship Service, EC

Monday • Feb. 22

9:30 a.m. ~ Seated Strength, CR
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:30 p.m. ~ Contemporary God Talk, BR
 1:45 p.m. ~ Parkinson's Voice Class, CR
 7:00 p.m. ~ BINGO Night, EC

Tuesday • Feb. 23 *Trash & recycling pick-up*

10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 2:00 p.m. ~ Memory Activities Class, CR

Wednesday • Feb. 24

9:30 a.m. ~ Seated Strength, CR
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ ARTful Memories, EC
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Sing-Along Social, EC

Thursday • Feb. 25

8:30 a.m. ~ Messenger Team, KSU CL
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 3:00 p.m. ~ Rock Steady Boxing, BF

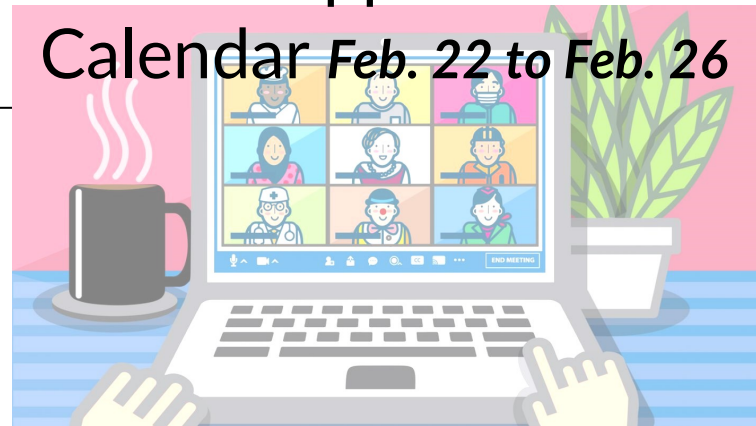
Friday • Feb. 26

9:30 a.m. ~ Seated Strength, CR
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR

Room Abbreviations

BF, Body First	GR, Game Room
BR, Bison Room	HD, Hospitality Desk
CR, Community Room	KSU CL, KSU Classroom
CY, Courtyard	PS, Prairie Star Restaurant
EC, Event Center	VE, Village Entrance
GC, Grosh Cinema	

Zoom Opportunities Calendar Feb. 22 to Feb. 26



Monday, Feb. 22

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

Tuesday, Feb. 23

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, Feb. 24

10 a.m.	Memory Care Partner Support Group Contact Bridget 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

Friday, Feb. 26

10:30a.m.	Mindful Memoirs Group See above for log-in information.
1 p.m.	Parkinson's Exercise Class See above for log-in information.



CHANNEL 1960 Entertainment Guide

Friday, Feb. 19

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.	(Re-run) Channel 1960 News (Re-run) Meadowlark Update with Lonnie Baker, CEO
6:00 p.m.	Hauser, "LIVE in Zagreb" <i>Full Concert, Oct. 2017</i>

Saturday, Feb. 20

9:15 a.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO
9:30 a.m.	Band Bust Exercise Class
2:00 p.m.	Band Bust Exercise Class
3:15 p.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO

Sunday, Feb. 21

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.	Guided Meditation with Kathleen Spearman, LMSW
3:30 p.m.	Chair Yoga
6:00 p.m.	Those Old Records: <i>Song Collection</i>

Monday, Feb. 22

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

Tuesday, Feb. 23

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
6:00 p.m.	Diana: <i>The Royal Truth</i>

Wednesday, Feb. 24

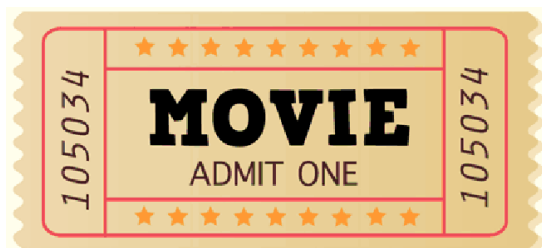
9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	(Re-run) Worship Service with Chaplain Patty Brown-Barnett
2:00 p.m.	Weights 101 Exercise Class

Thursday, Feb. 25

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

Solution from 2/11.

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



GROSH CINEMA SHOWTIMES

MONDAY TO SATURDAY 1:00 P.M. / 4:00 P.M. / 7:00 P.M.
SUNDAY 2:00 P.M. / 6:00 P.M.

SEASONAL SUNDAY: February 21

FAITH, HOPE & LOVE (2019) PG, 1 hr. 46 min. *Heartfelt, Feel-Good, Romantic*

Cast: Robert Krantz, Peta Murgatroyd, & Corbin Bernsen

After shattering losses, a recent divorcée and a heartbroken widower restore their lives when they partner for a dance competition to save her studio.

MUSICAL MONDAY: February 22

NEWSIES: THE BROADWAY MUSICAL (2017) PG-13, 2 hr. 13 min. *Drama, Historical, Musical*

Cast: Jeremy Jordan, Kara Lindsay, & Ben Frankhauser

At the turn of the 20th century, Jack Kelly leads a ragged band of teenage “newsies” against two publishing titans intent on raising distribution prices at the newsboys’ expense.

TRUE TUESDAY: February 23

RESIDENT REQUEST

THE LAST STATION (2009) R (*for adult material*), 1 hr. 53 min. *Romantic, Drama, Biography*

Cast: Helen Mirren, Christopher Plummer, & Paul Giamatti

Set during the last year of the Russian novelist Leo Tolstoy’s life, this biopic explores the fractious relationship between Tolstoy and his wife, as he embraces a life of ascetism.

WESTERN WEDNESDAY: February 24

8 SECONDS (1994) PG-13, 1 hr. 44 min. *Exciting, Romantic, Emotional*

Cast: Luke Perry, Stephen Baldwin, & Cynthia Geary

Oklahoman Lane Frost learns to ride bulls in an attempt to win his emotionally detached father’s respect. As Lane moves up the tough rodeo circuit, he meets and marries a spirited rider named Kellie. Lane’s devotion to the rodeo and to his fans threatens their marriage, but his efforts pay off when he captures the 1987 world title.

THRILLER THURSDAY: February 25

THE MANCHURIAN CANDIDATE (1962) PG-13, 2 hr. 9 min. *Political Thriller, Suspenseful*

Cast: Frank Sinatra, Laurence Harvey, & Janet Leigh

Raymond Shaw is a Korean War hero with a lethal secret: He’s been brainwashed by the communist Chinese. With one phone call, the Reds can transform Shaw into a deadly assassin—unless fellow veteran Bennett Marco can stop them first.

FEATURE FRIDAY: February 26

BLACK PANTHER (2018) PG-14, 2 hr. 16 min. *Science Fiction, Action, Adventure*

Cast: Chadwick Boseman, Michael B. Jordan, & Lupita Nyong’o

When an old foe puts his homeland of Wakanda and the entire world at risk, young king T-Challa must release Black Panther’s full power to save them.

SWEET SATURDAY: February 27

RESIDENT REQUEST

OUR SOULS AT NIGHT (2017) TV-14, 1 hr. 43 min. *Understated, Heartfelt, Intimate*

Cast: Robert Redford, Jane Fonda, & Bruce Dern

After widowed neighbors Addie and Louis begin sleeping in bed together platonically to alleviate their loneliness, a real romance begins to blossom.