



*by Michelle Haub & Katie Sigman, Special Programs*

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 three options of things they could do.

Caregivers often struggle with 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

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# EVENTS & OPPORTUNITIES

## Thanksgiving Week cancelations

~ 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. All in-person exercise are canceled for Thursday, Nov. 28, and Friday, Nov. 29.

~ Change & Loss Support Group is canceled for Nov. 25.

~ Diabetic Wellness Group is canceled for Wednesday, Nov. 27.

## 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. Appointments are available each Wednesday through Dec. 4. Residents who are interested in making an appointment are invited to sign up in the Blue Book at the Hospitality Desk.

## 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, at 7 p.m. & Nov. 30, TBD*

All are invited to the Kansas Room, Verna Belle's Lounge, and Prairie Star Restaurant Bar at 7 p.m. Friday, Nov. 23, 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 Nov. 30, but information will be updated in the Messenger when it is released.

## Worship Service

*Sunday, Nov. 24, at 10:30 a.m.*

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Nov. 24, 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 Hosea with a sermon titled "A Confusing Message".

## 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.

## Prairie Star Writing Group

*Tuesday, Dec. 3, 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, Dec. 3, in the Patriot Room.

The Dec. 3 session is titled, "One of a Kind." Who is a person you feel was truly One of a Kind? Please describe him or her so we may enjoy the story.

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## SELF CARE, from page 1

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 loved ones 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.

Try to diversify your self-care and do activities from time to time in the areas physical, spiritual, social, relationships, mental, and

emotional. 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, such as re-watching your favorite movie or TV show. Journaling can be extremely beneficial as a safe emotional outlet. Allow yourself the time and space to process and grieve how your life has changed.

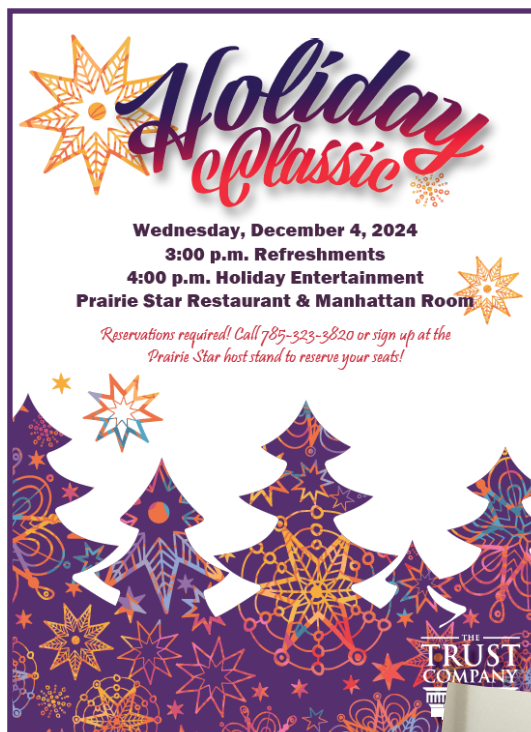
Only you can know what type of self-care is most important to you and how often you need each different form. Do what feels right and good to you to regroup and recharge in your caregiving situation. Have grace for yourself as you learn and grow in this journey.

## 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 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 "shoulds" 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.



# Community Bulletin



**Holiday Classic**

Wednesday, December 4, 2024  
3:00 p.m. Refreshments  
4:00 p.m. Holiday Entertainment  
Prairie Star Restaurant & Manhattan Room

*Reservations required! Call 785-323-3820 or sign up at the Prairie Star host stand to reserve your seats!*

THE TRUST COMPANY



*Christmas Carousel Presents*  
**Home for the Holidays**  
**A Sitcom Spectacular**

Friday, December 13th - Prairie Star  
1:00pm or 5:00pm  
Reservations Required  
Contact Meadowlark Hospitality Desk

## Recliners For Sale

Ready for a new recliner? Look no further! Two Best brand recliners are available right here at Meadowlark! These recliners are just a little over a year old. One is a standard power recliner, and one is a power lift recliner. The color is a neutral oatmeal, and both are in nice condition. Sellers are asking \$500 for the power only recliner and \$650 for the power/lift recliner. Interested people can contact Laura at (785) 556-7164.

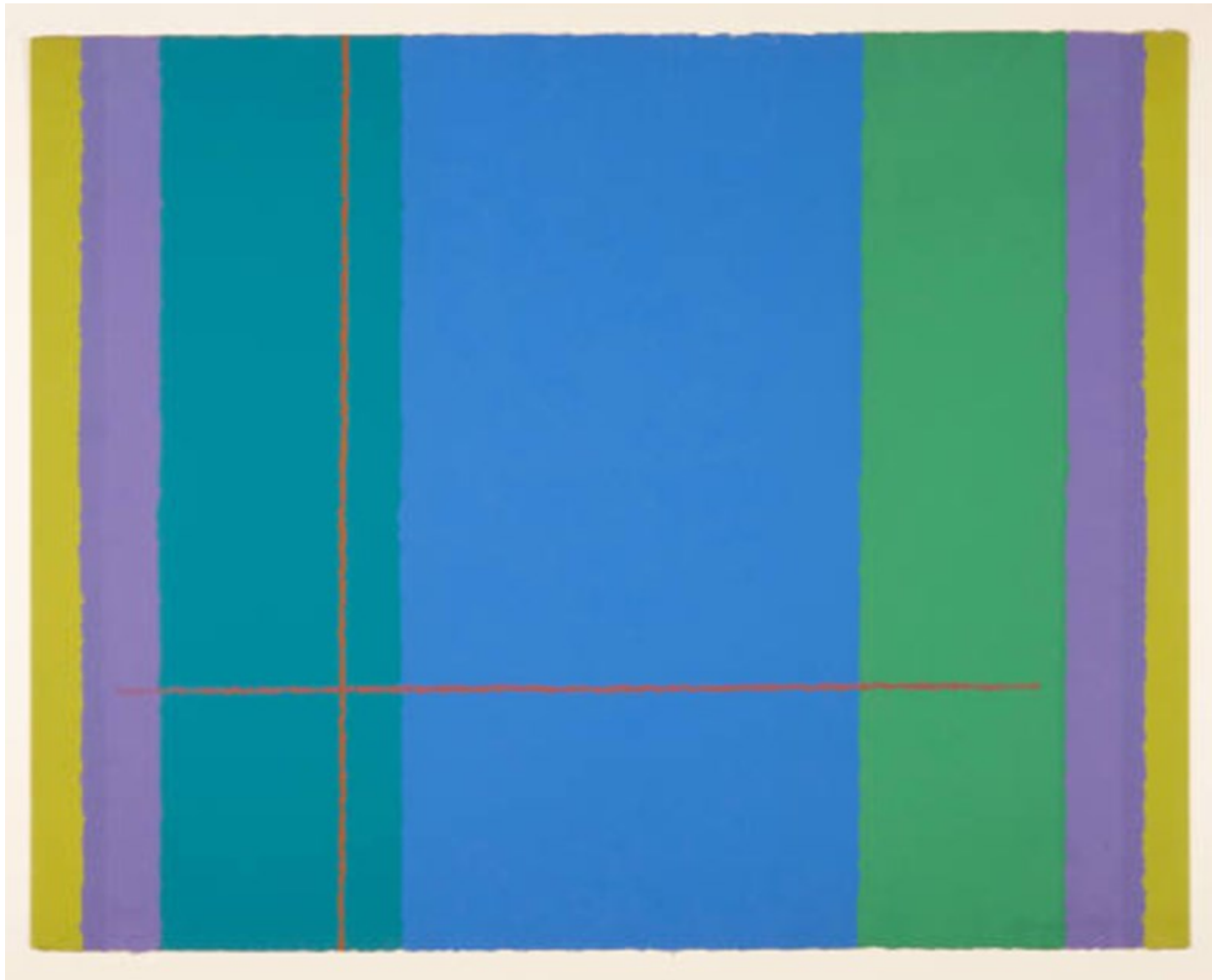


In October, Meadowlark was recognized by PEAK (Promoting Excellent Alternatives in Kansas) as one of seven facilities in the state of Kansas to achieve Level 8 Mentor Home status again for the 2024 fiscal year. We are extremely proud of our team for creating a person-directed care experience at Meadowlark!



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

If an artist wants to create balance they could use symmetry, asymmetry, or radial symmetry. Our eyes seek out symmetry because it is easy for our brains to process. It generates a sense of satisfaction and intentionality. If you visualize a vertical or horizontal line through the center of this screenprint, do you find symmetry? If yes, which elements of art does the artist use to create the balance? Think about color, shape, space, and line. Did the artist do something to create a break from any symmetry to add interest?



Bernard Joseph Steffen (United States, 1907 - 1980)  
*Blue Window*, ca. 1970  
Color screenprint on paper  
KSU, Marianna Kistler Beach Museum of Art, gift of R. E. Hochberg, 2021.35

# RESTAURANT **SPECIALS**

<p><b>Sunday, Nov. 24</b></p>	<p><b>Sunday Brunch</b> Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p><b>\$12</b> <b>Dinner</b> Philly Cheesesteak French Fries</p>
<p><b>Monday, Nov. 25</b></p>	<p><b>\$11</b> <b>Lunch</b> Chicken Pot Pie Zucchini Fries</p>	<p><b>\$14</b> <b>Dinner</b> Smothered Pork Chop <i>with Mushroom-Onion Gravy</i> Mashed Potatoes Honey Carrots</p>
<p><b>Tuesday, Nov. 26</b></p>	<p><b>\$11</b> <b>Lunch</b> Catfish Po' Boy Fried Okra</p>	<p><b>\$13</b> <b>Dinner</b> Spaghetti &amp; Meatballs Garlic Toast Green Beans</p>
<p><b>Wednesday, Nov. 27</b></p>	<p><b>\$10</b> <b>Lunch</b> Chicken Fajita Quesadilla Corn Salad</p>	<p><b>\$13</b> <b>Dinner</b> Beef Enchilada Pasta House Salad</p>
<p><b>Thursday, Nov. 28</b></p>	<p><b>\$23</b> <b>Thanksgiving Lunch</b> <i>Advanced sign-up required.</i></p>	<p><b>\$10</b> <b>Box Dinner Delivery</b> <i>Advanced sign-up required.</i></p>
<p><b>Friday, Nov. 29</b></p>	<p><b>\$11</b> <b>Lunch</b> Soup &amp; Salad Bar</p>	<p><b>\$17</b> <b>Dinner</b> Mediterranean Salmon Couscous Garlic Crostini</p>
<p><b>Saturday, Nov. 30</b></p>	<p><b>\$11</b> <b>Lunch</b> Fried Pork Cutlet Sandwich Pub Chips</p>	<p><b>\$19</b> <b>Dinner</b> 6 oz. Ribeye Baked Potato Asparagus</p>



# Weekly Opportunities Calendar Nov. 24 to Nov. 30

## Sunday • Nov. 24 *Put your trash at the curb!*

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

## Monday • Nov. 25 *Trash pick-up*

9:30 a.m. ~ Seated Strength, CR/**1960**  
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**  
1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**  
1:30 p.m. ~ God Talk, KSU CL  
4:15 p.m. ~ Hable Espanol, FHR  
7:00 p.m. ~ Community Bingo, CR

## Tuesday • Nov. 26

10:00 a.m. ~ Memory Activities Class, EC  
10:00 a.m. ~ ARTful Memories, KSU CL  
10:15 a.m. ~ Mat Yoga, FHR  
10:30 a.m. ~ Steady Yourself, CR/**1960**  
11:15 a.m. ~ Seated Stretch & Stability, CR/**1960**  
2:00 p.m. ~ 10-Point Pitch Group, KR  
2:00 p.m. ~ Social Circles, PS  
3:00 p.m. ~ Coffee Corner, EC

## Wednesday • Nov. 27

9:00 a.m. ~ Messenger Team, KSU CL  
9:00 a.m. ~ Medicare Open Enrollment, PR  
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**  
3:00 p.m. ~ Rock Steady Boxing, CR  
3:00 p.m. ~ Sing-Along, FHR

## Thursday • Nov. 28 *Happy Thanksgiving!*

10:30 a.m. ~ Steady Yourself, **1960 only**  
11:15 a.m. ~ Seated Stretch & Stability, **1960 only**  
1:00 p.m. ~ Parkinson's Exercise Class, **1960 only**

## Friday • Nov. 29

9:30 a.m. ~ Seated Strength, **1960 only**  
10:30 a.m. ~ Weights 101, **1960 only**  
11:30 a.m. ~ Sit & Be Fit, **1960 only**  
2:30 p.m. ~ Fridays with Furby, KR

## Saturday • Nov. 30

9:30 a.m. ~ Band Bust Exercise Class, **1960 only**  
TBD ~ K-State Football Watch Party, PS

## Room Abbreviations

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

## EVENTS, from page 2

### Tai Chi Classes coming in January!

*Wednesday, Dec. 11, at 2 p.m.*

We are excited to introduce Tai Chi classes at Meadowlark, beginning in January. If you're not familiar with Tai Chi, or want to learn more, we invite you to attend a special demonstration class on Wednesday, Dec. 11, at 2 p.m. in the Event Center.

Mal Hoover, a Certified Tai Chi for Arthritis Instructor, will lead the session. She will explain the benefits of Tai Chi and demonstrate some of the movements participants will learn. Mal will also be joined by several current participants who will share their experiences and demonstrate what they've learned through the program.

The Tai Chi classes will be offered at no cost to participants, thanks to funding from the North Central-Flint Hills Area Agency on Aging. Tai Chi, as endorsed by the Tai Chi for Health Institute, can help improve flexibility, strengthen muscles, enhance cardiorespiratory fitness, and boost balance, all of which can significantly reduce the risk of falls.

Join us on Wednesday, Dec. 11 to discover how Tai Chi can benefit you, learn about class schedules, and register for the upcoming sessions in January.

### Little Apple Chorus Holiday Concert

*Sunday, Dec. 15, at 3 p.m.*

You're invited to attend Little Apple Chorus' Holiday Show, "Holiday Harmony—Barbershop Style." The program is scheduled for Sunday, Dec. 15, at 3 p.m. in Forum Hall at the KSU Student Union. The doors will open at 2:30 p.m.

Meadowlark has complimentary tickets available! These will be distributed on a first-come-first-served basis. Please visit the Hospitality Desk to claim a concert ticket.



## 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. 24

**MIDNIGHT SUN** (2018) PG-13 1 hr. 31 min. *Sentimental, Romantic*

Cast: Bella Thorne, Patrick Schwarzenegger, & Rob Riggle

Born with a fatal sensitivity to sunlight, a sheltered teen girl falls for her neighbor, but hides her condition from him as their romance blossoms.

### MONDAY: Nov. 25

**ARMAGEDDON** (1998) PG-13, 2 hr. 31 min. *Adventure, Sci-Fi*

Cast: Bruce Willis, Billy Bob Thornton, & Liv Tyler

A team of drillers must drill a nuclear weapon into an oncoming asteroid.

### TUESDAY: Nov. 26

**MARTHA** (2024) R for language and drug use, 1 hr. 53 min. *Provocative, Nostalgic*

Cast: Martha Stewart

A thriving career. A beautiful home. A successful husband. Life looked perfect for Martha Stewart, but did that perfection come at a cost?

### WEDNESDAY: Nov. 27

**TURKEY HOLLOW** (2015) TV-PG, 1 hr. 28 min. *Comedy, Fantasy*

Cast: Mary Steenburgen, Jay Herrington, & Graham Verchere

Ron and his kids, Tim and Annie, head to Turkey Hollow to visit their eccentric Aunt Cly for Thanksgiving. Tim and Annie quickly grow bored without the Internet, and soon try to track the howling hoodoo, an elusive monster the locals dismiss as a legend.

### THURSDAY: Nov. 28

**CHARLIE BROWN THANKSGIVING** (1973) TV-G, 25 min. *Family, Animation*

Cast: Todd Barbee, Robin Kohn, & Stephen Shea

Peppermint Patty invites herself and her friends over to Charlie Brown's for Thanksgiving, and with Linus, Snoopy, and Woodstock, he attempts to throw together a Thanksgiving dinner.

### FRIDAY: Nov. 29

**MIRACLE ON 34TH STREET** (1994) PG, 1 hr. 55 min. *Comedy*

Cast: Richard Attenborough, Elizabeth Perkins, & Dylan McDermott

6-year-old Susan meets Kris Kringle, a department store Santa, who thinks he is the genuine article.

### SATURDAY: Nov. 30

**THE MUPPET CHRISTMAS CAROL** (1992) G, 1 hr. 28 min. *Family, Musical*

Cast: Steve Whitmire, Frank Oz, & Michael Caine

The Muppets present their own touching rendition of Charles Dickens' classic tale.

PAGE TURNER REQUEST