

Messenger

Nov. 14, 2024 Manhattan, Kansas Messenger Editor: Sarah Duggan

> A local not-for-profit focused on supporting people in living their best lives



by Nathan Bolls

There once was a time when the order of my day included playing with my buddies, fighting with my sister (13 months younger), wishing mightily that this fourth year of grade school were over, doing a couple of assigned farm chores, and putting off homework as long as possible. That arithmetic workbook was the sinkhole of my existence.

There once was a time, in the spring of the very next year, when I watched a mother bobwhite quail and her six brand new baby chicks move slowly past me, just five feet in front of my hiding place in a

patch of dogwood. I dreamed then for the first time of how great it would be to get paid for studying wild animals. I had no way of knowing then that years of study and much good fortune would enable me (as Joseph Campbell, the late, great student of mythology, would have said) to follow my bliss for my entire career.

There once was a time, in June of 1943, when I, age 12, moved with my family to the small rural town of Onaga in the Tallgrass Prairie Flint Hills of Pottawatomie County, Kan., away from the Bottomlands of streams that flowed between and the Missouri River Valley some 100 around those hills; and was awed miles east of Kansas City. In

Missouri, I had lived in an area of small family farms, where most every acre was flat, plowed, and planted. Driving through that area today reveals a giant agri-business aura, cold and heartless, mostly devoid of farmhouses. Even fencerows and woodlots have been plowed.

There once was a time when, within two weeks after moving to Kansas, I had fallen in love with those prairie hills. I thrilled to the sense of permanence of the place; loved the small, clear, fish-filled

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EVENTS & OPPORTUNITIES

Fanny & Furby, canceled Nov. 15

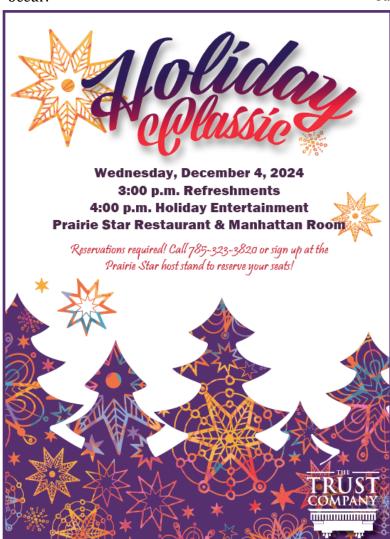
Fanny and Furby's normal Friday afternoon visit is canceled for this week, Nov. 15.

Group Exercise, canceled Nov. 21 & 22

Group exercise classes are canceled on Thursday, Nov. 21, and Friday, Nov. 22, to allow for maintenance work to be completed in the Community Room. Mat Yoga on Thursday will meet in the KSU Classroom. Canceled classes include Steady Yourself, Seated Stretch & Stability, Parkinson's Exercise, Seated Strength, Weights 101, and Sit & Be Fit.

Monarch Smoke Detector Testing

Smoke detector testing in Monarch residences will take place on Monday, Nov. 18. Maintenance team members will going into all apartments for testing. An audible test of the fire alarms will also occur.



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Fire Alarm Testing

An audible test for the fire alarms in the main building and in the Bramlage building will occur early afternoon on Monday, Nov. 18. The alarms will need to sound for five minutes.

Help with Medicare Open Enrollment Wednesdays, from 9 a.m. to 1 p.m.

James Beck, Meadowlark resident and SHICK Counselor, is available to meet with residents one-on-one to help navigate the Medicare Enrollment process.

Hour-long appointments are available each Wednesday through Dec. 4 from 9 a.m. to 1 p.m. in the Patriot Room. Residents who are interested in making an appointment are invited sign up in the Blue Book at the Hospitality Desk.

Saturday Shopping Trip

Saturday, Nov. 16, at 10:30 a.m.

The next scheduled trip is Saturday, Nov. 16, 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. Please sign up in the Blue Book to participate.

KSU Football Watch Party

Saturday, Nov. 16, at 6 p.m.

Join us in Kansas Room, Verna Belle's Lounge and Prairie Star Restaurant Bar on Saturday, Nov. 16, at 6 p.m., as we watch our K-State Wildcats take on new Big 12 members, Arizona State. Light refreshments will be served during the game.

Worship Service

Sunday, Nov. 17, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Nov. 17, in the Community Room/Chapel. Pastor Melanie will continue the worship series titled "Understanding Our Bible." This week Pastor Melanie will explore the book of Daniel. All are welcome to attend.

Memory Care Partner Support Group Monday, Nov. 18, at 9:30 a.m.

Meadowlark Special Programs will begin facilitating an established Care Partner Support Group at St. Thomas More Church, 2900 Kimball Ave., starting Monday, Nov. 18, from

EVENTS & OPPORTUNITIES

9:30 to 10:30 a.m. This group meets in person every Monday and is open to the public. Presently, there is not an opportunity for the loved ones with dementia to participate at this location, but we will evaluate the need for this.

Holiday Recital

Monday, Nov. 18, at 6 p.m.

On Monday, Nov. 18, at 6 p.m. in the Community Room, the Voice Studio of Amy Rosine presents a "Holiday Recital." All are invited for an evening of entertainment to kick off the Holidays. Bingo is canceled for Monday, Nov. 18, to accommodate this festive event.

Prairie Star Writing Group

Tuesday, Nov. 19, at 1 p.m.

Interested in joining the writing group at Meadowlark? Prairie Star Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays. The next meeting is set for 1 p.m. Tuesday, Nov. 19, in the Patriot Room.

The Nov. 19 session is titled, "Launching into the Holiday Season." As the holidays approached, what were some of your family or friend traditions that highlighted the season? Join us at our next meeting to reflect, write, and share as we immerse ourselves in yet another holiday season.

Volunteer & Tech Helper

Tuesday, Nov. 19, at 4 p.m.

Deborah Goins is a passport member and new Meadowlark volunteer. She works in K-State's Arts & Sciences Dean's Office as an Instructional Designer, where she specializes in helping faculty and students improve their online experiences. She is looking to become more connected to the Meadowlark community and is interested in helping residents with their technology questions as an IT Helper. She plans to come on the 3rd Tuesday every month from 4 to 5 p.m. in the Kansas Room (aka Game Room), but may come more frequently if there is a need.

Deborah's next visit will be on Tuesday, Nov. 19. She looks forward to building connections through this opportunity and meeting others, so be sure to stop by and say "hello" when she is here each month.

FUMC Communion

Wednesday, Nov. 20, at 9 a.m.

Join Pastor Donna and Pastor Courtney from First United Methodist Church at 9 a.m., Wednesday, Nov. 20, in the Bison Room to receive communion. This opportunity is open to anyone wanting to invite Christ into his or her heart.

Page Turners Book Club

Wednesday, Nov. 20, at 11:30 a.m.

The Page Turners book club is starting their last read for the year, *A Christmas Carol* by Charles Dickens. Originally published in 1843, this classic tale has become a staple of Christmas culture. Most people are familiar with the characters of Scrooge, Tiny Tim, and the ghosts of Christmases past, present, and future, even if they have never read Dickens' novella. The story is so popular it has inspired more than 100 film adaptations!

Along with viewing one or two of these adaptations, we also will have the chance to see *A Christmas Carol: Radio Play* performed here at Meadowlark! (More details to come!)

Please join us in our first discussion of the novella on Wednesday, Nov. 20, at 11:30 a.m. in the Flint Hills Room. You do not need to attend every week to participate; come when you are able, whether you have finished the book, are just beginning, or are interested in trying something new! If you have any questions or would like to borrow a copy of the book, please contact Katie with Meadowlark Special Programs at ksigman@meadowlark.org or (785) 323-3899.

Parkinson's Care Partner Summit Series Wednesday, Nov. 20, at 12 p.m.

The Parkinson's Foundation is hosting the virtual Care Partner Summit, where care partners, healthcare professionals, and advocates come together to share resources, strategies, and support for those caring for someone with Parkinson's disease. This summit is designed to empower care partners with valuable insights, practical tools, and a supportive community.

Meadowlark Parkinson's Program is offering an opportunity to watch these real-time, virtual sessions together. We will have our own discussions, but join the Foundation for all other

EVENTS & OPPORTUNITIES

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aspects of the Summit. Reservations are not required.

There is one remaining scheduled session for the series: "The Essentials Toolbox: Wednesday, Nov. 20, from 12 to 1 p.m., in the KSU Classroom.

The Care Partner Summit is for anyone supporting someone with Parkinson's disease. Whether someone is new to the role or has been caring for a while, these webinars will offer valuable strategies for managing Parkinson's. If you have questions, please contact Michelle or Katie at (785) 323-3899.

Artist Discussion with the Beach

Wednesday, Nov. 20, at 4 p.m.

Join Kim Richards from Beach Museum of Art for *Kiyoshi Saito: Unexpected International Artist,* on Wednesday, Nov. 20, at 4 p.m. in the Bison Room. Saito left behind a successful sign-making business to dedicate his time and skill to art. His international success was achieved by the postwar interest in Japanese art by Americans. We will learn about his commitment to printmaking as an art form.

Lettuce Ketchup with Parkinsons

Thursday, Nov. 21, at 11:30 p.m.

People with Parkinson's (PwPD) and their Care Partners are invited to Prairie Star Restaurant the third Thursday of every month for a meal and fellowship. This lunchtime opportunity is for those interested in dining and sharing life together along their Parkinson's journey. The cost of food and drink is the responsibility of PwPD and/or care partner. For convenience, this opportunity is offered right before PD Exercise Class. Michelle and/or Katie will join monthly as schedules allow.

Card Making with Michelle Lehmer

Thursday, Nov. 21, at 2:30 p.m.

The next Card Making with Michelle Lehmer class will occur on Thursday, Nov. 21, at 2:30 p.m. in the Flint Hills Room.

Tau Beta Sigma

Thursday, Nov. 21, at 7 p.m.

Tau Beta Sigma is excited to present their

Christmas Concert on Thursday, Nov. 21, at 7 p.m., in the Event Center. Tau Beta Sigma, a national honorary sorority, strives to support collegiate band and promote women in the arts! At Kansas State University, they serve the community, as well as the marching and concert bands, and have members from a variety of majors! They look forward to spreading holiday cheer by playing the music of the Christmas season, as well as some K-State school songs!

College Avenue UMC Luncheon

Friday, Nov. 22, at 12 p.m.

College Avenue United Methodist Church friends will join in fellowship and lunch with Rev. John Collins at 12 p.m. Friday, Nov. 22, in the Bison Room. All are welcome.

Ice Cream Social

Friday, Nov. 22, at 3 p.m.

I scream, you scream, we all scream for ICE CREAM! The monthly ice cream social is set for 3 p.m. Friday, Nov. 22, in the Kansas Room. Enjoy a scoop (or two!) and fellowship with friends. This opportunity is offered every fourth Friday.

KSU Football Watch Parties

Saturday, Nov. 23 & Nov. 30, TBD

All are invited on Saturday, Nov. 23, to the Kansas Room, Verna Belle's Lounge, and Prairie Star Restaurant Bar as we watch our K-State Wildcats take on the Cincinnati Bearcats! Joins us again in the same place the following week on Saturday, Nov. 30, as we watch our K-State Wildcats take on the Cyclones of Iowa State in Farmageddon! Light refreshments will be served during the games. The time of the game has not yet been announced for either weekend, but information will be updated in the Messenger when it is released.

Holiday Touchdown: A Chiefs Love Story Monday, Dec. 2, at 2 p.m.

You read that right! On Monday, Dec. 2, at 2 p.m., in the Event Center, there will be a watch party featuring the Hallmark movie "Holiday Touchdown: A Chiefs Love Story." We will have hot chocolate, a popcorn assortment, and will also play Hallmark movie bingo during the movie. More information to come!

OUTDOOR, from page 1

by the Earth-bound roots and hearts of prairie grasses and wildflowers that sent forth new life each spring no matter how Father Sky had ravaged the land during seasons past.

my dad and I took our first fishing trip in Kansas. We had found a good fishing spot along the Vermillion River and thrown in our baited hooks. Soon after, my pole responded to a powerful channel catfish strike. I let the nice, fat 3-pounder play itself out before leading it to the bank.

But, I had noticed something else: a small rock near the water's edge that had been dry when I first sat down was now covered with water. The river was rising, but no rain had fallen in our area during the last week! But more water had entered the drainage basin farther upstream or along one of the Vermillion's tributaries! My 12-year-old brain then kicked into action with the idea of what we now call the interconnectedness of the parts and particles of Nature. From then to this day, I have looked for examples of how living species interact with each other. Some examples are strikingly beautiful, some (cruel by our standards) are utterly practical predator-prey events, and others richly profound. But that is another story.

And there once was a time early in my life when the realization came that I had three serious preoccupations: girls, sports, and how goes it with the natural world? Like many of you, I had a long, warm, and affectionate marriage to the love of my life. I played pick-up full court basketball until age 65. I studied long and hard to qualify for an academic chair in biology at some university.

From once upon a time down to the present, and in addition to several foreign countries, I've lived for significant periods of time in six of our lower 48 states and have spent measurable amounts of time in six other states. Thus, I have seen many examples of how we've ravished and trashed the land and polluted both the air and our natural waters. We all know the "hows"—the ways—in which we have done this, and continue to do so, in spite of our better judgment. But do we know the "whys" that enable us to continue those destructive practices, even in the face of all of the times we know why we should cease and desist?

Once upon a time long, long ago we made a covenant with any chemical or device that made life easier. We eagerly await any new product that will make life less physical, less sweaty, less time There once was a time, during that summer, when consuming, that will take care of some problem more easily and will save precious time. That practice has evolved to where we have made a god of convenience.

> We now employ bottled toxins that can kill most any **presumed** pest, but many of these chemicals have dangerous side effects. We now have robots that can be programmed to clean our floors, and cars that drive themselves. We've not, generally, done a good job of finding constructive ways to use that so-called extra free time. And, even though it is a practice hugely harmful to the health and ecology of Mother Earth, we continue to live by the "chemicals of convenience."

Also, once upon a time long, long ago, translators decided to interpret our Holy Scriptures to declare that our Earth was dangerous, that Nature was an enemy that had to be subdued and conquered that we must dominate. Thus, western Christianity has not always interpreted as an ecology-friendly belief system. Although not evil, Nature is **dangerous**. So is driving to work! What happened to learning of natural dangers and trying to prepare for or avoid them?

Oh! If only it could have been, in that time long, long ago, that the expression that became "have dominion over" could have been translated, rather, to designate the loving idea of "stewardship." Perhaps that shift is still possible, but it seems that both fear of the unknown and greed for material wealth still hold sway in our interaction with the Natural World.

Another subtle corollary Christian message is that our mortal time on Earth is but a temporary stop in a lean-to tent on the way to a forever-life in a ninestar Hilton somewhere else. Biblical scholars argue that the hope for life ever after on "gold-lined streets" somewhere else has dampened the interest of many people in becoming diligent stewards of this Earth, the loving guardians of, if you will, The Creation. It seems that few people give serious thought to leaving a habitable Earth for their beloved successors.

Community Bulletin



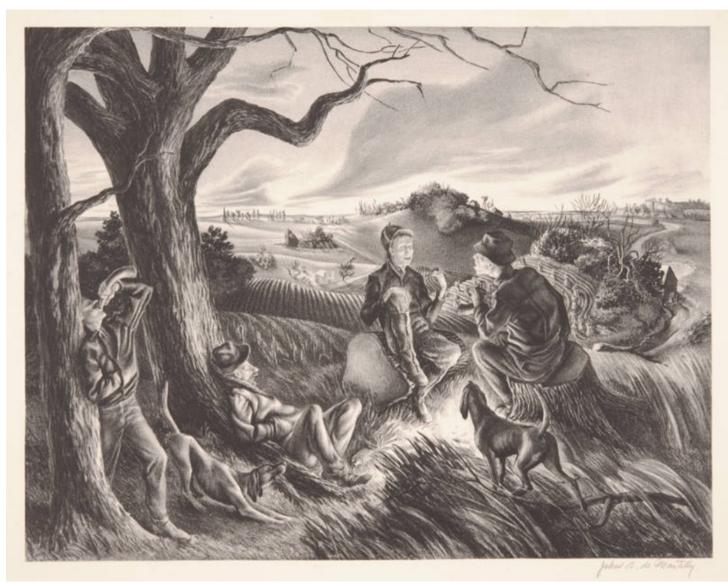
Art Engagement from the Beach Museum of Art

Take a long moment to look closely at this image. What is going on in this picture?

Any thoughts you have about this image are worth mentioning.

What do you see that gives you these ideas?

See page 9 for artist information.



Notes:

RESTAURANT **SPECIALS**

Sunday, Nov. 17	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$14 Dinner Swedish Meatballs served over Egg Noodles Buttered Carrots
Monday, Nov. 18	\$11 Lunch Maple-Bacon Chicken Sandwich served on Croissant Watergate Salad	\$14 Dinner Ham Loaf Roasted Red Potatoes Creamed Peas
Tuesday, Nov. 19	\$12 Lunch Steak Gyro Garlic-Parmesan Fries	\$16 Dinner Chicken Alfredo Garlic Bread Side Caeser Salad
Wednesday, Nov. 20	\$10 Lunch Everything Bagel Sandwich (Ham, Turkey, & Swiss Cheese) Potato Salad	\$16 Dinner French Onion Stuffed Pork Loin Roasted Brussel Sprouts Garlic Red Mashed Potatoes
Thursday, Nov. 21	\$11 Lunch Greek Pizza Side Caesar Salad	\$16 Dinner Pot Roast with Carrots, Onions, & Celery Mashed Potatoes & Gravy Green Beans
Friday, Nov. 22	\$11 Lunch Mac & Cheese Bar	\$16 Dinner Pesto Grilled Shrimp Roasted-Garlic Mashed Potatoes Asparagus
Saturday, Nov. 23	\$13 Lunch Clam Chowder <i>served in Bread Bowl</i> Caesar Salad	\$18 Dinner Short Ribs Loaded Mashed Potatoes Green Beans

Weekly Opportunities Calendar Nov. 17 to Nov. 23

Sunday

Nov. 17 Put your trash at the curb! 10:30 a.m. ~ Worship Service, CR 10:30 a.m. ~ Transportation to FUMC, VE Monday

◆ Nov. 18 Trash & Recycle pick-up 9:30 a.m. ~ Seated Strength, CR/1960 9:30 a.m. ~ Memory Care Partner Support Group, St. Thomas More Church 10:00 a.m. ~ Tuttle Creek Men's Group, MR 10:00 a.m. ~ Tuttle Creek Women's Group, BR 10:30 a.m. ~ Weights 101, CR/1960 11:00 a.m. ~ Rock Steady Boxing, BF 11:30 a.m. ~ Sit & Be Fit, CR/1960 11:30 a.m. ~ 1st Floor Luncheon, MR

1:00 p.m. ~ Parkinson's Exercise Class, CR/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

5:30 p.m. ~ 5th Floor Supper, MR 6:00 p.m. ~ Holiday Recital, CR

Tuesday • Nov. 19

10:00 a.m. ~ Memory Activities Class, EC

10:15 a.m. ~ Mat Yoga, KSU CL

10:30 a.m. ~ Steady Yourself, CR/1960

11:15 a.m. ~ Seated Stretch & Stability, CR/1960

1:00 p.m. ~ Prairie Star Writers Group, PR

2:00 p.m. ~ 10-Point Pitch Group, KR

2:00 p.m. ~ Social Circles, PS

3:00 p.m. ~ Coffee Corner, EC

3:30 p.m. ~ 2nd Floor Supper, BR

4:00 p.m. ~ Volunteer & Tech Help, KR

Wednesday ◆ Nov. 20

9:00 a.m. ~ Medicare Open Enrollment, PR

9:00 a.m. ~ FUMC Communion, BR

9:30 a.m. ~ Seated Strength, CR/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/1960

11:30 a.m. ~ Sit & Be Fit, CR/1960

11:30 a.m. ~ West Monarch Luncheon, BR

11:30 a.m. ~ Page Turners Book Club, FHR

12:00 p.m. ~ PD Care Partner Summit, KSU CL

3:00 p.m. ~ Rock Steady Boxing, CR

3:00 p.m. ~ Sing-Along, FHR

4:00 p.m. ~ Artist Discussion with the Beach, BR

Thursday ● Nov. 21

9:00 a.m. ~ Messenger Team, KSU CL

10:00 a.m. ~ Wamego Memory Care Partner Support Group, WPL

10:15 a.m. ~ Mat Yoga, KSU CL

10:30 a.m.. ~ Steady Yourself, 1960 only

11:15 a.m. ~ Seated Stretch & Stability, 1960 only

11:30 a.m. ~ Lettuce Ketchup with PD Lunch, PS

1:00 p.m. ~ Parkinson's Exercise Class, 1960 only

2:30 p.m. ~ Card Making with Michelle, FHR

4:00 p.m. ~ Meadowlark Singers Practice, CR

5:30 p.m. ~ Meadowlark Circle Dinner, MR

7:00 p.m. ~ Tau Beta Sigma Christmas Concert, EC

Friday • Nov. 22

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

9:30 a.m. ~ Seated Strength, 1960 only

10 a.m. to 3 p.m. ~ Meadowlark Market, MM

10:30 a.m. ~ Weights 101, 1960 only

11:30 a.m. ~ Sit & Be Fit, 1960 only

12:00 p.m. ~ College Avenue UMC Luncheon, BR

2:30 p.m. ~ Fridays with Furby, KR

3:00 p.m. ~ Ice Cream Social, KR

Saturday • Nov. 23

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

TBD ~ K-State Watch Party, PS

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 MSC, Manhattan Sr. Center **EC. Event Center FHR. Flint Hills Room** VBL, Verna Belle's Lounge GC. Grosh Cinema VE. Village Entrance KR, Kansas Room WPL, Wamego Public Library

Artist Info, from page 7

John Stockton deMartelly (United States, 1903 - 1979) Associated American Artists (United States, 1934 - 2000)

Blue Valley Fox Hunt, 1936

Lithograph on paper

KSU, Marianna Kistler Beach Museum of Art, gift of John, Susan, and Johnny Watt, in memory of Sarah

Katherine Watt, 2024.3



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: Nov. 17

THE BOY WHO TALKED TO BADGERS (1975) TV-PG 1 hr. 30 min. Survival, Drama

Cast: Carl Betz, Salome Jens, & Christian Juttner

A young farm boy relies on the help of a badger to survive the wilderness.

MONDAY: Nov. 18

WHITNEY (2018) R for language and drug content, 2 hr. Investigative, Intimate

Whitney Houston was a pure soul on stage, but this unflinching portrait reveals how her tumultuous private life impacted her meteoric rise to fame.

TUESDAY: Nov. 19

FOCUS (2015) R for language, some sexual content, and brief violence, 1 hr. 45 min. *Exciting*

Cast: Will Smith, Margot Robbie, & Adrian Martinez

Three years after breaking off a romance with his protégé, expert con man Nicky Spurgeon finds her on the other side of his elaborate new scam.

WEDNESDAY: Nov. 20

DEAD POETS SOCIETY (1989) PG, 2 hr. 9 min. Drama, Coming-of-Age

Cast: Robin Williams, Robert Sean Leonard, & Ethan Hawke

Robin Williams shines as an inspiring teacher who lights a fire in his students at a rigorous Vermont prep school.

THURSDAY: Nov. 21

RESIDENT REQUEST

WONDER (2017) PG-13, 1 hr. 53 min. Family, Drama

Cast: Jacob Tremblay, Owen Wilson, & Izabela Vidovic

Based on the New York Times bestseller, this movie tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences, who enters the fifth grade, attending a mainstream elementary school for the first time.

FRIDAY: Nov. 22

THE FAMILY STONE (2005) PG-13, 1 hr. 44 min. Comedy, Drama

Cast: Dermot Mulroney, Sarah Jessica Parker, & Diane Keaton

A culture clash ensues when a New York City career woman heads to New England to spend Christmas with her boyfriend's family.

SATURDAY: Nov. 23

AROUND THE WORLD IN 80 DAYS (2004) PG, 2 hr. Comedy, Action, Adventure

Cast: Jackie Chan, Steve Coogan, & Cecile de France

To win a bet, an eccentric British inventor embarks, with his Chinese valet and an aspiring French artist, on a trip full of adventures and dangers around the world in exactly 80 days.