

Time for Flu Shots



The leaves are changing, the air is turning crisp, and the next stop is flu season, and even better, flu shots! If you are a current patient of CenterPointe Physicians at the Meadowlark Clinic, you're invited to call (785) 537-1900 and schedule a time to receive your flu shot.

If you aren't a CenterPointe patient, please contact your primary care doctor to schedule a flu shot. Immunizations also are available at many local pharmacies.

In addition to receiving your flu shot, it's important to remember what to look for and how to take extra care of ourselves to avoid getting sick.

The flu spreads from person to person, up to about six feet away. Many experts believe the flu is spread mainly by droplets made from people with the flu when they sneeze, cough or talk. To avoid this, stay home if you are sick and stay away from others who are ill. It is important to wash your hands often with soap and water and disinfect surfaces and objects that may be contaminated with germs such as the flu.

The flu often comes on suddenly, and people who have the flu experience all or some of the following symptoms: fever, or feeling feverish/chills; cough; sore throat; runny or stuffy nose; muscle or body aches; headaches; and/or fatigue.

If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except for medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine. When sick, limit your contact with others as much as possible.

Bell Family Foundation Music Series

Thundering Cats

Meadowlark Hills welcomes back the Thundering Cats at 7 p.m. Thursday, Sept. 28, in the Event Center! The concert will feature theme songs of various big bands including everything from Tommy Dorsey's "I'm Getting Sentimental over You" to Duke Ellington's "Take the A Train."

This event is sponsored by the H. Alan and Karen K. Bell Family Foundation Music Series.

Dr. Sławomir Dobrzański

The Bell Family Foundation Music Series presents Dr. Sławomir Dobrzański at 7 p.m. Friday, Oct. 6, in the Community Room! Praised by the Buenos Aires Herald as "one of the best Polish pianists," Dobrzański currently serves as Professor of Piano at the School of Music, Theatre, and Dance at Kansas State University.

Originally from Wrocław, Poland, he is a graduate of the Fryderyk Chopin University of Music in Warsaw, Poland, and the University of Connecticut. Dobrzański released several world-premiere recordings of piano music, and he also is an author of the first biography of Maria Szymanowska in the English language.

As a soloist and chamber musician, Dobrzański performed in over 20 countries in Asia, Europe, and North and South America. Recently, the pianist was honored with the title of "Meritorious for National Culture" by the Government of the Republic of Poland.

EVENTS & OPPORTUNITIES

Employee Gift Committee

submitted by Leo Lake, Gift Fund Committee Chair

Meadowlark is a friendly and caring community. The staff is an essential part of building our community. The staff is important, and the longevity of staff is important. Resident and friends of Meadowlark can help support the staff through giving to the Employee Gift Fund. Please know that the committee receives no information about the amount that anyone gives. It is totally confidential. How much you give is your choice. We encourage everyone to contribute and to do your best to keep the best. A lockbox at the Hospitality Desk is where all funds are collected to be taken to the bank.

Voting in Riley County

Are you ready to vote? The City/School Election is on Nov. 7, 2023. Remember, if you have moved to Meadowlark or moved within Meadowlark since the last election you **must** update your voter registration.

The deadline to update your voter registration is Tuesday, Oct. 17, 2023. Forms are available at the Hospitality Desk or by calling (785) 770-5054 (leave a message if no answer). You also can register online by going to www.rileycountyks.gov and click on *Services*, then *Voting & Election Information*, then *Register to Vote*. In-person registration is available by visiting the Clerk's office at 110 Courthouse Plaza.

If you have questions when filling out the form, feel free to call (785) 537-6300 or (785) 770-5054.

Pd Care Partner Training Series

Friday, Sept. 29, at 2 p.m.

The Pd CP Trainings are a seven-week, 10-session, free program offered by the Davis Phinney Foundation. Each session will cover a range of topics related to Parkinson's disease and the trainings are specifically for care partners. We will be hosting viewings of the sessions as they happen so people can watch together. Registration is not required to attend.

The first session is from 2 to 4 p.m. Friday, Sept. 29, in the KSU Classroom. The topics will include the program expectations, what it means to be a Pd care partner, care partner roles post-diagnosis,

and Pd care partner strain and outcomes.

The second session will meet Monday, Oct. 2, from 1 to 3 p.m. in the Patriot Room. Topics covered will include patient advocacy and managing change, falls and exercises, and constipation.

Session three meets from 10 to 11 a.m. Friday, Oct. 6, in the KSU Classroom and will cover Pd medications, complications, and advanced symptoms.

Friday Night Program: Katelyn Andrist

Friday, Sept. 29, at 7 p.m.

Meadowlark welcomes Katelyn Andrist at 7 p.m. Friday, Sept. 29, in the Event Center. Katelyn is a Kansas State University senior studying Human Development and Family Sciences. She is the newly crowned *Miss Southern Kansas*, which will get her to the Miss Kansas stage in June! She also is a published author of her children's book called *Becoming Confident!*

Katelyn addresses schools and other organizations, talking about the importance of confidence and how to step into your power at any age! All are welcome to hear her story and meet this remarkable young lady.

Walk to End Alzheimer's

Saturday, Sept. 30, at 9 a.m.

The Alzheimer's Association Walk to End Alzheimer's for Manhattan, Kan., will be at Manhattan City Park on Saturday, Sept. 30.

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.

Check-in on Walk Day will begin at 9 a.m. The Opening and Promise Garden Ceremony will start at 10 a.m., and the Walk will begin around 10:15 a.m. The Walk route is one mile long.

Worship Service

Sunday, Oct. 1, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Oct. 1, in the Community Room/Chapel. This Sunday, she will begin a new sermon series called *Being Mortal*. This week's sermon is titled, "Living Longer." All are welcome to attend.

EVENTS & OPPORTUNITIES

Town Meeting

Monday, Oct. 2, at 9:30 a.m.

You're invited to attend the monthly Town Meeting at 9:30 a.m. Monday, Oct. 2, in the Event Center. Hear updates from Meadowlark leaders about the upcoming events and news for our campus. If you are unable to attend Town Meeting, printed agendas will be available at the Hospitality Desk after the meeting concludes.

Prairie Star Writers Group

Tuesday, Oct. 3, at 2 p.m.

Interested in joining the writing group at Meadowlark? Prairie Star Writers invites you to attend the next meeting at 2 p.m. Tuesday, Oct. 3, in the Patriot Room.

The Oct. 3 session is titled "If I had to get rid of everything I own and could save just one object, it would be ..." One part of aging my friends and I actually enjoy is de-cluttering. We talk about the bounty of our lifetimes; souvenirs from great moments, gifts and legacies from dear family and friends, and treasures we couldn't resist that just leapt in our hands. What is your most precious object, the one thing you want to have with you always? Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays.

Page Turners Book Club

Wednesday, Oct. 4, at 11:30 a.m.

Special Programs, along with Resident Services Leader Monte Spiller, encourage any and all to participate and see if you can solve the mystery before Hercule Poirot! The group will meet at 11:30 a.m. Wednesday, Oct. 4, in the Patriot Room to socialize, engage, and discuss *Death on the Nile: A Hercule Poirot Mystery* by Agatha Christie.

This popular book became a movie, and it will be shown on Halloween, Oct. 31, at Grosh Cinema. Participants do not have to attend each week to participate; come when you are able whether you have finished the book or are just beginning! If you need help obtaining a copy of the book or if you have any questions, contact Katie at ksigman@meadowlark.org or by calling (785) 323-3899.

Meadowlark Men's Social Supper

Wednesday, Oct. 4, at 5:30 p.m.

Prairie Star Restaurant invites Meadowlark's men to attend a Social Supper at 5:30 p.m. Wednesday, Oct. 4, at Prairie Star Restaurant. Dinner can be purchased from the Prairie Star menu, or enjoy the daily special. Registration is not required, but please check in at the host stand when arriving. This is a casual dining opportunity, and it will not feature a program.

Pd Education Group

Thursday, Oct. 5, at 2 p.m.

You're invited to the monthly meeting of the Pd Education Group at 2 p.m. Thursday, Oct. 5, in the Community Room.

This month's program is titled, "Palliative Care in Parkinson's: What Is It and How Can It Improve Your Pd Journey?" presented by Dr. Matt Floersch and Megan Chase, RN.

Palliative care is not hospice. It is a complete approach for current treatment and planning for the future. It helps the person with Pd and the care partner address social, emotional, motor, non-motor, and environmental situations for improved quality of life.

No registration is required to attend. If you have questions, please call Michelle at (785) 323-3899.

Dinner with the League

Thursday, Oct. 5, at 6 p.m.

You're invited to join Dinner with the League of Women Voters at 6 p.m. Thursday, Oct. 5, in Prairie Star Restaurant's Event Center. The guest speaker will be Ned Seaton, Publisher and Editor-In-Chief for the Manhattan Mercury. He will talk about freedom of the press.

Residents are invited to attend the program and/or meal. Dinner will cost \$15 per person and will include a house salad, bowl of chili, rolls with butter, and a beverage. There is no cost to attend the program only, which begins at 6:30 p.m. Please sign up in the Blue Book by Monday, Oct. 2, to attend dinner.

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October Birthdays



Skilled Nursing

10/2 Glenn Leitch
10/9 Carol Balding
10/10 Carol Winslow
10/14 Peggy Dettmer
10/16 Teresa Foreman
10/17 David Bowers
10/26 Frances Stout
10/31 Opal Phillips

Assisted Living & Riley House

10/2 Barbara Hackbart
10/2 Thomas Shawler
10/4 Eleanor Morlong
10/6 Madlyn Rietcheck

10/11 Mary Lou Gibbs
10/25 Michael Morrison
10/27 Virginia Bigbee
10/27 Dottie Blacker
10/29 Jane Gates

Independent Living

10/1 Loren Pennington
10/6 Teresita Pacumbaba
10/8 Edwin Olson
10/9 Patricia Ott
10/10 Mary Lu Haas
10/10 Byron Alexander
10/13 David Vanderbilt

10/14 Nayola Norris
10/16 Patricia Dunaway
10/18 Charlotte Ely
10/19 Ruth McKissick
10/19 Ann Erickson
10/21 Mike Sekal
10/23 Max Bayer
10/24 Polly Ferrell
10/25 Pat Freeman
10/26 Sandy Bussing
10/27 Jane Swofford
10/28 Elisabeth Vanderlip
10/30 Pat Vogt
10/30 Michael Fey

***Bold denotes milestone birthdays of 70, 80, 90, or 100+!
Employee birthdays will no longer be listed in the Messenger.***

EVENTS, from page 3

Clothing Drive

Friday, Oct. 6, at 10 a.m.

The annual Clothing Drive is hosted by Meadowlark Ambassadors. Residents and employees are invited to donate clean clothing, and in either new or gently-used condition. Donations will be accepted from 10 a.m. to 12:30 p.m. Friday, Oct. 6, in the Flint Hills Room. If you have questions about the clothing drive, please call (785) 323-3890.

KSU Football Watch Party

Friday, Oct. 6, at 6:30 p.m.

You're invited to cheer on the Wildcats during the away game vs. the OSU Cowboys Friday, Oct. 6. Light refreshments will be served at 6 p.m., and the game begins at 6:30 p.m. Watch Party festivities will occur in the Game Room, Bison Room, Grosh Cinema, and Verna Belle's Lounge. All are invited, and go 'Cats! The game will be broadcast on Fox Sports 1.

Art Beyond Sight Open House

Saturday, Oct. 7, at 1 p.m.

You're invited to *Art Beyond Sight Open House: Please Touch Experience Beach Museum of Art* from 1 to 2:30 p.m. Saturday, Oct. 7, at Marianna

Kistler Beach Museum of Art. This open house will feature the opportunity to enjoy the Beach Museum of Art Gift Print, "Mise-en Scene," featured in the exhibition titled *wood+paper+box*, through seeing, touching, and interaction. Additional activities include visual descriptions of chosen artworks, additional touchables to bring art to life, and a change to try a variety of artists' media. October is Visual Impairment Awareness Month; the event is free and open to all!

UFM Class: Tao & Zen

Tuesday, Oct. 10, at 1:30 p.m.

UFM Lifetime Learning presents *Tao & Zen* taught by Michael Wesch, professor of anthropology at K-State. This three-session course will begin Tuesday, Oct. 10, from 1:30 to 2:30 p.m. in the Community Room. The second and third sessions will meet Tuesday, Oct. 17 and Oct. 24.

We will look at their historical origins, their philosophies, their practices, and how these ideas and practices have helped people find peace, enjoy life, and find success in a wide range of fields.

Enrollment is now open and can be completed by calling (785) 539-8763. This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount.

Art Engagement *from the* Beach Museum of Art

An artist will reuse the elements of art (e.g., line, form, shape, texture) throughout a work to create the design principle of repetition. An artist may also use objects in a repetitive manner, such as a row of flowers. Using repetition in a design creates interest while providing consistency and unity throughout the image. As you enjoy this print from the collection, how many places do you notice the artist applying repetition?



Fernando Castro Pacheco (Mexico, 1918 - 2013)
Portfolio, Mexican People (Mexico City: Taller de Gráfica Popular)
Associated American Artists (United States, 1934 - 2000)
Working with Ixtle, published 1947
Lithograph on paper
KSU, Marianna Kistler Beach Museum of Art, 2000.233

RESTAURANT **SPECIALS**

Sunday, Oct. 1	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	Dinner \$12 Philly Cheesesteak Sandwich French Fries
Monday, Oct. 2	\$11 Lunch Bacon, Spinach, & Swiss Quiche Fruit Salad	\$14 Dinner Grilled Raspberry Chicken Rice Pilaf Broccoli
Tuesday, Oct. 3	\$12 Lunch Caesar Steak Wrap Garlic Parmesan Fries	\$13 Dinner Spaghetti & Meatballs Garlic Toast Green Beans
Wednesday, Oct. 4	\$10 Lunch Chicken Fajita Quesadilla Corn Salad	\$14 Dinner Chicken Piccata Wild Rice Caprese Skewer
Thursday, Oct. 5	\$11 Lunch Pesto Chicken Melt Couscous Salad	\$17 Dinner Parmesan-Crusted Salmon Wild Rice Asparagus
Friday, Oct. 6	\$11 Lunch Soup & Salad Bar	\$15 Dinner Pork Tenderloin <i>with Red Pepper Pesto Sauce</i> Hashbrown Casserole Honey-Glazed Carrots
Saturday, Oct. 7	\$11 Lunch Fried Pork Cutlet Sandwich Roasted Red Potatoes	\$19 Dinner 6-oz. Ribeye Baked Potato Asparagus

Weekly Opportunities Calendar Oct. 1 to Oct. 7

Sunday • Oct. 1 *Put your trash at the curb!*
 10:30 a.m. ~ Worship Service, CR
 10:30 a.m. ~ Transportation to FUMC, VE


Monday • Oct. 2 *Trash & recycling pick-up*
 8:30 a.m. ~ IL Resident Council, BR
 9:30 a.m. ~ Town Meeting, EC
 9:30 a.m. ~ Seated Strength, CR *or 1960*
 10:30 a.m. ~ Weights 101, CR *or 1960*
 11:30 a.m. ~ Sit & Be Fit, CR *or 1960*
 1:00 p.m. ~ Parkinson's Exercise Class, CR *or 1960*
 1:00 p.m. ~ Pd Care Partner Training, PR
 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. ~ Tuttle Creek Dinner, BR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Oct. 3
 10:00 a.m. ~ Memory Activity Class, EC
 10:30 a.m. ~ Steady Yourself, CR *or 1960*
 11:15 a.m. ~ Chair Yoga, CR *or 1960*
 12:00 p.m. ~ Kimball Luncheon, BR
 12:05 p.m. ~ Mat Yoga, CR
 1:00 p.m. ~ Fit 2 Fight Pd, *MSC*
 2:00 p.m. ~ 10-Point Pitch, GR
 2:00 p.m. ~ Prairie Star Writers Group, PR
 3:00 p.m. ~ Ambassadors' Meeting, BR

Wednesday • Oct. 4
 9:30 a.m. ~ Seated Strength, CR *or 1960*
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 10:00 a.m. ~ Mem. Care Partners Supp. Grp, FHR
 10:00 a.m. ~ Memory Café, KSU CL
 10:30 a.m. ~ Weights 101, CR *or 1960*
 11:30 a.m. ~ Page Turners Book Club, PR
 11:30 a.m. ~ Sit & Be Fit, CR *or 1960*
 12:00 p.m. ~ Rock Steady Boxing, *BF*
 3:00 p.m. ~ Sing-a-Long, FHR
 3:00 p.m. ~ Rock Steady Boxing, CR
 5:30 p.m. ~ Meadowlark Men's Supper, MR

Thursday • Oct. 5
 9:00 a.m. ~ Messenger Team, KSU CL
 10:30 a.m. ~ Steady Yourself, CR *or 1960*
 11:15 a.m. ~ Chair Yoga, CR *or 1960*
 12:05 p.m. ~ Mat Yoga, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 2:00 p.m. ~ Pd Education Group, CR

Thursday • Oct. 5
 4:00 p.m. ~ Meadowlark Circle Dinner, MR
 6:00 p.m. ~ Dinner with the League, EC

Friday • Oct. 6
 7:00 a.m. ~ Rock Steady Boxing, *BF*
 9:30 a.m. ~ Seated Strength, CR *or 1960*
 10:00 a.m. ~ Clothing Drive, FHR
 10:00 a.m. ~ Pd Care Partner Training, KSU CL
 10:30 a.m. ~ Weights 101, CR *or 1960*
 11:30 a.m. ~ Sit & Be Fit, CR *or 1960*
 3:00 p.m. ~ Catholic Mass, CR
 6:30 p.m. ~ KSU  Watch Party, GR, BR, GC, & VBL
 7:00 p.m. ~ Music with Dr. Dobrzanski, CR

Saturday • Oct. 7
 9:30 a.m. ~ Band Bust Exercise Class, *1960 only*

Room Abbreviations

<i>1960</i> , TV Channel 1960	GR, Game Room
<i>BF</i> , Body First	KSU CL, KSU Classroom
BR, Bison Room	MR, Manhattan Room
CR, Community Room	PR, Patriot Room
CY, Courtyard	PS, Prairie Star Restaurant
EC, Event Center	<i>MSC</i> , Manhattan Sr. Center
FHR, Flint Hills Room	VBL, Verna Belle's Lounge
GC, Grosh Cinema	VE, Village Entrance

Solution from 9/21.

A	R	T	S		S	L	O	P	E		S	C	U	M
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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.

SUNDAY: Oct. 1

FENCES (2016) PG-13, 2 hr. 19 min. *Emotional, Drama*

Cast: Denzel Washington, Viola Davis, & Stephen McKinley

A once-promising baseball player who was denied a shot at the big leagues because of his race comes to terms with his life in 1950s Pittsburgh.

MONDAY: Oct. 2

THE LITTLE MERMAID (2023) PG, 2 hr. 20 min. *Romance, Family, Musical*

Cast: Halle Bailey, Daveed Diggs, & Awkwafina

In this reimagined beloved story of Ariel, a curious mermaid who longs to experience life on land and, against her father's wishes, visits the surface. Ariel finds herself on an unexpected journey of self-discovery as she encounters a prince, a sea witch, and an incredible new world.

TUESDAY: Oct. 3

TONI MORRISON: THE PIECES I AM (2019) PG-13, 2 hr. *Documentary, Inspiring, Emotional*

Late author Toni Morrison talks about life and writing in this documentary exploring the ways her work reflects themes of race and American history.

WEDNESDAY: Oct. 4

MIDNIGHT RUN (1988) R *for violence & language*, 2 hr. 6 min. *Witty, Gritty, Exciting*

Cast: Clint Eastwood, Dwight Yoakam, & Eduardo Minett

Washed up and without purpose, an old rodeo star agrees to retrieve his former boss's young son from Mexico, where the boy lives with his troubled mom.

THURSDAY: Oct. 5

DON'T WORRY DARLING (2022) R *for sexuality, violence, & language*, 2 hr. 2 min. *Mind-Bending*

Cast: Florence Pugh, Harry Styles, & Chris Pine

In a gleaming, picture-perfect experimental community in the desert, a housewife's life unravels at the seams when she begins to ask unwelcome questions.

FRIDAY: Oct. 6

MISS CONGENIALITY (2000) PG-13, 1 hr. 50 min. *Romantic, Comedy*

Cast: Sandra Bullock, Michael Caine, & Benjamin Bratt

Uncouth and unfashionable FBI agent Gracie Hart goes undercover as a contestant in the Miss United States beauty pageant to thwart a terrorist threat.

SATURDAY: Oct. 7

LOVE AT FIRST SIGHT (2023) PG-13, 1 hr. 31 min. *Swoonworthy, Heartfelt, Feel-Good*

Cast: Haley Lu Richardson, Ben Hardy, & Jameela Jamil

A mid-air love connection sends a young woman on an odyssey through London in this rom-com.