

Person-Centered Care & Dementia

Meadowlark Special Programs offers education sessions



Natalie Douglas,
Ph.D., CCC-SLP

Meadowlark Special Programs is excited to offer an education opportunity presented by Natalie Douglas, Ph.D., CCC-SLP, titled *Person-Centered Care for Dementia: Update for Direct Care Providers and Families* on Wednesday, Sept. 28, in Prairie Star's Event Center at Meadowlark. Dr. Douglas will offer two sessions for her presentation: 10 a.m. for Meadowlark employees and resident families; and 3 p.m. for Meadowlark employees and Meadowlark Special Programs participants, which includes Meadowlark Memory Program and Meadowlark Parkinson's Program.

Dr. Douglas is a professor in the Department of Communication Sciences and Disorders at Central Michigan University and an editor for the Adults

section of the Informed SLP. She has spent the last 20 years supporting people living with dementia, aphasia, and other communication disorders through clinical practice, quality improvement projects, teaching, and research. As a speech-language pathologist, she specializes in improving access to the ability to communicate one's feelings, preferences, and needs to support relationships. To this end, she is currently engaging in work related to pragmatic clinical trials and learning health systems.

If you have questions about this opportunity, please contact Michelle Haub, Special Programs Leader, at (785) 323-3899. To learn more about Meadowlark's Special Programs, visit www.meadowlark.org.

EVENTS & OPPORTUNITIES

Employee Gift Fund

submitted by Leo Lake, Gift Fund Committee Chair
Meadowlark employees make our lives easier. Since tipping is not an accepted practice at Meadowlark, we have the opportunity to thank them by giving to the Employee Gift Fund.

What is the value of the help received? This is a determination each of us must make. By joining together to build a monetary fund for the employees to receive a gift, we have a method of saying thank you from all residents and friends of Meadowlark.

Gifts may be left at the Hospitality Desk or mailed to the Employee Gift Fund at 2121 Meadowlark Road, Manhattan, KS, 66502.

Thank You

submitted by Olivia Collins

Many thanks to our friends and neighbors who donated so generously to the art supplies drive for the Be Able Community. What a pleasure it was to deliver a carload of all kinds of art items on Tuesday, Sept. 20, with staff and community members unloading the car. One gentleman who helped said "I'm an artist," and how happy that was. Many thanks to all. And by the way, the need will continue, so if you are able, please keep giving.

Violin & Piano Recital

Saturday, Sept. 24, at 2 p.m.

Meadowlark is excited to welcome Madeleine Jansen and Amanda Arrington for a Violin and Piano Recital at 2 p.m. Saturday, Sept. 24, in the Community Room.

Versatile violinist Madeleine Jansen enjoys a multi-faceted career as a performer, arts advocate, and educator. Jansen recently joined the faculty at Kansas State University, where she teaches violin, viola, and chamber music. Jansen has performed as a soloist with orchestras in Carnegie Hall and has collaborated with many of today's leading concert artists, including Amit Peled, Elizabeth Pitcairn, and Michelle Cann. Recent performance highlights include performing Ralph Vaughn Williams' *The Lark Ascending* with orchestra in Baltimore, a solo recital at the Arts Club of Washington, and a world premiere of an unaccompanied work for violin, which she

commissioned from Kurdish-Canadian composer Rizgar Ismael.

Amanda Arrington has served as Kansas State University's faculty collaborative pianist since 2010. She maintains an active performing career, working with faculty, guest artists, and students in performances across the country and abroad. An advocate of new music, you can find her premiering works with colleagues and friends at conferences and recording sessions. Her studio albums include "Ruminations" with oboist Alyssa Morris, "Wanderlust: The Flute Music of David Amram" and "String to Silver: Flute Transcriptions of Works in the Romantic Tradition" with flutist Karen Large, and "Anna Marie Wytko, Saxophonist" with saxophonist Anna Marie Wytko.

This is a performance you won't want to miss! All are welcome to attend.

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 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.

Music by Barbara Rees

Tuesday, Sept. 27, at 2 p.m.

All are invited to enjoy piano music from the 1930s and 1940s played by IL resident Barbara Rees at 2 p.m. Tuesday, Sept. 27, in the Flint Hills Room.

Diabetes Wellness Group

Wednesday, Sept. 28, at 1:30 p.m.

The Diabetes Wellness Group will meet at 1:30 p.m. Wednesday, Sept. 28, in the Flint Hills Room. All who wish to attend are welcome.

EVENTS & OPPORTUNITIES

ARTful Making: Watercolor Session

Wednesday, Sept. 28, at 2:30 p.m.

Come spend some time painting and experimenting with watercolors during ARTful Making at 2:30 p.m. Wednesday, Sept. 28, in the KSU Classroom. Kim Richards from the Beach Museum of Art will lead the creative exploration. Watercolor paints, pencils, and markers will be available. All are invited to attend.

Pickering Family Piano Studio Recital

Friday, Sept. 30, at 7 p.m.

The Pickering Family Piano Studio will present a piano recital at 7 p.m. Friday, Sept. 30, in the Community Room. The recital will feature several students from different age ranges. All are invited to attend!

KSU Game Day Watch Party

Saturday, Oct. 1, at 11 a.m.

Come watch the K-State Wildcats take on the Texas Tech Raiders at 11 a.m. Saturday, Oct. 1, 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.

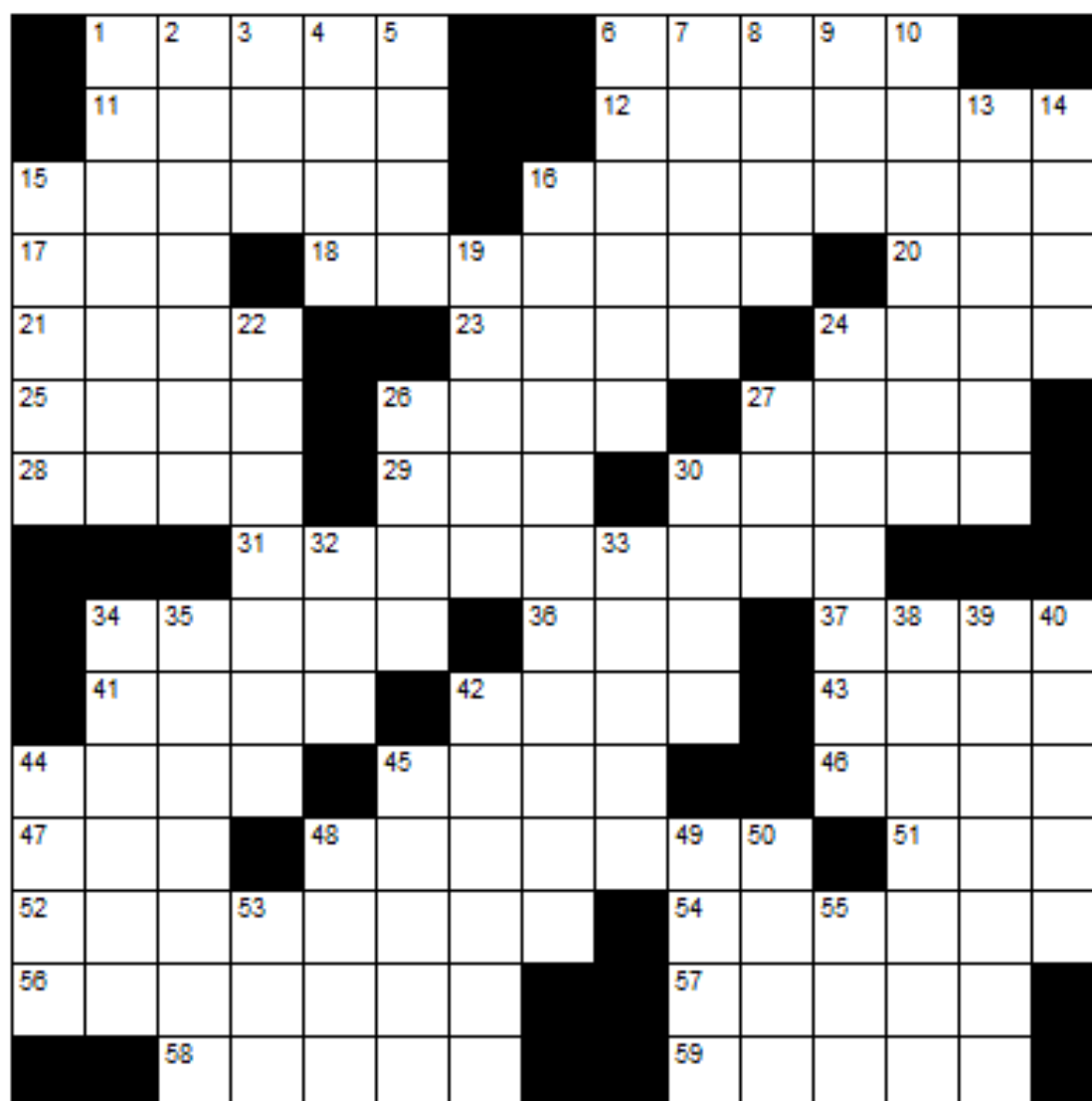
Walk to End Alzheimer's

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

See **EVENTS**, page 9

Work That Brain!



ACROSS

1. Pennies
6. Brown ermine
11. Hawaiian greeting
12. Leafy vegetable
15. Dealer
16. Deli dish
17. Strike
18. Stingy
20. Before, in poetry
21. Footnote note
23. Countless
24. Hotels
25. Amble
26. Young woman
27. Initial wager
28. Competition or combat
29. Beer
30. Distort
31. Bubbling over
34. Paired
36. Chapter in history
37. Small island
41. Mimicked
42. Russian emperor
43. Anagram of "Sale"
44. Pickpockets (slang)
45. Annoyance
46. Misplaced
47. Flowery verse
48. Fired from guns
51. South southeast
52. Not physically
54. Writer
56. Give one's approval to
57. Pimp
58. Direct
59. Dispatches

DOWN

- | | | |
|-------------------------------|-----------------------|--------------------------|
| 1. Large deer | 14. Flock members | 35. Adds on |
| 2. The absolute superlative | 15. Not 1st or 2nd | 38. Very drunk |
| 3. Gesture of assent | 16. Continuously | 39. Units of instruction |
| 4. Not us | 19. Tiny | 40. Aromatic compound |
| 5. Indian dress | 22. Expunges | 42. Bank employee |
| 6. Disdains | 24. First | 44. Covered stadium |
| 7. Add up | 26. Extol | 45. Throb |
| 8. Follow orders | 27. Barley bristle | 48. Naked |
| 9. Stomach muscles, for short | 30. Rip | 49. Faucets |
| 10. Natural abilities | 32. Sleeping platform | 50. Certain |
| 13. January's birthstone | 33. Angered | 53. Youngster |
| | 34. Unmarried | 55. 5 plus 5 |

Art Engagement *from the Beach Museum of Art*

Color Emphasis ... When artists want to make an element in their art stand out, they may choose color to create the emphasis. One item might have a higher **saturation** of color than the other items in the artwork. The artists may have used a **solitary** color for the one object they want to draw attention to and then they do not use that color anywhere else in the image. They highlight with color **temperature** by using a warm color against a cool color backdrop or the other way around. They may use **complimentary** colors with each other, such as yellow/purple, red/green or blue/orange. A **tonal contrast** is another way to draw attention to one element; for example, creating a light object against a contrasting background. Often an artist does not rely on just one of these techniques. As you observe the artwork shown here, which technique(s) do you see the artists applying?



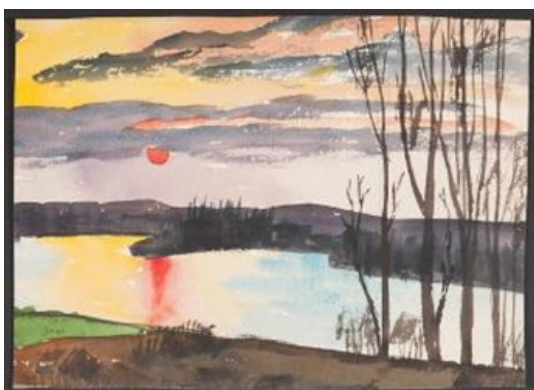
[left] William Judson Dickerson, *Oklahoma Red*, mid 20th century, Oil with graphite on hardboard, KSU, Marianna Kistler Beach Museum of Art, gift of Virginia and Richard DeVore, Wichita, Kansas, 2012.394



[above] James E. Butterworth, *Clipper Ship "Flying Cloud,"* 1852, printed 1912, Lithograph with watercolor (hand coloring) on paper KSU, Marianna Kistler Beach Museum of Art, acquisition made possible with funds provided by Barbara Wilson and Joann & Jack Goldstein, 1997.48



[left] Wayne Kimball, *Musical Chair*, 1972, Color lithograph on paper, KSU, Marianna Kistler Beach Museum of Art, Gift of Charles Stroh, 2014.61



[above] Charles Leroy Marshall Sr., *Red Sunset from Marshall's Window*, 1960, Watercolor with graphite on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Charles L. Marshall, Sr., presented by Maybelle M. Scheetz, 2005.135



[above] Orval F. Hempler, *Title unknown (sculptural painting)*, 20th century, Glazed earthenware, KSU, Marianna Kistler Beach Museum of Art, bequest of Orval F. Hempler Estate, 1994.29

RESTAURANT **SPECIALS**

<p>Sunday, Sept. 25</p>	<p>\$14 Lunch Homemade Chicken Tenders Mashed Potatoes Honey-Garlic Carrots</p>	<p>\$10 Dinner Sloppy Joe Tater Tots Coleslaw</p>
<p>Monday, Sept. 26</p>	<p>\$12 Lunch White Chicken Lasagna Garlic Bread Brussel Sprouts</p>	<p>\$13 Dinner Carnitas Tacos Cilantro Lime Rice Black Beans</p>
<p>Tuesday, Sept. 27</p>	<p>\$11 Lunch BBQ Meatballs Cheesy Potatoes Fried Okra</p>	<p>\$15 Dinner Chicken Marsala Angel Hair Pasta Caesar Side Salad</p>
<p>Wednesday, Sept. 28</p>	<p>\$11 Lunch Stromboli Zucchini Fries</p>	<p>\$12 Dinner Shepherd's Pie Garden Side Salad</p>
<p>Thursday, Sept. 29</p>	<p>\$10 Lunch Chicken Parmesan Sandwich Roasted Broccoli</p>	<p>\$13 Dinner Fried Catfish Cornbread Pudding Coleslaw</p>
<p>Friday, Sept. 30</p>	<p>\$10 Lunch Taco Bar</p>	<p>\$14 Dinner BBQ Brisket Twice-Baked Potato Corn</p>
<p>Saturday, Oct. 1</p>	<p>\$9 Lunch Bierocks Warm Potato Salad</p>	<p>\$11 Dinner Chicken & Dumplings Asparagus Fries</p>

Verna Belle's Cafe

MONDAY

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

Lunch: Baked Potato or Sweet Potato, \$7

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 / \$7

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 / \$7

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

THURSDAY

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

Lunch: Chili & Cinnamon Roll, \$5 / \$7

Traditional homemade chili served with a cinnamon roll

FRIDAY

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

Lunch: Quesadilla, \$5 / \$7

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. 25 to Oct. 1

Sunday • Sept. 25 *Put your trash at the curb!*

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

Monday • Sept. 26 *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
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Sept. 27

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
 12:15 p.m. ~ Mat Yoga, CR
 2:00 p.m. ~ 10-Point Pitch, GR
 2:00 p.m. ~ Music with Barbara Rees, FHR
 3:00 p.m. ~ Coffee Corner, EC
 4:00 p.m. ~ Meadowlark Singers Practice, CR
 5:30 p.m. ~ Social Dining, MR
 5:30 p.m. ~ 3rd Floor Supper, BR

Wednesday • Sept. 28

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
 10:00 a.m. ~ Person-Centered Dementia Care Education, EC
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 1:30 p.m. ~ Diabetes Wellness Group, FHR
 2:30 p.m. ~ ARTful Making, KSU CL
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Sing-A-Long, EC
 3:00 p.m. ~ Person-Centered Dementia Care Education, EC
 5:30 p.m. ~ 1st Floor Supper, MR

Thursday • Sept. 29

9:00 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

Friday • Sept. 30

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
 7:00 p.m. ~ Pickering Family Studio Recital, CR

Saturday • Oct. 1

11:00 a.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

Solution from 9/15.

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



CHANNEL 1960 Entertainment Guide

Monday, Sept. 26

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. 27

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

Wednesday, Sept. 28

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 p.m.	Sit & Be Fit Exercise Class

Thursday, Sept. 29

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

Friday, Sept. 30

9:30 a.m.	Seated Strength Exercise Class
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

Saturday, Oct. 1

9:30 a.m.	Band Bust Exercise Class
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EVENTS, from page 3

start at 9 a.m. and the Walk will begin around 9:15 a.m. The Walk route is one mile long.

The Promise Garden is a mission-focused experience that signifies our solidarity in the fight against the disease. The colors of the Promise Garden Flowers represents the participants' connection to Alzheimer's or other dementias—their reasons to end the disease. Each person attending the walk will be able to select the flowers that represent his or her involvement.

- ~ Blue: Someone living with Alzheimer's or another dementia.
- ~ Purple: An individual who has lost someone to the disease.
- ~ Yellow: A person who is currently supporting or caring for someone living with Alzheimer's or other dementia.
- ~ Orange: A participant who supports the cause and the Association's vision of a world without Alzheimer's and other dementias.

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 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.

Save the Date
Thursday, Oct. 27
MURDER MYSTERY
DINNER THEATER
 featuring
Levity Players Group



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. 25

AMERICAN UNDERDOG (2021) PG, 1 hr. 52 min. *Sports, Drama, Faith*

Cast: Zachary Levi, Anna Paquin, & Dennis Quaid

As Kurt Warner stocks shelves in a supermarket with his dreams all but out of reach, his wife, coaches, and teammates encourage him to show the world the champion they know him to be.

MUSICAL MONDAY: Sept. 26

A STAR IS BORN (1954) PG, 2 hr. 56 min. *Classic, Musical, Drama*

Cast: Judy Garland, James Mason, & Jack Carson

When small-time stage and lounge singer Esther Blodgett is discovered by famous actor Norman Maine, she rises to the top while he drinks himself to the bottom. Now she has a heart-wrenching choice: love or dreams.

TRUE TUESDAY: Sept. 27

RBG (2018) PG, 1 hr. 38 min. *Inspiring, Documentary*

Cast: Ruth Bader Ginsburg

By turns heartfelt and playful, this documentary details Supreme Court Justice Ruth Bader Ginsburg's life and landmark work on women's rights.

WESTERN WEDNESDAY: Sept. 28

THE YOUNG BLACK STALLION (2003) G, 51 min. *Drama, Family, Action*

Cast: Richard Romanus, Biana G. Tamimi, & Patrick Elyas

When young Neera discovers her family is about to lose everything, she devises a daring plan to save it all by risking what she loves most—a young black stallion.

THEATER THURSDAY: Sept. 29

FLIGHT (2012) R for drug & alcohol abuse language, & sexuality, 2 hr. 19 min. *Emotional, Drama*

Cast: Denzel Washington, Don Cheadle, & Kelly Reilly

After his amazing safe landing of a damaged passenger plane, an airline pilot is praised for the feat but has private questions about what happened.

FUNNY FRIDAY: Sept. 30

THE BOUNTY HUNTER (2010) PG-13, 1 hr. 50 min. *Romantic, Goofy, Adventure*

Cast: Jennifer Aniston, Gerard Butler, & Jason Sudeikis

Bounty hunter Milo Boyd finds his latest assignment downright satisfying as he learns that the bail-jumper he must chase down is his ex-wife, Nicole.

SWEET SATURDAY: Oct. 1

AFTERLIFE OF THE PARTY (2021) TV-PG, 1 hr. 49 min. *Romantic, Charming, Sentimental*

Cast: Victoria Justice, Midori Francis, & Robyn Scott

Cassie lives to party ... until she dies in a freak accident. Now this social butterfly needs to right her wrongs on Earth if she wants to earn her wings.