

## Caring for Yourself When Caring for Others



*by Michelle Haub & Katie Sigman, Special Programs*

The fourth article in our series highlighting November as National Caregiver Month addresses self-care. When caring for others, it is impossible to do everything, and it can be easy to put self-care last. Even though we have all heard the sayings about putting on our own oxygen mask first and we can't pour from an empty cup, the reality is there are only so many hours in a day. Caregivers who attend Meadowlark Parkinson's and/or Memory Support Groups grapple with this mentality by reminding themselves and each other that **we are all worthy of care**. Everyone's future is unknown; take care of your health and well-being and do the things that make life meaningful. For some, this means scheduling their own healthcare appointments when they are scheduling their loved one's appointments. It might mean finding respite care and planning a trip with a group of friends. One care partner has shared her joy

in simply waking up early to enjoy a quiet cup of coffee while journaling. What is meaningful will be unique to each person, so don't be afraid to try things big and small for yourself.

As a caregiver, it can be really hard to ask for help. This is normal. We encourage you to practice asking for, and accepting, help. Research has proven that care partners who take breaks provide better care. It helps you be a better care partner and improves outcomes for the care recipient as well. Care recipients have improved health outcomes, fewer hospital visits, and remain living in their homes longer when their caregivers take regular breaks. We encourage friends and family to offer specific types of help, and we encourage you, the caregivers, to ask for specific help. Make a list of things you would like others to do for you and update it regularly. Then when someone offers help you can give them two to

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## EVENTS & OPPORTUNITIES

### Thanksgiving schedule changes

The Hospitality Desk will close at 5 p.m. today, Nov. 22, and will remain closed through Thanksgiving. The desk will open at 8 a.m. Friday, Nov. 24.

Steady Yourself, Chair Yoga, Mat Yoga, Parkinson's Exercise, Meadowlark Singers, Caring Conversations for People with Pd, and Care Partner Support Group will not meet Thursday, Nov. 23. Select Thursday exercise classes are available on Channel 1960. See page 7 for the list.

Prairie Star Restaurant will be closed for dinner on Thursday, Nov. 23. Boxed dinners will be available. Please sign up in the Blue Book at the Hospitality Desk to reserve a boxed dinner.

Rock Steady Boxing at Body First, Seated Strength, Weights 101, and Sit and Be Fit will not meet Friday, Nov. 24. Select Friday exercise classes are available on Channel 1960. See page 7 for the listing.

### Ethan Levin & the Jazz Trio

**Friday, Nov. 24, at 7 p.m.**

You're invited to enjoy entertainment provided by Ethan Levin and the Jazz Trio at 7 p.m. Friday, Nov. 24, in the Event Center.

### KSU Football Watch Party

**Saturday, Nov. 25, at 7 p.m.**

Cheer on the Cats as they finish up their regular-season play against Iowa State in *Farmageddon* on Saturday, Nov. 25. Kick-off is set for 7 p.m.

### Worship Service

**Sunday, Nov. 26, at 10:30 a.m.**

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Nov. 26, in the Community Room/Chapel. The November worship series is titled "How to Live a Life of Blessing." The sermons will provide a practical guide to walking in the blessings of God. We'll use the book of Romans to examine how we can be a blessing to others. This week's sermon is titled, "Faith in God." All are welcome to attend.

### Celebration of Life: Ronald Hargett

**Sunday, Nov. 26, at 6 p.m.**

All are invited to the Celebration of Life for Ronald Hargett at 6 p.m. Sunday, Nov. 26, in the Flint Hills

Room. This is a come-and-go event.

### Advent Bible Study

**Monday, Nov. 27, at 6 p.m.**

Have you ever wondered why we need four different tellings of Jesus's birth and life in the Bible? Join Pastor Melanie for a four-week Advent study examining the four Gospels starting Monday, Nov. 27, at 6 p.m. in the Flint Hills Room.

We will learn in what ways these four books are similar and different as a way to think about the birth of Christ more deeply. This week, we'll study Matthew.

### Target & Great Clips Transportation

**Tuesday, Nov. 28, at 9:45 a.m.**

Transportation will be provided to Target and Great Clips on Tuesday, Nov. 28. Appointments for Great Clips are encouraged. The bus will depart from the Village Entrance at 9:45 a.m. and return at 12 p.m. Please sign up in the Blue Book to participate in these opportunities.

### Page Turners Book Club

**Wednesday, Nov. 29, at 11:30 a.m.**

The Page Turners Book Club, facilitated by Special Programs and Resident Services Leader Monte Spiller, are enjoying their last read of 2023. Join us as we read the feel-good classic *Little Women* by Louisa May Alcott. The group will meet at 11:30 a.m. Wednesday, Nov. 29, in the Patriot Room.

We encourage any and all to join this gathering to socialize, engage, and discuss this classic story. 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! We will also be discussing book selections for next year.

The group will be traveling to the Columbian Theater in Wamego on Sunday, Dec. 3, to see the play of *Little Women* and the 2019 movie will be shown in the Grosh Cinema on Tuesday, Dec. 12. You do not need to read the book to participate in these activities! See page 3 for more information about the trip to Wamego.

If you have any questions, contact Katie at [ksigman@meadowlark.org](mailto:ksigman@meadowlark.org) or (785) 323-3899.

### ARTful Making

## EVENTS & OPPORTUNITIES

**Wednesday, Nov. 29, at 2:30 p.m.**

Join Kim Richards at 2:30 p.m. Wednesday, Nov. 29, in the KSU Classroom to start the season with an art project. We will be making Christmas Tree monotype prints that could be used as Christmas cards. All supplies will be provided by the Beach Museum of Art.

### **Friends of College Ave. UMC**

**Thursday, Nov. 30, at 12 p.m.**

The November Fellowship Luncheon for friends of College Avenue United Methodist Church will begin at 12 p.m. Thursday, Nov. 30, in the Manhattan Room. All are welcome.

### **Falls Prevention Presentation**

**Thursday, Nov. 30, at 2:30 p.m.**

Residents and Passport members are invited to attend a Falls Prevention Presentation. Join Summit Care therapist Kaitlynn Walker from 2:30 to 3:30 p.m. Thursday, Nov. 30, in the Community

Room to learn more about how to implement fall prevention tactics in your daily life.

### **Knit & Crochet Gathering**

**Thursday, Nov. 30, at 2:30 p.m.**

Are you interested in learning how to knit or crochet? Or maybe you have ongoing projects you'd like to work on? Whether you are just beginning or have years of experience, join other yarn creatives in the Bison Room (by the Prairie Star Event Center) at 2:30 p.m. Thursday, Nov. 30, for a fun, social, creative opportunity. All skill levels are welcome!

### **Prairie Star Focus Group**

**Friday, Dec. 1, at 10 a.m.**

Join the Prairie Star Leadership Team at 10 a.m. Friday, Dec. 1, in the Event Center for a focus group. Michaela Hummel, Justin Latimer, Colton Johnson, and Sumaya Nabakooza, will give a brief presentation on Prairie Star Restaurant. The presentation will be followed with a guided and open discussion period. The conversation will help determine priorities for Prairie Star Restaurant as we look forward to 2024.

### **Little Women at the Columbian Theater**

**Sunday, Dec. 3, at 2 p.m.**

Meadowlark Special Programs, in conjunction with the Page Turners Book Group, is coordinating a trip to Wamego to see the play *Little Women* at the historic Columbian Theatre at 2 p.m. Sunday, Dec. 3. This award-winning adaptation of Louisa May Alcott's novel is being directed by Brent Sigman (Katie's husband). Tickets are \$25 each.

Please sign up in the Blue Book by Monday, Nov. 27, if you would like us to arrange purchase of your ticket(s). You will be responsible for the cost of the ticket(s).

Transportation from Meadowlark will be provided for up to 12 people. The bus will leave Meadowlark at 1 p.m. on Sunday, Dec. 3. If you would like transportation, please indicate this when you sign up for your ticket(s) in the Blue Book. All are welcome to join us on this excursion!





**If you are not the primary caregiver, but are a friend or family member who wants to help, here are some tips for reaching out to provide support.**

- ☐ Ask the caregiver to share their list of help needed with you.
- ☐ Don't hesitate to offer help. If you have heard about the situation, then it is no secret and your friend or loved one most likely needs your encouragement.
- ☐ Avoid generic gestures like, "Let me know if I can do anything."
- ☐ Be specific in your offer to help, like: "I'm headed to the grocery store today, can I pick anything up for you?" or "I am free from 2 to 4 on Sunday, I'd love to come be with your loved one and you can do whatever you want."
- ☐ Offer to do typical things with the person with a diagnosis—like going to for a walk or grabbing a cup of coffee. Think beyond medical appointments.
- ☐ Listen and validate. You don't need to offer solutions. Avoid adding additional "should" to the caregiver's list.
- ☐ Don't be afraid to make mistakes. Showing up is appreciated.
- ☐ End your time with your caregiving friend or family member by reinforcing that you are glad they are taking care of themselves and you are happy they are allowing you to help and be part of their journey.

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three options of things they could do.

Something caregivers often struggle with is motivating and holding their care partners accountable. Too often the caregiver falls into a "nagging" role that deteriorates the relationship. If possible, outsource the reminding and accountability roles. Is there a grown child who can call each day with a medication reminder? Is there a friend who would exercise each week with your loved one? We have heard often from caregivers that their care partner will do what others say more readily than if the caregiver instructs them. Outsourcing these motivators and reminders may alleviate your own stress and increase accountability with your loved one.

Here is an example of a list of ways friends and family can help. We encourage you to personalize this list to you and your needs and to have it ready when someone offers help.

- ~ Bring kindness and continue to treat me and my loved one as you would have before the disease or handicap.
- ~ Play cards with my loved one for an hour. Start slow and build up the length of time.
- ~ Check the air in my vehicle's tires and load a winter travel kit in the car.
- ~ Help put clean sheets on the bed.
- ~ Pick up groceries and put away.
- ~ Buy a box of Christmas cards and book of stamps. Address the envelopes.
- ~ Bring over some food (we all love snacks!) or drinks and watch TV with my loved one.

Society often depicts self-care as a bubble bath and a glass of wine, but it is multi-faceted. Areas of self-care include physical, spiritual, social, relationships, mental, and emotional. Try to diversify your self-care and do activities from time to time in each of these areas. Examples of *physical self-care* are going to your own medical appointments and making time for rest. *Spiritual self-care* can include prayer or spending time in nature. *Social self-care* is connecting with family and friends or having meaningful conversations. *Relationships* can be particularly hard to care for, as they change through the caregiving journey. Sharing something with someone you trust can nurture your relationship. It is also important to continue to spend time with your partner, as a partner, not just as a caregiver. By asking for help and outsourcing some of the caregiving tasks, you can have more time to spend with your partner in a social or romantic way.

*Mental and emotional self-care* can come in many forms. It might be learning something new or participating in comforting activities, like re-watching your favorite movie or TV show. Journaling can be extremely beneficial as a safe

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

**Focal Point ...** An artist can control how a composition is viewed by creating a clear focal point that captures the viewer's attention first. They might use contrast in color, value, texture, shape or form to create a focus. An artist may create a point of convergence to direct the viewer to an object. The important item might be isolated within the composition or treated in a very unusual manner. Placement of the targeted object is a common technique. The artist may place something of importance in the bottom or top third of the piece, or just off center. This artwork was created as a beer advertisement as seen in the image on the left. As you spend time looking at the enlarged version on the right, do you observe a focal point? If yes, what did the artist do to draw your eye there first? Do you notice more than one focal point?



Andrée Rouellan

*Thanksgiving Dinner*, ca. 1945

Advertisement for US Brewers' Foundation

Published by Associated American Artists (United States, 1934 - 2000)

Photomechanical lithograph on paper

KSU, Marianna Kistler Beach Museum of Art, gift of the Windisch Family, CM53.2012

# RESTAURANT **SPECIALS**

<b>Sunday, Nov. 26</b>	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	<b>\$16</b> Dinner Pot Roast
<b>Monday, Nov. 27</b>	<b>\$9</b> Lunch Ham & Beans Cornbread	<b>\$15</b> Dinner Maple-Roasted Pork Tenderloin Sweet Potato Mash Roasted Broccoli
<b>Tuesday, Nov. 28</b>	<b>\$11</b> Lunch Cuban Sliders Macaroni Salad	<b>\$13</b> Dinner Beef Enchiladas Mexican Rice Black Beans
<b>Wednesday, Nov. 29</b>	<b>\$11</b> Lunch Vegetable Lasagna Garlic Bread	<b>\$15</b> Dinner Creamy Garlic Chicken <i>served over Ravioli</i> Caesar Salad
<b>Thursday, Nov. 30</b>	<b>\$13</b> Lunch Fish & Chips Coleslaw	<b>\$14</b> Dinner Salisbury Steak Mashed Potatoes Green Beans
<b>Friday, Dec. 1</b>	<b>\$11</b> Lunch Pasta Bar	Dinner <i>Restaurant will close at 7 p.m. A special will not be offered for Dec. 1.</i>
<b>Saturday, Dec. 2</b>	<b>\$10</b> Lunch Chili Dog Pub Chips Fried Pickle Spear	<b>\$23</b> Dinner 4-oz. Filet & Garlic Shrimp Baked Potato Asparagus

# Weekly Opportunities Calendar Nov. 26 to Dec. 2

**Sunday • Nov. 26**      *Put your trash at the curb!*  
10:30 a.m. ~ Worship Service, CR  
10:30 a.m. ~ Transportation to FUMC, VE  
6:00 p.m. ~ Ronald Harget: Celebration of Life, FHR

**Monday • Nov. 27**      *Trash pick-up*  
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*  
1:30 p.m. ~ God Talk, KSU CL  
1:45 p.m. ~ Parkinson's Voice Class, CR  
2:00 p.m. ~ Change & Loss Support Group, FHR  
4:00 p.m. ~ Hable Espanol, FHR  
6:00 p.m. ~ Advent Bible Study, FHR  
7:00 p.m. ~ Community Bingo, CR

**Tuesday • Nov. 28**  
9:45 a.m. ~ Target & Great Clips Trip, VE  
10:00 a.m. ~ Memory Activities Class, EC  
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  
2:00 p.m. ~ 10-Point Pitch, GR

**Wednesday • Nov. 29**  
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  
10:30 a.m. ~ Weights 101, CR *or 1960*  
11:30 a.m. ~ Sit & Be Fit, CR *or 1960*  
11:30 a.m. ~ Page Turners Book Club, PR  
12:00 p.m. ~ Rock Steady Boxing, BF  
2:30 p.m. ~ ARTful Making  
3:00 p.m. ~ Sing-a-Long, FHR  
3:00 p.m. ~ Rock Steady Boxing, CR  
5:30 p.m. ~ 1st Floor Supper, MR

**Thursday • Nov. 30**  
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*  
11:30 a.m. ~ Caring Conversations for People with Pd, FHR  
12:05 p.m. ~ Mat Yoga, CR  
12:00 p.m. ~ College Ave. UMC Luncheon, MR

**Thursday • Nov. 30**  
1:00 p.m. ~ Pd Care Partner Support Group, FHR  
2:30 p.m. ~ Knit & Crochet Gathering, BR  
4:00 p.m. ~ Meadowlark Singers Practice, CR

**Friday • Dec. 1**  
7:00 a.m. ~ Rock Steady Boxing, BF  
9:00 a.m. ~ Red Cross Blood Drive, KSU CL  
9:30 a.m. ~ Seated Strength, CR *or 1960*  
10:00 a.m. ~ Prairie Star Focus Group, EC  
10 a.m. to 3 p.m. ~ Meadowlark Market, MM  
10:30 a.m. ~ Weights 101, CR *or 1960*  
11:30 a.m. ~ Sit & Be Fit, CR *or 1960*  
3:00 p.m. ~ Trust Company Holiday Classic, EC  
3:00 p.m. ~ Catholic Mass, CR

**Saturday • Dec. 2**  
9:30 a.m. ~ Band Bust Exercise Class, *1960 only*  
10 a.m. to 3 p.m. ~ Meadowlark Market, MM

## Room Abbreviations

1960, TV Channel 1960	KSU CL, KSU Classroom
BF, Body First	MM, 120 Scenic Drive
BR, Bison Room	MR, Manhattan Room
CR, Community Room	PR, Patriot Room
CY, Courtyard	PS, Prairie Star Restaurant
EC, Event Center	MSC, Manhattan Sr. Center
FHR, Flint Hills Room	VBL, Verna Belle's Lounge
GC, Grosh Cinema	VE, Village Entrance
GR, Game Room	

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emotional outlet. Allow yourself the time and space to process and grieve how your life has changed.

Only you can know what type of self-care is most important to you and how often you need each different form. This list and the few examples provided are there to give you a variety of self-care options and to encourage balance. You can find more ideas for a variety of self-care activities at <https://gwaar.org/api/cms/viewFile/id/2007609>. Lastly, let go of what you "think" you "should" do; there is no steadfast rule for self-care. Do what feels right and good to you to regroup and recharge in your caregiving situation. Each family and situation is different. Have grace for yourself as you learn and grow in this journey.





## 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.

RESIDENT REQUEST

### SUNDAY: Nov. 26

***ROBIN'S WISH*** (2020) PG, 1 hr. 17 min. *Documentary, Biography*

Cast: Susan Schneider, Shawn Levy, & John R. Montgomery

An intimate portrait of Robin Williams and his invulnerable spirit, Robin's Wish is the story of what really happened to one of the greatest entertainers of all time—and what his mind was fighting.

### MONDAY: Nov. 27

***BABES IN TOYLAND*** (1961) TV-PG *for language*, 1 hr. 46 min. *Family, Fantasy, Musical*

Cast: Ray Bolger, Tommy Sands, & Annette Funicello

All roads lead to magical, merry Toyland as Mary Contrary and Tom Piper prepare for their wedding. But villainous Barnaby wants Mary for himself, so he kidnaps Tom, setting off a series of comic chases, searches, and double-crosses.

### TUESDAY: Nov. 28

***THE MIGHTY DUCKS*** (1992) PG, 1 hr. 44 min. *Sports, Drama, Comedy*

Cast: Emilio Estevez, Joss Ackland, & Lane Smith

A hotshot trial attorney gets a unique community service assignment: coaching a hapless group of pee-wee hockey players. Can he turn the worst team in the league into champs and face his personal demons along the way?

### WEDNESDAY: Nov. 29

***WHILE YOU WERE SLEEPING*** (1995) PG, 1 hr. 43 min. *Romance, Comedy, Drama*

Cast: Sandra Bullock, Bill Pullman, & Peter Gallagher

A lonely subway worker becomes smitten with a handsome stranger. But when she saves his life after he's been mugged and has fallen into a coma, his offbeat family mistakes her for his fiancée.

### THURSDAY: Nov. 30

***HARRIET*** (2019) PG-13, 2 hr. 5 min. *Suspenseful, Inspiring, Drama*

Cast: Cynthia Erivo, Leslie Odom Jr., & Joe Alwyn

In this biopic, Harriet Tubman makes a harrowing escape from slavery and then risks her life to lead others to freedom via the Underground Railroad.

### FRIDAY: Dec. 1

***13 GOING ON 30*** (2004) PG-13, 1 hr. 37 min. *Charming, Romantic, Comedy*

Cast: Jennifer Garner, Mark Ruffalo, & Judy Greer

Jenna Rink wishes she could just grow up after being humiliated at her 13th birthday party—only to wake up as a 30-year-old fashion magazine editor.

### SATURDAY: Dec. 2

***TWAS THE NIGHT*** (2001) TV-G, 1 hr. 27 min. *Comedy, Fantasy, Crime*

Cast: Bryan Cranston, Josh Zuckerman, & Jefferson Mappin

When Satan Claus is accidentally knocked out on Christmas Eve, Danny and his con-artist uncle take it upon themselves to deliver the gifts.