



# Outdoor Encounters

by **Nathan Bolls**

Here we are in the post-Holiday Season doldrums. And what to do with ourselves? There's always football, but that doesn't do much for the souls of humans. We could take a fishing or beaching walking vacation somewhere in the Caribbean. We could offer to care for grandchildren to give their parents a chance to rest up after the holidays. After all, changing batteries in toys is hard work.

Or we could stay home and continue to be good neighbors. We intuitively know that that type of relationship can always use more players, but personal mobility, the rush-rush lifestyle, and the

drive for individuality all work against the active cultivation of good-neighbor relationships. In this troubled, dangerous and crime-filled world, a world of rampant greed and of fear of others, we tend far too much to lock ourselves within our own worlds.

And along came Sarah Duggan's article in the Dec. 28, 2023, issue of *The Messenger*, in which she asks us to "choose a word for the year," a practice she has followed for the past few annuals. In choosing a particular word, e.g., hers for 2022 was *Patience*, and for 2023 the phrase "*Lean into joy*," her intent was to have a particular compass point to guide her through the months ahead. That is a great idea!

See **OUTDOOR**, page 5

## EVENTS & OPPORTUNITIES

### **New Year—New Options!**

It's a new year and time for all of us to make the annual re-commitment to making healthy choices a priority. Beginning Monday, Jan. 8, Prairie Star Restaurant will release a New Year, New Options featuring a variety of nutritional options. The limited menu will include nutritional information. Visit the restaurant next week to see the full listing.

Let's reset and recharge as we move into 2024! The limited menu will run for two weeks. Prairie Star's regular specials and menu will continue to be available.

### **Happy Birthday!**

A big happy birthday to Patti Straub on Sunday, Jan. 7! Staff apologizes for the omission in the January birthday list last week.

### **Worship Service**

**Sunday, Jan. 7, at 10:30 a.m.**

Join Monte Spiller, Resident Services Leader, for worship at 10:30 a.m. Sunday, Jan. 7, in the Community Room/Chapel. This week's sermon is titled, "An Old Challenge for a New Year." All are welcome to attend.

### **Town Meeting**

**Monday, Jan. 8, at 9:30 a.m.**

You're invited to attend the monthly Town Meeting at 9:30 a.m. Monday, Jan. 8, in the Event Center. Hear updates from Meadowlark leaders about the upcoming events and news for our campus.

### **Hot Topics in January**

**Monday, Jan. 8, at 6 p.m.**

Join Rev. Melanie Nord in the KSU Classroom at 6 p.m. each Monday in January starting Jan. 8 as we thoughtfully discuss commonly "hot" or controversial religious topics. We may not solve any problems but, together, we'll look at what scripture, reason, tradition, and experience tells us about these difficult subjects.

Topics include: separation of church and state, science and religion, world religions, and human sexuality. Those in attendance will be expected to share calmly and hold respect for our fellow attendees in their sharing.

### **Target & Great Clips Transportation**

**Tuesday, Jan. 9, at 9:45 a.m.**

Transportation will be provided to Target and Great Clips on Tuesday, Jan. 9. 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.

### **Ladies Luncheon**

**Thursday, Jan. 11, at 11:30 a.m.**

An upcoming Ladies Luncheon will honor Kansas on Thursday, Jan. 11, 2024, at 11:30 a.m. in the Event Center. Kansas became a state on Jan. 29, 1861, and when every year rolls 'round, we try to celebrate. This year our state will be 163!

January hostess Polly Ferrell invites all ladies to join her at 11:30 a.m. on Thursday, Jan. 11, for a Kansas dinner of chicken pot pie and brownie ala mode. Please come and enjoy refreshing your knowledge of Kansas history and folklore.

Cost for this Ladies Luncheon is \$11. All ladies of the ML family are always invited to attend the Ladies Luncheon on the second Thursday of each month. If you would like to attend, please sign up in the Blue Book at the Hospitality Desk.

### **Blood Pressure Check**

**Thursday, Jan. 11, at 1 p.m.**

Meadowlark Home Care will host a monthly Blood Pressure Clinic on the second Thursday at 1 p.m. in the Game Room. The next scheduled clinic is Thursday, Jan. 11, at 1 p.m. No sign up required.

### **Knit & Crochet Gathering**

**Thursday, Jan. 11, 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 at 2:30 p.m. Thursday, Jan. 11, for a fun, social, creative opportunity. All skill levels are welcome!

### **K-State Playback Theatre**

**Thursday, Jan. 11, at 7 p.m.**

Join us on Thursday, Jan. 11, at 7 p.m. in the Meadowlark Community Room for a one-time special performance by the K-State Playback Theatre class.

# EVENTS & OPPORTUNITIES

Playback Theatre is an original form of improvisational theater in which audience or group members tell stories from their lives and watch them enacted on the spot by trained Playback performers. The performance draws people closer as they see their common humanity. Founded in New York in the mid-70s by Jonathan Fox with Jo Salas and other members of the original Playback Theatre company, it has since grown into an international theater form, reaching hundreds of settings and locations, and is now practiced in more than 60 countries on five continents.

Playback Theatre is used in a wide variety of settings. In addition to providing highly enjoyable theater, this approach promotes dialogue between different voices, since during a Playback Theatre event many people have the opportunity to speak and see their stories embodied on the stage. The Playback Theatre process also promotes the definition of identity because the act of telling and seeing is often an integrating experience. We

discover who we are by telling our stories. As others bear witness and tell theirs in response, a deep and empathy-building conversation is created through our collective stories brought to the stage.

Playback Theatre at K-State has enjoyed a long-standing presence on campus and in the community involving predominately graduate students in the Drama Therapy program.

### Page Turners Book Club

**Wednesday, Jan. 17, at 11:30 a.m.**

In 2024, Page Turners Book Club will continue to read books that have become movies. The group has picked a number of enticing reads, including *My Sister's Keeper* by Jodi Picoult, a true WWII story, *Unbroken* by Laura Hillenbrand, and a classic western, *True Grit* by Charles Portis.

The group will start 2024 reading *Fried Green Tomatoes* by Fannie Flagg. The first discussion will take place on Wednesday, Jan. 17, at 11:30 a.m. in the Patriot Room. Please contact Katie Sigman at [ksigman@meadowlark.org](mailto:ksigman@meadowlark.org) or (785) 323-3899 if you have any questions or need a copy of the book.

### Gifts to Meadowlark Foundation

*Gifts benefiting Bramlage House, Good Samaritan Fund, Helping Hands, Lyle House, Meadowlark campus improvements, Meadowlark Clean Air, Meadowlark Memory Program, and Meadowlark Parkinson's Program, were received by Meadowlark Foundation during the month of December.*

#### Memory of

Edna O'Connor	F. Lee O'Neill
Don Emley*	Terri Ritter
Sandra Emley*	William "Bill" Sheehan
Ron Hargett	Dora Smith
Patricia "Pat" Miksch	Rodney Smith

Billy Swofford\*


#### Honor of

Collins House staff	Robert Minnich
Lois Kennedy	Lyle House staff

*\*Remembered as part of the annual Dollar-a-Day campaign. Contact Becky Fitzgerald at (785) 323-3843 to learn more about Meadowlark Foundation.*



### Employee of the Month



**Judy Dillon, Financial Counselor**

Sponsored by 

# Work That Brain!

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20					21						22			
23				24					25	26				
			27				28						29	30
31	32	33				34						35		
36					37						38			
39				40						41				
42			43						44					
		45						46				47	48	49
50	51					52	53					54		
55					56						57			
58					59						60			
61					62						63			

## ACROSS

1. An abandoned calf or lamb  
5. Bit of parsley  
10. Infant  
14. Ends a prayer  
15. Sporting venue  
16. Component used as fertilizer  
17. Carved up  
19. Type of duck  
20. Estimated (abbrev.)  
21. Child  
22. Ending in a piercing point  
23. Comment at length  
25. Thick woolen fabric  
27. Ovum  
28. More tangled  
31. Omit  
34. Not here  
35. 56 in Roman numerals  
36. Workshop gripper  
37. Type of flower  
38. Sleigh  
39. S  
40. Lower part of the abdomen  
41. Beach  
42. Doltishly  
44. Life story  
45. Archer's bolt  
46. Fundamental  
50. Craze  
52. Of a pelvic bone  
54. Color  
55. Circle fragments  
56. Skin diving  
58. Prevaricates  
59. Elicit  
60. Against  
61. Not difficult  
62. Aromatic compound  
63. Hitching place

## DOWN

1. Enclosed  
2. Entertain  
3. Arrears  
4. Finish  
5. Preserving  
6. Publish  
7. Overhaul  
8. Immobility  
9. Roam  
10. Unit of dry measure  
11. Nocturnal armored mammal  
12. Ale or lager  
13. Make a raucous noise  
18. Picture  
22. Arid  
24. Yield  
26. Cautious  
28. Polished  
29. Always  
30. Fair attraction  
31. Nights before  
32. Itemize  
33. Provisions  
34. Breezes from behind  
37. Birdbrain  
38. Fired a projectile  
40. Former Italian currency  
41. Subsequently  
43. Excessively prim and proper  
44. Lab container  
46. Sorceress  
47. Rhinoceros  
48. Parental sisters  
49. In accordance with law  
50. Not female  
51. Diva's solo  
53. Boor  
56. Observe  
57. Once around the track

## OUTDOOR, from page 1

Unbeknownst to her, as her actions were to me, some two weeks ago I had settled on the idea of discussing two particular pairs of words in this month's OE article: "Do for" and "Do with." The value of such human interactions has been drilled into us from a very early age, and we've all developed our own arrays of them. These relationships, hopefully, on balance, benefit both sides of the aisle, but we are woefully weak in developing such relationships with non-human organisms. Why can't we do this also?

I think it a safe bet to say that not one of us is perfectly perfect. Thus, it follows that all of us have one or more areas within which we could work on ourselves. But, we must not get ourselves too close to perfection; I recall a line in a particular poem that says, and probably correctly, that, "A savior is hell to live with at home."

But, positive interrelationships are one of the best medicines around, and they can take any one of many different forms and flavors. We also must work to establish two other particular types of relationships. First are those interactions within which we do something for or with one or more humans and do not expect to receive anything tangible in return. Of course, a sense of satisfaction, or joy, from having participated in such an interchange is perfectly admissible. Most of us feel good if we've been able to help in some way.

The other type of interaction is one in which we do something positive in a world-wide context even though we know that that action may work against our accustomed personal comfortable lifestyle. And we perform this action while knowing that any benefit may be hard to see at the local or personal level—perhaps not even until after we have died. But younger family members surely will benefit.

This type of interaction will be viable only if we accept the idea of limits, something western society put on the shelf long ago. But life without limits has primed Mother Earth to rebel, and She is busy biting our backside while we are busy surging blindly ahead with no thought of heeding the voices

of moderation.

This particular new type of interaction must be shaped within a **world of limits**. We must rethink and reduce our habits that have poisoned our air, lands, and waters. We must accept the fact that over-population is a real threat, and that we, perhaps, have reached the point at which world population has become a moral issue. Certainly, population growth benefits those who have things to sell—if people can afford to buy them, which is becoming more and more problematic. Just consider the levels of hunger, untreated illness, homelessness, and aloneness all around us; the disparity between the haves and have-nots continues to grow.

We must come to fully realize that our Earth requires a wide-spread biodiversity to remain a healthy environment for humans. This means we must preserve, enlarge, and maintain huge natural areas. We must develop the will to stop tearing up, paving over, and polluting the world outside our windows. We need personal behavioral changes, not hoped-for panaceas.

We must not take the tack of just idling along in our same-old-same-old lifestyle while waiting for some silver bullet panacea from wherever to save us. But, just for the sake of argument, let's say that such a panacea arrives during 2024, and we take a deep breath of relief and continue as before. And even though, in our so-called new freedom, we continue to use up our natural resources and spew pollution at the same rate, the fact remains that our Earth can stand only so much degradation. And when we next hit the wall of ecological crisis, the stakes likely will be much higher, the number of options much less, and the time for corrective action even less than today—if any. The fact remains that our Earth can do quite well without us, but not us without our Earth. Thus, "Do For" takes on a whole different meaning and becomes a personal act of great importance. Someone once said "There ain't no free lunch."



# RESTAURANT **SPECIALS**

<b>Sunday, Jan. 7</b>	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	<b>\$16</b> Dinner Pot Roast
<b>Monday, Jan. 8</b>	<b>\$9</b> Lunch Ham & Beans Cornbread	<b>\$15</b> Dinner Maple-Roasted Pork Tenderloin Sweet Potato Mash Roasted Broccoli
<b>Tuesday, Jan. 9</b>	<b>\$11</b> Lunch Cuban Sliders Macaroni Salad	<b>\$13</b> Dinner Beef Enchiladas Mexican Rice Black Beans
<b>Wednesday, Jan. 10</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, Jan. 11</b>	<b>\$13</b> Lunch Fish & Chips Coleslaw	<b>\$14</b> Dinner Salisbury Steak Mashed Potatoes Green Beans
<b>Friday, Jan. 12</b>	<b>\$11</b> Lunch Pasta Bar	<b>\$14</b> Dinner Garlic-Rosemary Grilled Chicken Smashed Potatoes Broccoli
<b>Saturday, Jan. 13</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 *Jan. 7 to Jan. 13*

## Sunday • Jan. 7 *Put your trash at the curb!*

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

## Monday • Jan. 8 *Trash 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*  
10:30 a.m. ~ Mindful Memories, *MSC*  
11:00 a.m. ~ Rock Steady Boxing, *BF*  
11:30 a.m. ~ Sit & Be Fit, CR *or 1960*  
11:30 a.m. ~ Meadowlark Valley Luncheon, BR  
1:00 p.m. ~ Parkinson's Exercise Class, CR *or 1960*  
1:30 p.m. ~ God Talk, KSU CL  
2:00 p.m. ~ Change & Loss Support Group, FHR  
5:30 p.m. ~ Tuttle Creek Dinner, BR  
6:00 p.m. ~ Hot Topics, KSU CL  
7:00 p.m. ~ Community Bingo, CR

## Tuesday • Jan. 9

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*  
12:00 p.m. ~ 4th Floor Luncheon, MR  
12:05 p.m. ~ Mat Yoga, CR  
2:00 p.m. ~ 10-Point Pitch, GR  
3:00 p.m. ~ Coffee Corner, EC

## Wednesday • Jan. 10

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. ~ Sit & Be Fit, CR *or 1960*  
11:30 a.m. ~ Lutheran Luncheon, BR  
3:00 p.m. ~ Sing-Along, FHR  
3:00 p.m. ~ Rock Steady Boxing, CR

## Thursday • Jan. 11

9:00 a.m. ~ Messenger Team, KSU CL  
10:00 a.m. ~ Art Committee, FHR  
10:30 a.m. ~ Steady Yourself, CR *or 1960*  
11:15 a.m. ~ Chair Yoga, CR *or 1960*  
11:30 a.m. ~ Caring Conv. for People w/ Pd, FHR  
11:30 a.m. ~ Ladies Luncheon, EC  
12:05 p.m. ~ Mat Yoga, KSU CL

## Thursday • Jan. 11

1:00 p.m. ~ Pd Care Partner Support Group, FHR  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
1:00 p.m. ~ Blood Pressure Clinic, GR  
2:30 p.m. ~ Knitting & Crocheting, BR  
4:30 p.m. ~ Dementia Care Partner Support Group, Wamego United Methodist Church  
5:30 p.m. ~ Eastside Supper, BR  
7:00 p.m. ~ K-State Playback Theatre, CR

## Friday • Jan. 12

7:30 a.m. ~ Rock Steady Boxing, *BF*  
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*

## Saturday • Jan. 13

9:30 a.m. ~ Band Bust Exercise Class, *1960 only*

## Room Abbreviations

<i>1960</i> , TV Channel 1960	KSU CL, KSU Classroom
<i>BF</i> , Body First	<i>MM</i> , 120 Scenic Drive
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
GR, Game Room	

## Solution from 12/28.

B	O	A	R	D		P	I	E	D		D	I	N	E
A	U	G	U	R		A	C	R	E		I	D	E	S
S	C	A	L	E		P	I	N	E		S	I	R	S
T	H	R	E	A	T	E	N	E	D		C	O	V	E
				M	I	R	E		E	M	O	T	E	S
L	E	A	D		A	B	S		D	E	N			
A	X	L	E		R	O	S	E		S	C	U	B	A
D	I	S	P	L	A	Y		A	R	S	E	N	A	L
S	T	O	R	E		S	A	G	O		R	A	R	E
			E	N	D		L	E	D		T	U	B	E
S	I	E	S	T	A		I	R	E	S				
A	D	D	S		M	I	G	N	O	N	E	T	T	E
L	I	I	I		A	C	N	E		A	B	O	I	L
S	O	L	O		G	O	E	S		G	O	R	E	S
A	M	E	N		E	N	D	S		S	N	O	R	E



## 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: Jan. 7

***KILLERS OF THE FLOWER MOON*** (2023) R *for violence & language*, 3 hr. 26 min. *Drama, Crime*

Cast: Leonardo DiCaprio, Robert De Niro, & Lily Gladstone

When oil is discovered in 1920s Oklahoma under Osage Nation land, the Osage people are murdered one by one—until the FBI steps in to unravel the mystery.

#### MONDAY: Jan. 8

***THE GREAT GATSBY*** (1974) PG, 2 hr. 23 min. *Romantic, Classic, Movie*

Cast: Robert Redford, Mia Farrow, & Bruce Dern

Mysterious millionaire Jay Gatsby is obsessed with Daisy Buchanan, who's married to unfaithful Tom, making for a tragic love triangle.

#### TUESDAY: Jan. 9

***MAMMA MIA!*** (2008) PG-13, 1 hr. 48 min. *Charming, Heartfelt, Feel-Good*

Cast: Meryl Streep, Pierce Brosnan, & Colin Firth

A young woman invites three of her free-spirited mom's former flings to her Greek island wedding, hoping to discover which one of them is her father.

#### WEDNESDAY: Jan. 10

***DOWNSIZING*** (2017) R *for language, nudity, & drug use*, 2 hr. 16 min. *Cerebral, Drama, Comedy*

Cast: Matt Damon, Christoph Waltz, & Hong Chau

Suburban couple Paul and Audrey decide to have themselves shrunk and relocate to a miniature city.

#### THURSDAY: Jan. 11

***WONDER WOMAN*** (2017) PG-13, 2 hr. 21 min. *Inspiring, Exciting, Action*

Cast: Gal Gadot, Chris Pine, & Connie Nielsen

A warrior princess leaves the relative safety of her sheltered island home in hopes of putting an end to a devastating war in the outside world.

#### FRIDAY: Jan. 12

***THE FRONT PAGE*** (1974) PG, 1 hr. 44 min. *Witty, Classic, Comedy*

Cast: Jack Lemmon, Walter Matthau, & Susan Sarandon

Eager to quit his job and get married, a reporter in 1920s Chicago finds himself lured back on the beat when his editor offers a story too big to resist.

#### SATURDAY: Jan. 13

***EAT PRAY LOVE*** (2010) PG-13, 2 hr. 20 min. *Sentimental, Romantic, Drama*

Cast: Julie Roberts, James Franco, & Javier Bardem

After deciding to reshape her life after divorce, Liz travels around the world in search of good food, spirituality, and true love.