

# Give Thanks to Our Staff

## Employee Gift Fund



**submitted by the Employee Gift Committee**

Each year we show appreciation to our Meadowlark staff for their hard work, dedication to our residents, and commitment to making Meadowlark the best retirement community in the area. The employees at Meadowlark are key to the comfort, happiness, and good health that we as Meadowlark residents enjoy.

This November, Meadowlark residents will reward the staff with a monetary gift to express our appreciation and thanks. Because of Meadowlark's no

-tipping policy, this is the only way we can reward them. Soon, residents will receive a letter in the mail requesting support toward the annual *Employee Gift Fund*. We ask that you consider giving and being as generous as possible.

We are fortunate to have the best staff here at Meadowlark, and we want to retain them. We can do that through our "thank you" comments and the *Employee Gift Fund*.

## EVENTS & OPPORTUNITIES

### **Donate Art Supplies to Be Able**

*Submitted by Olivia Collins*

Be Able, a local organization that exists to engage with those in adversity by creating connections, cultivating skills, and opening doors of opportunity, is hosting an event called *Canvas and Cake* on Sept. 21. To accomplish this, Be Able is asking for donations of art supplies. New and gently used items are welcome. If you are interested in donating, leave items at the Hospitality Desk. These donations will be delivered to Be Able on your behalf.

Items requested: art canvases of varying sizes, paints, paint brushes, paint palettes or trays, art décor, Bristol board books, construction paper, colored pencils, gel pens, writing pens, glue, and glue sticks.

### **Shopping at Hobby Lobby & Dollar Tree**

*Saturday, Sept. 17, at 10:30 a.m.*

The next scheduled trip is Saturday, Sept. 17, 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, Oct. 15. Please sign up in the Blue Book to participate.

### **KSU Game Day Watch Party**

*Saturday, Sept. 17, at 2 p.m.*

Come watch the K-State Wildcats take on the Tulane Green Wave at 2 p.m. Saturday, Sept. 17, at Prairie Star Pub, Event Center, and Game Room. Complimentary snacks will be available.

### **FUMC Communion**

*Wednesday, Sept. 21, at 9:30 a.m.*

Join Pastor Melanie Nord and Pastor Barry Dundas from First United Methodist Church at 9:30 a.m. Wednesday, Sept. 21, in the Bison Room to receive communion. The opportunity is open to anyone wanting to invite Christ into his or her heart.

### **Artist Profile with the Beach**

*Wednesday, Sept. 21, at 4 p.m.*

Join Kim Richards from the Beach Museum of Art for *N.C. Wyeth: An American Illustrator* at 4 p.m.

Wednesday, Sept. 21, in the Bison Room.

Wyeth is the oldest in a three-generation artist family. His illustrations entertained adults and children for 40 years. We will explore his artwork, which he created for magazines, books, advertisements, and murals.

### **Falls Prevention Awareness Day**

*Thursday, Sept. 22, at 3 p.m.*

In honor of Falls Prevention Awareness Day, you're invited to join us at 3 p.m. Thursday Sept. 22, in the Community Room to learn about how you can reduce your risk of falling. Jason Fox, Therapy Director of SummitCare Therapy, will offer falls prevention strategies, and attendees may view displays of useful items and information. Falling is not a natural part of aging. Let us show you how exercise, plus modifications to your home and lifestyle can make a big difference! Contact Jeff Heidbreder, Fitness Services Leader, with any questions regarding Falls Prevention Awareness Day.

### **Movie Night in the Courtyard**

*Thursday, Sept. 22, at 7 p.m.*

It's time for outdoor movie night! Come to the Meadowlark Courtyard to watch *Something's Gotta Give* at 7 p.m. Thursday, Sept. 22. Complimentary s'mores and popcorn will be provided from 7 to 7:30 p.m. The movie will begin 7:30 p.m.

*Something's Gotta Give* was released in 2003 and stars Jack Nicholson and Diane Keaton. Harry Sanborn is an aged music industry executive with a fondness for younger women like Marin, his latest trophy girlfriend. Things get a little awkward when Harry suffers a heart attack at the home of Marin's mother, Erica. Left in the care of Erica and his doctor, a love triangle starts to take shape.

### **Outdoor Pathway Adventure**

*Saturday, Sept. 24, at 6 p.m.*

Join the next cart ride to explore the new pathways in the valley and a look at the new primary care office. Then on to the east gazebo for a small libation while we watch the sunset. The group will leave at 6 p.m. Saturday, Sept. 24, from the Village Entrance. The cart can accommodate

## EVENTS & OPPORTUNITIES

five riders. Please sign up in the Blue Book to ride, or join us by walking to the pond.

### **KSU Game Day Watch Party**

**Saturday, Sept. 24, at 7 p.m.**

Come watch the K-State Wildcats take on the Oklahoma Sooners at 7 p.m. Saturday, Sept. 24, at Prairie Star Pub, Event Center, and Game Room. Complimentary snacks will be available.

### **The Wizard of Oz: UFM Class**

**Tuesday, Oct. 4, at 6:30 p.m.**

UFM Lifetime Learning and Meadowlark present *The Wizard of Oz*. This three-session course will begin Tuesday, Oct. 4, from 6:30 to 8 p.m. in the Community Room. The second and third sessions will meet Tuesday, Oct. 11, and Tuesday, Oct. 18.

The Wizard of Oz has been inextricably linked with our culture since 1900. It is the world's favorite fairytale. The Wonderful Wizard of Oz was written by L. Frank Baum, illustrated by W.W. Denslow, and published in 1900. The book gave rise to an official series containing 40 novels. Immediately, after the publication, the story was picked up by the stage and then by the movie industry beginning with silent films. MGM's 1939 film, *The Wizard of Oz*, is ranked number 10 in the American Film Institute's top 100 films. The popularity of this story has given rise to numerous animated films, graphic novels, spin-off novels, films, and musicals. The class will explore the history of this wonderful franchise with instructor Chris Glasgow.

Enrollment is now open and can be completed by calling (785) 539-8763. If the office is not open, leave a message, and a staff member will call you back. This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount. Reminder: Meadowlark does not have a partnership agreement with Osher Lifetime Learning; therefore, Osher classes are not available at a discount to Meadowlark affiliates.

### **Around the World in 1800: UFM Class**

**Thursday, Oct. 13, at 6:30 p.m.**

UFM Lifetime Learning and Meadowlark present *Around the World in 1800*. This three-session course will begin Thursday, Oct. 13, from 6:30 to 8

p.m. in the Community Room. The second and third sessions will meet Thursday, Oct. 20, and Thursday, Oct. 27.

In 1800, the world had become more closely interconnected and was experiencing significant and noteworthy change. The whirlwind tour begins with the first session and an examination of the United States. This new nation was just a mere 17-years-old and the first real democracy in the world. The U.S. had to prove to the monarchs of the world that it could adjust to an electorate of the people and the peaceful transition of power. This first session also will focus on seismic changes in Latin American from being a group of colonies to several independent states. The second class will look at the events in Europe, and the third session moves eastward to the once-mighty Ottoman Empire.

Enrollment is now open and can be completed by calling (785) 539-8763. If the office is not open, leave a message, and a staff member will call you back. This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount.

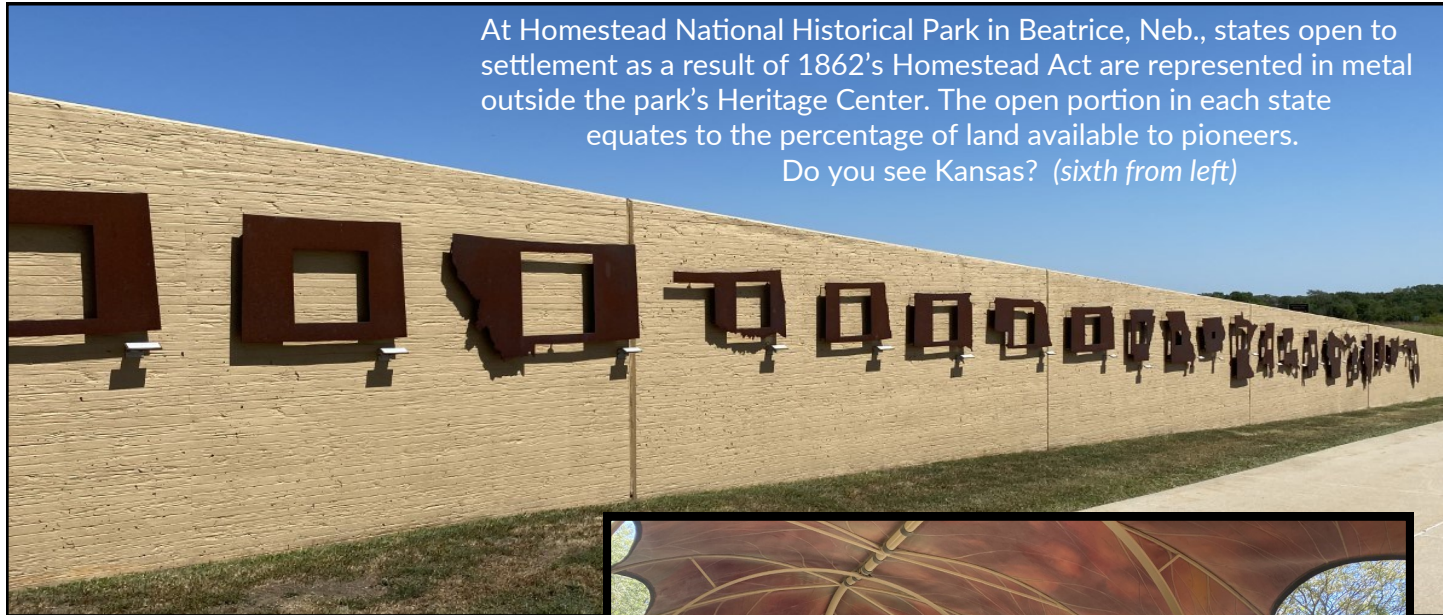
### **Walk to End Alzheimer's**

**Saturday, Oct. 15, at 9 a.m.**

The Alzheimer's Association Walk to End Alzheimer's for Manhattan, Kan., is set to be an outdoor, in-person event for 2022. The Walk will be at Manhattan City Park on Saturday, Oct. 15. The Opening and Promise Garden Ceremony will start at 9 a.m. and the Walk will begin around 9:15 a.m. The Walk route is one mile long.

The Alzheimer's Association Walk to End Alzheimer's is the world's largest fundraiser for Alzheimer's care, support, and research.

There is no fee to register for the Walk. To participate, visit [www.act.alz.org](http://www.act.alz.org) and click "Find a Walk Near You." Meadowlark has a team already started, and all residents, family members, Passport members, staff, and volunteers are invited to join the team. If you have questions about registering for the Walk, please contact Sarah Duggan at (785) 323-3878.



At Homestead National Historical Park in Beatrice, Neb., states open to settlement as a result of 1862's Homestead Act are represented in metal outside the park's Heritage Center. The open portion in each state equates to the percentage of land available to pioneers. Do you see Kansas? (sixth from left)



ABOVE: Passport members Missy Brewer and Beth Kesinger join resident Beth Pannbacker on a suspension bridge at Arbor Day Farm.



Jo and Michael Fey enjoy the view from the lodge's terrace.



A docent narrates a ride through the Farm's orchards.

## Fun with Friends

Meadowlark Travelers find opportunities for socialization, exploration, relaxation

After a nearly three-year hiatus from group travel, the Meadowlark Travelers hit the road in late August to visit places or see attractions that were unfamiliar to several. A two-night stay at Arbor Day Farm's Lied Lodge in Nebraska City, Neb., was book-ended with stops in Marysville, Kan., and Beatrice, Neb.

The trip attracted 28 residents, Passport members, and a Manhattan resident. Employees Doug Fiser and Becky Fitzgerald served as tour leaders.



Sherry and Jim Reed meet Shirley, a five-foot black squirrel, in Marysville.

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

**Texture ...** In the visual arts, a viewer does not typically touch an artwork thus, texture is the perceived surface quality of the subject. How a viewer visually experiences texture depends on his or her experience with the physical world. If an artist successfully uses light, shadow, and color to create visual texture combined with the viewer's previous experience with the object, then texture is communicated without touch. As you look at this painting, what textures do you observe? Did the artist successfully convey each one of these surfaces to you visually, or are you relying heavily on your experience with these objects? (*Since this is a digital image, all texture is implied.*)



Lester Joseph Chaney (United States, born Hungary, 1907 - 1998)

*Sea Scape, Bangor, Maine, ca. 1935*

Oil on canvas

KSU, Marianna Kistler Beach Museum of Art, gift of Mary Louise and Joseph Hyer, 1992.3

# RESTAURANT **SPECIALS**

<p><b>Sunday, Sept. 18</b></p>	<p><b>\$14</b> <b>Lunch</b> Baked Ham <i>with Cherry Sauce</i> Au Gratin Potatoes Brussel Sprouts</p>	<p><b>\$14</b> <b>Dinner</b> Baked Ham <i>with Cherry Sauce</i> Au Gratin Potatoes Brussel Sprouts</p>
<p><b>Monday, Sept. 19</b></p>	<p><b>\$10</b> <b>Lunch</b> Bacon, Spinach, &amp; Swiss Quiche Rice Pilaf Fresh Fall Fruit</p>	<p><b>\$13</b> <b>Dinner</b> Chicken Noodles Mashed Potatoes Garden Side Salad</p>
<p><b>Tuesday, Sept. 20</b></p>	<p><b>\$10</b> <b>Lunch</b> Tater Tot Casserole Broccoli</p>	<p><b>\$13</b> <b>Dinner</b> Spaghetti &amp; Meatballs Garlic Toast Green Beans</p>
<p><b>Wednesday, Sept. 21</b></p>	<p><b>\$9</b> <b>Lunch</b> Chicken Fajita Quesadilla Corn Salad</p>	<p><b>\$13</b> <b>Dinner</b> Lemon-Rosemary Pork Tenderloin Wild Rice Roasted Squash</p>
<p><b>Thursday, Sept. 22</b></p>	<p><b>\$10</b> <b>Lunch</b> Cowboy Burger Baked Beans</p>	<p><b>\$13</b> <b>Dinner</b> Chicken-Fried Steak Mashed Potatoes &amp; Gravy Corn</p>
<p><b>Friday, Sept. 23</b></p>	<p><b>\$10</b> <b>Lunch</b> Pizza Bar</p>	<p><b>\$13</b> <b>Dinner</b> Chicken Breast <i>stuffed with bacon &amp; cream cheese</i> Potato Pancakes Honey Carrots</p>
<p><b>Saturday, Sept. 24</b></p>	<p><b>\$9</b> <b>Lunch</b> Fried Pork Cutlet Sandwich Roasted Red Potatoes</p>	<p><b>\$10</b> <b>Dinner</b> Beef Stew in a Bread Bowl</p>

# Verna Belle's Cafe

## MONDAY

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

**Lunch:** Baked Potato or Sweet Potato, \$7.00

(Your choice of potato topped with any items from the salad bar)

## TUESDAY

**Breakfast:** French Toast, Bacon or Sausage, & Fruit, \$4.50 / \$6.50

**Lunch:** Taco Tuesday, \$5.00 / \$7.00

(Choose any of the salad bar items to top your ground beef tacos or create a taco salad)

## WEDNESDAY

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

**Lunch:** Mac & Cheese, \$5.00 / \$7.00

(Homemade mac & cheese custom made with any items from the salad bar)

## THURSDAY

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

**Lunch:** Rice Bowls, \$5.00 / \$7.00

(Cilantro lime rice topped with any items from the salad bar including seasoned chicken and black beans)

## FRIDAY

**Breakfast:** Waffle or Pancake with Bacon or Sausage, \$4.50 / \$6.50

**Lunch:** Quesadilla, \$5.00 / \$7.00

(Custom made quesadillas with any of the items from the salad bar)

## SATURDAY

**Breakfast:** Ala Carte Menu      Eggs, omelet, bacon, sausage, toast, & fruit

MON.-FRI., 7 AM. - 2 PM / SAT., 7 AM. - 11 AM.

Daily Specials

# Weekly Opportunities Calendar Sept. 18 to Sept. 24

## Sunday • Sept. 18 *Put your trash at the curb!*

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

## Monday • Sept. 19 *Trash & recycling pick-up*

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. ~ God Talk, KSU CL  
1:45 p.m. ~ Parkinson's Voice Class, CR  
2:00 p.m. ~ Change & Loss Support Group, FHR  
5:30 p.m. ~ 5th Floor Supper, BR  
7:00 p.m. ~ Community Bingo, CR

## Tuesday • Sept. 20

7:00 a.m. ~ Rock Steady Boxing, BF  
10:00 a.m. ~ Memory Activities Class, KSU CL  
10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
12:00 p.m. ~ 2nd Floor Luncheon, BR  
12:15 p.m. ~ Mat Yoga, CR  
2:00 p.m. ~ 10-Point Pitch, GR  
2:00 p.m. ~ Prairie Star Writers Group, PR  
4:00 p.m. ~ Meadowlark Singers Practice, CR  
5:30 p.m. ~ Social Dining, MR

## Wednesday • Sept. 21

9:30 a.m. ~ Seated Strength, CR  
9:30 a.m. ~ Courtyard Communion, CY  
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  
3:00 p.m. ~ Rock Steady Boxing, CR  
3:00 p.m. ~ Sing-A-Long, EC  
4:00 p.m. ~ Artist Profile with the Beach, BR

## Thursday • Sept. 22

9:00 a.m. ~ Messenger Team, KSU CL  
10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
12:00 p.m. ~ Caring Conversations for People with Pd, CR  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
1:00 p.m. ~ Pd Care Partner Support Grp, FHR

## Thursday • Sept. 22

3:00 p.m. ~ Falls Prevention Awareness Day, CR  
5:30 p.m. ~ Meadowlark Circle Dinner, MR  
7:00 p.m. ~ S'mores & Outdoor Movie, CY

## Friday • Sept. 23

9:30 a.m. ~ Seated Strength, CR  
10 a.m. to 3 p.m. ~ Meadowlark Market,  
120 Scenic Drive  
10:30 a.m. ~ Weights 101, CR  
11:30 a.m. ~ Sit & Be Fit, CR  
1:00 p.m. ~ Rock Steady Boxing, BF

## Saturday • Sept. 24

10 a.m. to 3 p.m. ~ Meadowlark Market,  
120 Scenic Drive  
6:00 p.m. ~ Outdoor Pathway Adventure, VE  
7:00 p.m. ~ KSU Football Watch Party, PS Pub/  
EC/GR

### Room Abbreviations

BF, Body First	GR, Game Room
BR, Bison Room	KSU CL, KSU Classroom
CR, Community Room	MR, Manhattan Room
CY, Courtyard	PR, Patriot Room
EC, Event Center	PS, Prairie Star Restaurant
FHR, Flint Hills Room	VBC, Verna Belle's Cafe
GC, Grosh Cinema	VE, Village Entrance

## Work That Brain

*Skill Level: Easy*

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





# CHANNEL 1960

## Entertainment Guide

### Monday, Sept. 19

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

### Tuesday, Sept. 20

10:30 a.m.	Steady Yourself Exercise Class
11:15 a.m.	Chair Yoga Exercise Class

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### Saturday, Sept. 24

9:30 a.m.	Band Bust Exercise Class
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## I Will Listen, I Will Support, I Will Guide



In honor of National Suicide Prevention week, Chris Bowman, Director for the Morrison Family Center for Student Well-Being at Lafene Health Center [pictured top right], visited Meadowlark's campus bringing a solidarity banner for residents Olivia Collins and Beth Pannbacker to sign [pictured top left]. Olivia and Beth are both active supporters of mental health awareness. The banner represents support for those struggling with mental health.

National Suicide Prevention Week was Sunday, Sept. 4, through Saturday, Sept. 10. Kansas State University students, staff, and faculty recognized the week through support of the Bandana Project and Thrive Navigators. A departmental student organization under the leadership of Lafene Health Center and Counseling Services, Thrive Navigators are passionate about students' emotional well-being and mental health. They are dedicated to bringing awareness to mental health resources on campus, as well as reducing the stigma that surround mental health.

To learn more about the national Bandana Project, visit [thebandanaproj.org](http://thebandanaproj.org).



## 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: Sept. 18

***SAFETY*** (2020) PG, 2 hr. 3 min. *Sports, Drama, Biographical*

Cast: Jay Reeves, Thaddeus J. Mixson, & Corinne Foxx

The story of Ray-Ray McElrathbey, a freshman football player for Clemson University, who secretly raised his younger brother on campus after his home life becomes too unsteady.

### MUSICAL MONDAY: Sept. 19

***STAY WAY JOE*** (1968) NR, 1 hr. 41 min. *Romantic, Classic, Musical*

Cast: Elvis Presley, Burgess Meredith, & Quentin Dean

After a successful stint on the rodeo circuit, Joe Lightcloud returns home to his father and his tribe. He works seeking government assistance for his people—in between wild parties and romancing the comely Mamie.

### TRUE TUESDAY: Sept. 20

RESIDENT REQUEST

***THE WOMAN IN GOLD*** (2015) PG-13, 1 hr. 49 min. *Inspiring, Emotional*

Cast: Helen Mirren, Ryan Reynolds, & Katie Holmes

Six decades after fleeing the Nazis in World War II, Maria Altmann sets out to reclaim her family's stolen artwork with help from a young lawyer.

### WESTERN WEDNESDAY: Sept. 21

***THE TEXICAN*** (1966) NR, 1 hr. 28 min. *Classic, Action, Western*

Cast: Audie Murphy, Broderick Crawford, & Diana Lorys

Ex-sheriff Jess Carlin has been living in exile in Mexico after being run out of Texas for a crime he didn't commit. But when his newspaperman brother is murdered, Jess slips back into the Texas town of Rim Rock to find out who killed him.

### THEATER THURSDAY: Sept. 22

***LOOK BOTH WAYS*** (2022) TV-14, 1 hr. 51 min. *Charming, Heartfelt, Intimate*

Cast: Lili Reinhart, Danny Ramirez, & David Corenswet

On the night of her college graduation, Natalie's life splits into parallel realities after she takes a pregnancy test. What will life and love bring?

### FUNNY FRIDAY: Sept. 23

***MONTE PYTHON AND THE HOLY GRAIL*** (1975) PG, 1 hr. 32 min. *Absurd, Witty, Classic*

Cast: Graham Chapman, John Cleese, & Eric Idle

The Monty Python comedy clan skewers King Arthur and his Knights of the Round Table as they quest far and wide for the Holy Grail.

### SWEET SATURDAY: Sept. 24

RESIDENT REQUEST

***BREAKFAST AT TIFFANY'S*** (1961) NR, 1 hr. 54 min. *Romance, Classic, Drama*

Cast: Audrey Hepburn, George Peppard, & Patricia Neal

Fortune hunter Holly Golightly finds herself captivated by aspiring writer Paul Varjak, who moves into her building on a wealthy woman's dime. As romance blooms between Paul and Holly, Doc Golightly shows up on the scene, revealing Holly's past.