



MEADOWLARK

Messenger

Jan. 6, 2022

Manhattan, Kansas

Messenger Editor: Sarah Duggan

A local not-for-profit focused on supporting people in living their best lives

Germs Be Gone!

by Becky Fitzgerald, Development Director

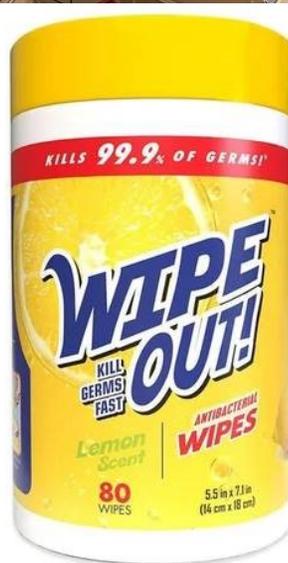
This past Tuesday, Manhattan resident Jim Wright appeared at Becky Fitzgerald's office door, offering to make a useful contribution of hand sanitizer and antibacterial wipes.

"I have it in my truck," said Wright, formerly the general manager at Carlos O'Kelly's Mexican restaurant. "You can have all of it or some of it, whatever you need."

Expecting to see a box or two of each, Meadowlark staff were pleasantly surprised to discover that the bed of Wright's pickup was filled with case after case of True Wash hand sanitizer gel and lemon-scented Wipe Out! antibacterial wipes. Could we use all of it? You bet! With the surge in COVID-19 cases in Riley County and Meadowlark administration encouraging staff and residents to remain vigilant regarding infection protocols, Wright's delivery was certainly welcome.

He explained that he had been purchasing large quantities of the germ-killing cleaners at Menards to donate to local skilled nursing facilities. Receipts provided to Meadowlark Foundation show a donation of 576 80-count containers of wipes and about 1600 8-oz. bottles of hand sanitizer with a retail value of nearly \$5000.

Not only was Wright's donation helpful, but also it was timely. Dave Prockish, purchasing and transportation leader, said Meadowlark's supply of both items was low and he was about to order more. Thanks to this thoughtful contribution, Prockish may turn his attention elsewhere for a time.



Meadowlark transportation team members Amon "Max" Maxwell and Dave Prockish inspect and stack cases (and cases!) of donated hand sanitizer.

EVENTS & OPPORTUNITIES

Video Update from Lonnie Baker, CEO

A new video update will air on Channel 1960 at 12 p.m. Friday, Jan. 7. A re-run of the update will play on Channel 1960 at the following dates and times.

- ~ Friday, Jan. 7, at 5 p.m.
- ~ Saturday, Jan. 8, at 9 a.m.
- ~ Saturday, Jan. 8, at 12 p.m.
- ~ Saturday, Jan. 8, at 5 p.m.
- ~ Sunday, Jan. 9, at 12 p.m.

Current COVID-19 Pre-Cautions

Due to the rising spread of COVID-19 positive cases in the greater Manhattan community, Meadowlark's temporary changes listed below remain in effect through Friday, Jan. 14.

- ~ **Pizazz Salon is closed.**
- ~ **Get the Scoop scheduled for Thursday, Jan. 13, has been postponed.**
- ~ All individuals are required to wear masks while in a Meadowlark common space, except when dining at Prairie Star Restaurant or Verna Belle's Café.
- ~ Visitors are allowed on campus, however, they may not dine in Prairie Star Restaurant or Verna Belle's Café. Additionally, visitors cannot attend any on-campus events or remain in common spaces. Please ask visitors to wear a mask and proceed directly to your apartment or cottage.
- ~ The delivery fee is waived for Prairie Star Restaurant.
- ~ Floor and Neighborhood Suppers and Coffee Corner have been canceled or rescheduled.

If you have questions regarding these restrictions, please contact Jayme Minton at jminton@meadowlark.org or by calling (785) 313-0454.

Parkinson's Education Meeting

Thursday, Jan. 6, at 2 p.m.

Start off the new year with more knowledge about how physical movement can help improve your gait, balance, flexibility, and confidence.

Occupational therapist Erin Wright, OTD, OTR/L, is certified in both LSVT BIG and PWR! Moves and will help those affected by Parkinson's and other Parkinsonian symptoms understand the benefits of each program for increasing quality of life. Occupational therapy is covered by Medicare,

BCBS, and other insurances.

Join us in the Meadowlark Community Room from 2 p.m. to 3:30 p.m. on Thursday, Jan. 6, for the presentation and discussion: "Parkinson's Rehabilitation: Comparing LSVT-Big and PWR! Moves Programs," or join us via zoom at <https://us02web.zoom.us/j/5301584508>, with Meeting ID: 530 158 4508.

Prairie Star Menu Suggestion Meetings

Friday, Jan. 7, at 9 a.m.

Prairie Star Restaurant has begun hosting open forums for residents to offer menu suggestions. The next meeting is scheduled for 9 a.m. on Friday, Jan. 7. This reoccurring meeting will be held on the first and third Friday of every month.

Non-Alcoholic Drink Tasting

Friday, Jan. 7, at 2:30 p.m.

Residents are welcome on Friday, Jan. 7, at 2:30 to join bartenders Dylan, Alana, and Brayden in Prairie Star Restaurant as we sample five different non-alcoholic drinks. Your opinion matters because the three most popular drinks will appear on our Signature Sling menu! There is no cost to attend, and no sign-up necessary.

St. Thomas More Services

Friday, Jan. 7, at 3 p.m.

Starting on Friday, Jan. 7, from 3 to 4 p.m. in the Community Room, St. Thomas More will once again offer Mass and Rosary services. The Mass will occur on the first Friday of the month and Rosary on the third Friday of the month.

Celebration of Life for Joanne Barkyoumb

Saturday, Jan 8, at 2 p.m.



With the rising COVID-19 numbers in Manhattan, Meadowlark has enacted restrictions which affect Joanne's Memorial and Celebration of Life at Meadowlark this Saturday. The family has decided to proceed as follows to give those wishing to attend several options.

A memorial service will be held at 2 p.m. on Saturday, Jan. 8, at the Blue Valley Memorial United Methodist Church in Manhattan, Kan.

EVENTS & OPPORTUNITIES

Masks are preferred. A Celebration of Joanne's Life will be held at the Meadowlark Prairie Star Event Center at a later date. Interment will be next to her husband, Dale, in Sunrise Cemetery, Manhattan, Kan.

Monday Morning Quarterback

Monday, Jan. 10, at 11 a.m.

Join Chris "The Kid" Nelson and Monte "Thriller" Spiller as they discuss the upcoming 2022 NFL Playoffs! Monday Morning Quarterback will take a closer look at the playoff picture and allow residents to make predictions, and ask and answer questions about match-ups while getting expert advice from the Thriller and The Kid. All are invited to attend this weekly football discussion starting Monday, Jan. 10, at 11 a.m. in the Event Center.

Popcorn Party, BINGO Style!

Monday, Jan. 10, at 7 p.m.

Do you love popcorn? As part of the prizes for January's theme BINGO night, we will be celebrating National Popcorn Day! Buttered, white cheddar, and kettle corn are all flavors of popcorn that will be offered as prizes!

There will be exciting decorations and prizes to fit the theme, so be sure to attend on Jan. 10. Player buy-in will be \$1 for the use of two playing cards. BINGO occurs each Monday, from 7 p.m. until 8 p.m., in the Community Room. Theme BINGO nights occur on the second Monday of the month. No advance registration is necessary.

Memory Café

Wednesday, Jan. 12, at 10 a.m.

Please note schedule changes to this group. Memory Café will now meet every Wednesday from 10 to 11 a.m. in the KSU Classroom at Meadowlark and virtually via Zoom. The group is now held at the same time as Memory Care Partner Support Group. Memory Café is led by Linda Montgomery, Licensed Social Worker, and features story sharing, reminiscing and social engagement.

Caring Conversations for People with Parkinson's

Thursday, Jan. 14, at 12 p.m.

This is a new opportunity for those with

Parkinson's. Join in this opportunity to share your experiences and receive support from others with a Parkinson's or Parkinsonian diagnosis. It is open to all with a diagnosis at any stage of your journey. We will meet the second and fourth Thursdays of each month from 12 to 1 p.m. in the Meadowlark Community Room and virtually via Zoom. This group meets at the same time as the Care Partner Support Group so your loved one can learn with others supporting people with PD. Additionally, it is scheduled directly before the PD Exercise Class.

Shopping at Hobby Lobby & Dollar Tree

Saturday, Jan. 15, at 10:30 a.m.

The next scheduled trip is Saturday, Jan. 15, with transportation going to Hobby Lobby and Dollar Tree East. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m.

Next month's trip will travel to Target and Dollar Tree West on Saturday, Feb. 19. Please sign up in the Blue Book to participate in these opportunities. We encourage participants to wear a face mask while shopping.

Manhattan Area Music Teachers

Association Recital

Friday, Jan. 21, at 7 p.m.

Meadowlark welcomes the Manhattan Area Music Teachers Association (MAMTA) at 7 p.m., on Friday, Jan. 21, in the Community Room for a piano recital.

MAMTA is a group of professional music educators from Manhattan, Kan., and the surrounding area that strives to advance the value of music study and music-making for our diverse community while supporting the professionalism of music teachers and the promotion of a high standard of music among its members.

Household Drive for Kitchen Restore

Saturday, Jan. 22, at 9:30 a.m.

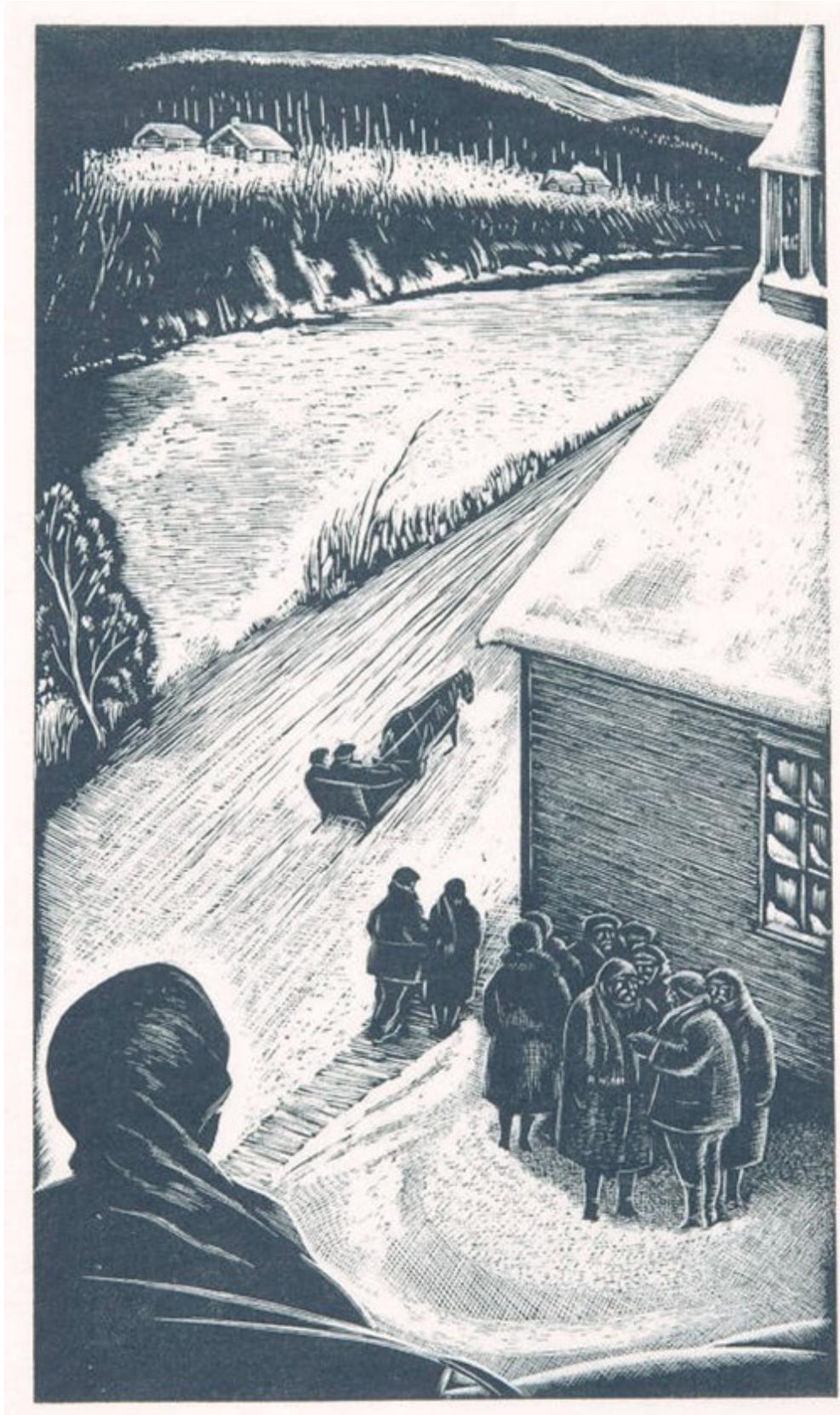
The Meadowlark Ambassadors are teaming up to the Kitchen Restore program. Kitchen Restore is a local outreach program that provides starter household kits containing gently used or new

See DRIVE, page 11

Art Engagement *from the* Beach Museum of Art

What is going on? Take a long moment to look closely at this image. Then ask yourself, what is going on in this picture? Any thoughts you have about this image are worth mentioning. What do you see that gives you these ideas?

Artist credits can be found on page 9.



Work That Brain!

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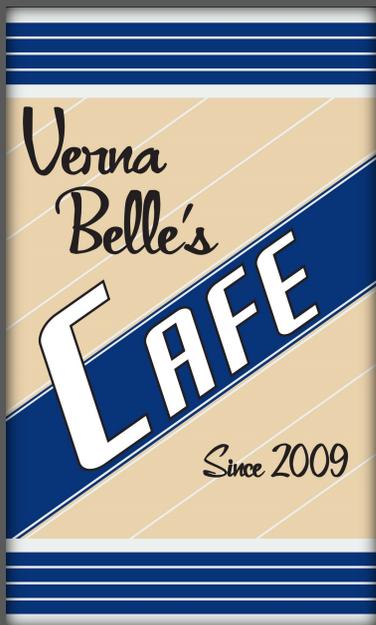
Board Games

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BATTLESHIP
 LUDO
 Pictionary
 SCRABBLE
 YAHTZEE
 OPERATION
 JENGA
 STRATEGO
 RISK
 GUESS WHO
 TWISTER
 SORRY
 CRANIUM
 CHESS
 OTHELLO

RESTAURANT **SPECIALS**

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|------------------------------------|--|--|
| Sunday, January 9th | \$14 Fried Chicken Mashed Potatoes & Gravy Corn Biscuit with Honey Butter | \$14 Fried Chicken Mashed Potatoes & Gravy Corn Biscuit with Honey Butter |
| Monday, January 10th | \$8 Sloppy Joe Pub Chips Coleslaw | \$12 Orange Chicken Fried Rice Sauteed Snow Peas |
| Tuesday, January 11th | \$9 Crispy Chicken Salad with Honey Mustard Dressing | \$11 Turkey Tetrazzini Sauteed Zucchini Garlic Knots |
| Wednesday, January 12th | \$9 Ham, Broccoli, Mushroom & Swiss Quiche Green Beans Cheddar Biscuit | \$11 Smothered Beef Burrito with Cheese Sauce Pinto Beans Mexican Rice |
| Thursday, January 13th | \$8 Tuna Salad Croissant Crudité Cup | \$13 Country Style Ribs Corn Pudding Dr. Pepper Baked Beans |
| Friday, January 14th | \$10 Chicken Pot Pie Broccoli Salad | \$11 Spaghetti with meat sauce Green Beans Garlic Toast |
| Saturday, January 15th | \$11 Prime Rib Sandwich Garlic Fries Coleslaw | \$13 Salmon Bowl Carrot Raisin Slaw Sesame Rice |



Breakfast & Lunch Specials

Mon. to Fri., 7 a.m. to 2 p.m. / Sat & Sun., 7 to 11 a.m.

Monday, Jan. 10

Breakfast: Biscuits & Gravy, \$2.50 / \$4.50

Lunch: Meatball Sub, \$6.50 *meatballs covered in marinara sauce topped with provolone cheese served on a sub roll with your choice of side*

Tuesday, Jan. 11

Breakfast: French Toast with Fruit, \$4.50 / \$6.50

Lunch: Gumbo & Garlic Toast, \$4.50 / 6.50 *ground beef & macaroni noodles in a tomato stew served with garlic toast*

Wednesday, Jan. 12

Breakfast: Breakfast Burritos with Fruit, \$4.50 / \$6.50

Lunch: Smothered Chicken Burrito, \$4.50 / 6.50 *shredded chicken, tomatoes, corn, & shredded cheese wrapped in a flour tortilla covered in a white cheese sauce served with your choice of side*

Thursday, Jan. 13

Breakfast: Biscuits & Gravy, \$2.50 / \$4.50

Lunch: Cowboy Hotdog, \$6.50 *grilled hot dog topped with bacon, onions, shredded cheddar cheese, & BBQ sauce served with your choice of side*

Friday, Jan. 14

Breakfast: Blueberry French Toast Casserole, \$4.50 / \$6.50

Lunch: White Chicken Chili, \$4.50 / \$6.50 *shredded chicken, great northern beans, & onions in a creamy stew and served with a cornbread muffin*

Saturday, Jan. 15, & Sunday, Jan. 16

Breakfast: Ala Carte Menu Options

Egg (cooked to order), omelet, bacon, sausage, toast, & fruit

Art Credit Information from page 6

E. Hubert Deines (United States, 1894 - 1967)

No. 11 – *Maria Sitting in Sleigh Outside of Church, Watching Small Group of Men, Beside Church Building, 1936*

Maria Chapdelaine Series

Wood engraving on paper

KSU, Marianna Kistler Beach Museum of Art, gift of the family of E. Hubert Deines, 1969.64k

Weekly Opportunities Calendar *Jan. 9 to Jan. 15*

Sunday • Jan. 9

10:30 a.m. ~ Worship Service, CR
 10:30 a.m. ~ Transportation to FUMC, VE

Monday • Jan. 10

9:30 a.m. ~ Seated Strength, CR
 10:30 a.m. ~ Weights 101, CR
 11:00 a.m. ~ Monday Morning Quarterback, EC
 11:30 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:30 p.m. ~ God Talk, KSU CL
 2:00 p.m. ~ Change & Loss Support Group, FHR
 7:00 p.m. ~ Bingo Night, CR

Tuesday • Jan. 11 *Trash & recycling pick-up*

7:00 a.m. ~ Rock Steady Boxing, **BF**
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 2:00 p.m. ~ Memory Activities Class, KSU CL
 2:00 p.m. ~ 10-Point Pitch, GR
 4:00 p.m. ~ Meadowlark Singers Practice, CR

Wednesday • Jan. 12

9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 10:00 a.m. ~ Memory Care Partner Group, FHR
 10:00 a.m. ~ Memory Café, KSU CL
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ ARTful Memories, KSU CL
 3:00 p.m. ~ Sing-A-Long, EC
 3:00 p.m. ~ Rock Steady Boxing, CR

Thursday • Jan. 13

9:00 a.m. ~ Messenger Team, KSU CL
 10:30 a.m. ~ Steady Yourself, CR
 12:00 p.m. ~ Caring Conversations for People with PD, CR
 12:00 p.m. ~ PD Care Partner Support Grp, FHR
 1:00 p.m. ~ Parkinson's Exercise Class, CR

Friday • Jan. 14

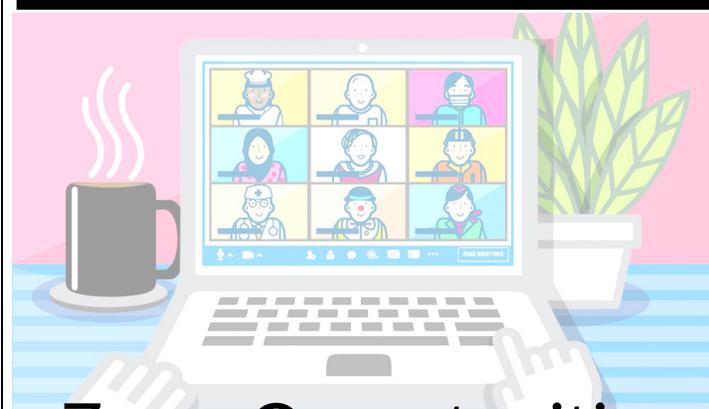
9:30 a.m. ~ Seated Strength, CR
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ Rock Steady Boxing, **BF**

Saturday • Jan. 15

10:30 a.m. ~ Shopping Trip, VE

Room Abbreviations

| | |
|-----------------------|-----------------------------|
| BF, Body First | GR, Game Room |
| BR, Bison Room | HD, Hospitality Desk |
| CR, Community Room | KSU CL, KSU Classroom |
| CY, Courtyard | MR, Manhattan Room |
| EC, Event Center | PR, Patriot Room |
| FHR, Flint Hills Room | PS, Prairie Star Restaurant |
| GC, Grosh Cinema | VE, Village Entrance |



Zoom Opportunities Calendar *Jan. 10 to Jan. 13*

E-mail Michelle at michelle.haub@meadowlark.org for log-in information unless otherwise noted below.

Monday, Jan. 10

| | |
|--------|-----------------------------|
| 1 p.m. | Parkinson's Exercise Class |
| 2 p.m. | Change & Loss Support Group |

Tuesday, Jan. 11

| | |
|--------|-------------------------|
| 2 p.m. | Memory Activities Class |
|--------|-------------------------|

Wednesday, Jan. 12

| | |
|---------|-----------------------------------|
| 10 a.m. | Memory Care Partner Support Group |
| 10 a.m. | Memory Café |
| 1 p.m. | ARTful Memories |

Thursday, Jan. 13

| | |
|---------|---|
| 12 p.m. | Caring Conversations for People with PD |
| 12 p.m. | PD Care Partner Support Group |
| 1 p.m. | Parkinson's Exercise Class |



CHANNEL 1960 Entertainment Guide

Sunday, Jan. 9

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|------------|---|
| 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) Update from Lonnie Baker, CEO |
| 2:00 p.m. | (Re-run) 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, Jan. 10

| | |
|------------|-----------------------------|
| 9:30 a.m. | Seated Strength Exercise |
| 10:30 a.m. | Weights 101 Exercise Class |
| 11:15 a.m. | Sit & Be Fit Exercise Class |
| 1:00 p.m. | Parkinson's Exercise Class |
| 2:00 p.m. | Weights 101 Exercise Class |

Solution from 12/30

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Tuesday, Jan. 11

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| 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 |

Wednesday, Jan. 12

| | |
|------------|---|
| 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 |
| 1:00 p.m. | Sit & Be Fit Exercise Class |
| 2:00 p.m. | Weights 101 Exercise Class |

Thursday, Jan. 13

| | |
|------------|--------------------------------|
| 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. 14

| | |
|------------|--------------------------------|
| 9:30 a.m. | Seated Strength Exercise Class |
| 10:30 a.m. | Weights 101 Exercise Class |
| 11:15 a.m. | Sit & Be Fit Exercise Class |
| 1:00 p.m. | Parkinson's Exercise Class |
| 2:00 p.m. | Weights 101 Exercise Class |

Saturday, Jan. 15

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|-----------|--------------------------|
| 9:30 a.m. | Band Bust Exercise Class |
| 2:00 p.m. | Band Bust Exercise Class |

DRIVE, from page 3

household kitchen tools and equipment to families and individuals in need. The Ambassadors would like to help support this program, so they will be holding a household drive, on Saturday, Jan. 22, from 9:30 a.m. until 1 p.m. in the Community Room. Please consider donating your gently used or new kitchen items to this community donation initiative!



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.

SUPERHERO SUNDAY: Jan. 9

THE INCREDIBLE HULK (2008) PG-13, 1 hr. 54 min. *Suspenseful*

Cast: Edward Norton, Liv Tyler, & Tim Roth

An experiment gone wrong turns Dr. Bruce Banner into a hulking green monster when he grows angry and makes him a target of the military. As he searches for a cure, Banner faces a government-created creature called The Abomination.

MUSICAL MONDAY: Jan. 10

RESIDENT REQUEST

THE BEST LITTLE WHOREHOUSE IN TEXAS (1982) R for adult material, 1 hr. 54 min.

Romantic, Comedy

Cast: Burt Reynolds, Dolly Parton, & Dom DeLuise

A sheriff and a whorehouse madam team up to battle publicity-seeking politicians and the Moral Majority to protect their town's most popular business, the "Chicken Ranch," a notorious Texas whorehouse, from the threat of closure.

TRUE TUESDAY: Jan. 11

THE ALPINIST (2020) PG-13, 1 hr. 32 min. *Sports Documentary, Inspiring*

Cast: Marc-Andre Leclerc

Bold but reclusive, solo alpine climber Marc-Andre Leclerc becomes a reluctant hero by scaling the most forbidding, frozen heights in the world.

WESTERN WEDNESDAY: Jan. 12

THE LONG RIDERS (1980) R for strong violence, sexuality, & language, 1 hr. 39 min. *Action*

Cast: David Carradine, Keith Carradine, & Robert Carradine

This Western chronicles the misadventures and demise of the James-Younger gang, 19th-century outlaws who tore through Missouri on a crime spree.

TREASURE THURSDAY: Jan. 13

FOOL'S GOLD (2008) PG-13, 1 hr. 52 min. *Romantic, Adventure, Charming*

Cast: Matthew McConaughey, Kate Hudson, & Donald Sutherland

Finding a new clue rekindles a luckless fortune hunter's hope for recovering a legendary treasure lost at sea — and for salvaging his marriage.

FEATURE FRIDAY: Jan. 14

THE BOOK OF HENRY (2017) PG-13, 1 hr. 44 min. *Emotional, Drama*

Cast: Naomi Watts, Jaeden Martell, & Jacob Tremblay

An 11-year-old vows to help a new neighbor whom he suspects is in danger, and documents his efforts in a series of written entries and audio recordings.

SWEET SATURDAY: Jan. 15

RESORT TO LOVE (2021) TV-14, 1 hr. 41 min. *Charming, Romantic*

Cast: Christina Milian, Jay Pharoah, & Sinqua Walls

Reeling from a broken heart and career meltdown, a singer takes a gig at a swanky island resort — where her ex-fiancé happens to be getting married.