



“Big Why” Fall Lecture Series

Enriching our lives by facing some of life & our community’s big questions

by Rev. Melanie Nord, Spiritual Life Leader

We are excited to announce our fall Lecture Series. With the success of our spring “Leading through the Valley” Lenten Lecture Series, we are excited to carry the momentum into the fall. Our fall topic will be “big why.” There are some big questions facing our community and world. We’ll host local community leaders who will help us think deeply about topics that affect our personal lives and Manhattan community.

Nate McClendon is a local author, musician and Teaching Artist In Residence at Marianna Kistler Beach Museum of Art at Kansas State University. McClendon’s new book takes an innovative look at the process of grief pulling from personal experience after the death of his daughter.

Scott Voos, Executive Director, and Stephanie Gryniewicz, Outreach & Jail Coordinator, at “Be Able” in downtown Manhattan. Be Able exists to engage with those in adversity by creating

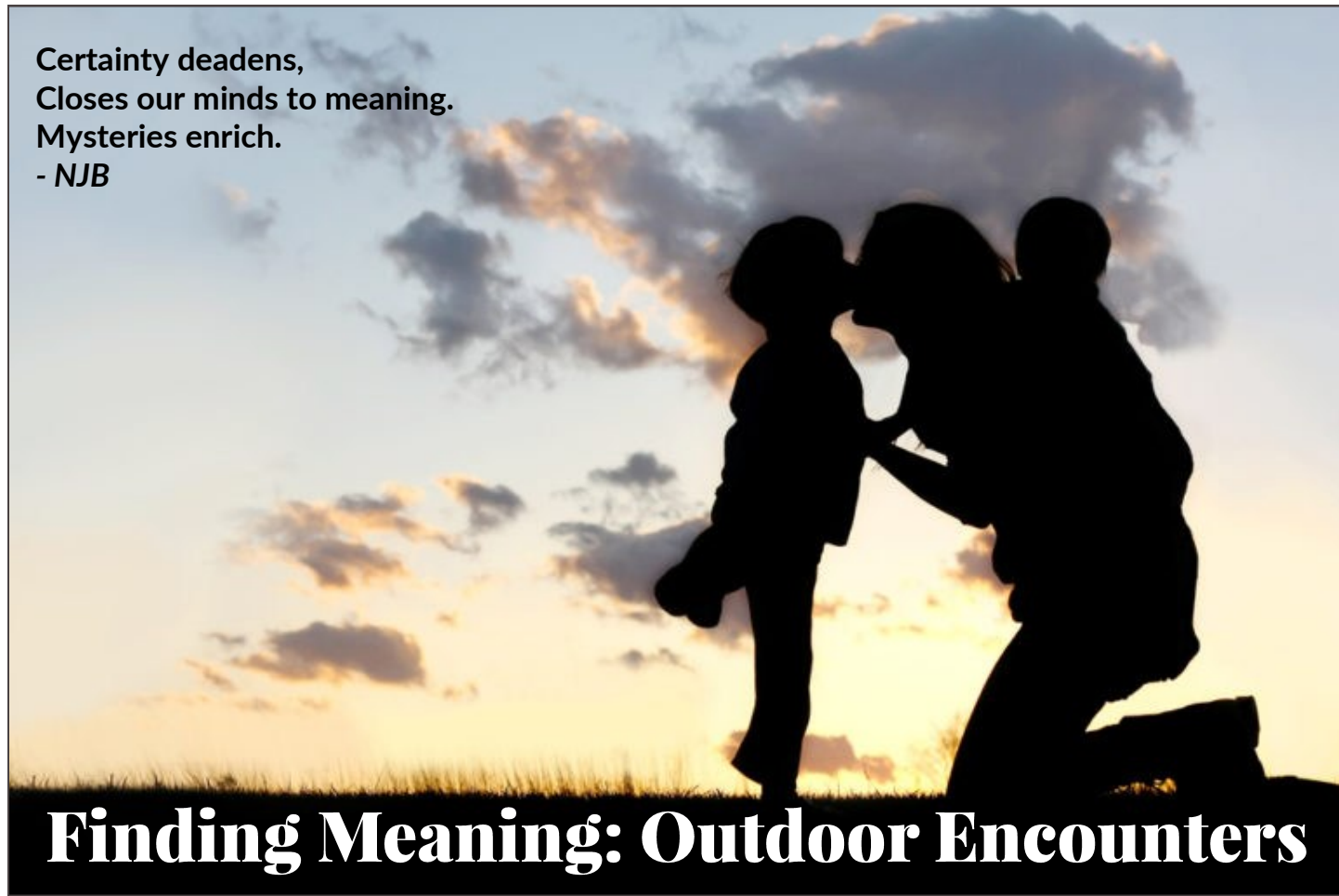
connections, cultivating skills, and opening doors of opportunity. When we see community members struggling, we might find ourselves thinking “why don’t they just get a job?!” Voos and Gryniewicz will help us unpack the complexities of poverty and unemployment.

Rev. Melanie Nord is our Spiritual Life Leader. After serving as a pastor for 11 years, Nord decided to leave the local church. Her family, friends and neighbors decidedly turned away from organized religion causing her to ponder the decline in organized religion. Her small business the “Slow Spirit Sanctuary” caters to the unchurched.

With the increase of geriatric needs with the “Baby Boomer” generation, some worry the decline in nursing will not match the need. Will there be an employment crisis within the geriatric healthcare community? Our Meadowlark staff panel will examine this question with us. **Director of Nursing Jen**

See WHY, page 11

Certainty deadens,
Closes our minds to meaning.
Mysteries enrich.
- NJB



Finding Meaning: Outdoor Encounters

by *Nathan Bolls*

The Bushman people of the Kalahari Desert in southern Africa speak of two hungers: the Small Hunger of finding food and the Great Hunger of finding meaning in life. From what I've read and heard, it seems that all people speak of these two hungers.

To the shame of most world societies, many people, during many days, cannot satisfy even the Small Hunger. In addition, observations during many years have led me to believe that some people spend their days without experiencing a rich meaning in their lives. They've never searched for that deep corner of their psyche that holds their secret wish, a dream that, if followed, would bring them a sense of deep fulfillment. Such people seem to not have a magnificent obsession: an abiding goal or purpose that drives them on, that shapes their lives.

I recently asked two people to give me, without pondering the question, the word that came to mind after I had asked them a particular question: what gives meaning to your life? The first said "whatever gets a person out of bed in the morning."

That "whatever" could be almost anything, but some choices could probably be practiced only without telling the police, boss, or spouse. The second respondent, good at seeing the issues, answered immediately with a single word: love. I was intrigued, as I've long felt that the words "if," "why," and "love" should be on the short list of the most powerful words in our vocabulary. And the greatest of these is love! It probably is impossible to list all the myriad ways in which this heart-warming, life-enriching, life-affirming, even life-saving phenomenon is expressed and received. So, find someone to love — as much or more than you love yourself.

I recall the controversial studies done by a university researcher (in Wisconsin, I believe) with primates (baboons, I think). Some babies were kept with their birth mothers, and they thrived. Some babies were placed with mechanical surrogate mothers. Although fed on a regular schedule, those babies lost weight, were decidedly unhappy, developed abnormal behavior patterns, and they all died. Such studies led the late John Shelby Spong, Episcopalian bishop and recognized biblical

scholar, to make the statement in his last book, *Unbelievable*, that “all wild babies die if they do not receive love.”

Overstatement or no, we do know that human babies who do not receive love pay a great price for that. We tend to know this fact intuitively about infants, but it also is true for adults living without love, whether without love of self or from another. At least one meaningful relationship seems necessary for robust mental health.

I want to mention a special case. Richard Reeves, founder and president of The American Institute for Boys and Men, believes we have a real problem with the way we raise boys. He gives some figures: from 1979 to 2019, the proportion of women who were employed grew more than 20 percent across all age groups, while for men the proportion fell across all age groups, with men younger than 35 hit hardest. Currently, one-third of men with only a high school education, a group of about 11 million Americans, have dropped out of the work force entirely. Men without jobs are less likely to marry, maintain relationships with their children, and have strong social connections.

Reeves argues that shifts in education, labor markets, and economic development are part of the problem, but the stark differences go far beyond the lack of a college education. Boys lag girls in school readiness at the age of five, and this gender gap is larger than the one between rich and poor children, or black or white children, or kids who attended preschool and those who did not. Boys are six points behind girls in reading scores in fourth grade; by eighth grade the gap is 11 points. When high school students are ranked by GPA, girls are two-thirds of the top ten percent, while boys are two-thirds of the bottom 10 percent. Young men are more likely to drop out of college than young women. Far more women than men currently earn bachelor’s degrees — 20 percent more, - and that trend is expected to grow steadily. Reeves makes no mention of attendance and graduation numbers from technical colleges.

Reeves sums up his argument with the observation that we have far too many males wearing adult sizes but who are, judging from their thoughts and actions, still boys. He speaks of that large group of young men basically adrift, without moorings, without any clear directive as to what is next. Is there some sort of necessary love or

instruction they are not getting? Reeves floats the idea that we seem not to have developed a successful way of getting the message to growing boys that they are needed as adults to fill certain responsible roles in our society. That the acceptance of responsibility, **in all its various forms**, is the basic earmark of the adult male or female.

Finally, let’s look at love from another direction. Some of you know that I have, after nine years, decided to cease writing a monthly Outdoor Encounters (OE) column in *The Messenger*. I need to get going on two other major writing projects that I’ve put off far too long. In fact, this article is my last regular OE piece, my last monthly shot at arguing that we need to get our act together in the face of the on-rushing Climate Crisis. I will, by agreement with Sarah Duggan, write an OE article for the first Thursday of both February and August.

Now, about that other direction. A basic truth is expressed in the title of Alice Walker’s 1998 book, *Anything We Love Can Be Saved*. This truth also applies to the Natural World, now seriously endangered by the Climate Crisis. Most humans, even if they glance positively at this Natural World, most always come away with only a sense of fascination, or titillation, or enchantment, or intrigue, or awe, or wonderment. These shallow emotions do not equate to, are not the same as, love.

Only rarely are we moved to study and learn enough about the workings of nature to develop a sense of love and caring for even the little corner of that world we inhabit, a sense that motivates us to become **loving** stewards of our earth. We rarely reach for the meanings hidden in the marvelous details of life cycles and natural histories of wild ones, hidden in the wonder and complexity of the interrelationships between wild creatures.

Author Joy Williams said it beautifully: “If animals did have voices, and they could speak with the tongues of angels — at the very least with the tongues of angels — they would be unable to save themselves from us. Their mysterious otherness has not saved them, nor have their beautiful songs and coats and skins and shells and eyes.”

Perhaps we need to stop just **looking at** the lives of wild ones and begin to **look into** those lives. To learn to see both the detailed workings of those

See OUTDOOR, page 4

OUTDOOR, from page 3

lives and the ways in which wild species influence each other. I offer a couple of examples. In the Amazon Rain Forest, a colony of a particular ant species builds its nest just a few feet up on the trunk of a tree. A particular species of wasp builds its nest just above the ant colony. The two species seem not to interact, but they protect each other! Small tree-climbing anteaters survive on ants, their eggs and larvae, but the ants, having only those tiny jaws for protection, cannot fight off the anteaters. However, the anteaters are deterred by the many stings delivered by wasps from the colony above. Also, wasp stings are not an effective weapon against other species of marauding ants seeking wasp eggs and larvae, but, in ant society etiquette other ant species seem unwilling to move upward on the tree trunk past the existing ant nest. This relationship guards the wasp eggs and larvae. Marvelous!

Consider the soft-shelled turtle, a creature that almost meets the qualifications for being so unattractive that “only the mother could love it.” Evolutionary speaking, the turtle form is ancient, with fossils first appearing in the late Triassic Period of geological time, at least 210 million years ago. Turtles are referred to as “living fossils.” Their fossils suggest that the modern hard-shelled forms, e.g., common snapping turtle, have changed very little.

In contrast, the soft-shelled turtle has undergone marked changes to shell, neck and

snout. Much like we see in documentaries about sea turtles, I once watched a large female soft-shell laying eggs into a scooped-out hole on a muddy riverbank. Soft shells prefer moderate or fast-moving streams with mud or sand banks and bottoms. The female may deposit up to 40 eggs in that mudbank nest. They are active during the day with hunting and with basking on a bank or downed trees sticking out of the water. They feed primarily on insects but will take fish, frogs, snails, salamanders, crayfish, and worms. Aquatic insects are preferred by females and terrestrial insects by males. The significance of this sexual preference is unknown.

The soft-shell rests at night buried in mud or sand in water shallow enough to allow the long snout to reach the air for breathing. They hibernate in winter deep in the muddy or sandy bottom of a stream. This implies a dramatic reduction in respiration rate and overall metabolism. What little oxygen is required diffuses from the surrounding soil and water into the body through the permeable skin of mouth and throat.

The soft-shell survives in a tough game, as do most other living forms, by virtue of their endless variety of adaptations, complex life cycles, and inter-specific relationships. Learning to love and care for wild creatures and their habitats would be a most noble and worthy magnificent obsession.

Namaste.

Time to Immunize!

by Sarah Duggan, Comm. Rel. Director

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, you're invited to call (785) 537-4940 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.

The Nerds and Mrs. Marcus



[above] The Superconducting Supercollider under construction.



[above] Banquet venue at the Dallas Museum of Art.

by Noel Stanton

In August 1992, I attended a major scientific conference in Dallas. This meeting site had been chosen to celebrate the start of construction for the Superconducting Supercollider (SSC), a ginormous proton accelerator/collider intended to reach energies 20 times larger than anything ever attempted before. Its double ring of high-tech superconducting magnets, 54 miles in circumference, was to encircle the little town of Waxahatchie, 30 miles south of the city.

The collider was a source of great pride for the state of Texas, which had chipped in \$400 million as part of its efforts to secure the project. The SSC's enthusiastic boosters claimed that it would unlock the secrets of the universe and ensure the primacy of U.S. science for decades. The Dallas conference was attended by an unusually large number of young scientists whose future research was geared to the SSC.

The SSC might well have unlocked a secret or two, but it was to be abruptly cancelled by Congress the very next year due to cost overruns, questionable expenses and — would you believe it? — politics. The careers of many young researchers were soon to suffer severe dislocation.

But that was in the future. The mood of this 1992 conference was anticipation and high optimism. The city of Dallas had adopted the SSC and its scientists as its own and had gone all-out to welcome them.

The conference banquet was held at the stunning Dallas Museum of Art. To create bonding between scientists and the community, the banquet organizers invited many Dallas citizens, including prominent ones, to sit among the conference attendees. At the head of our table was a vigorous older man and his attractive, much younger wife. Just before the buffet opened, the very blonde, very upswept Dallas lady next to me leaned over and whispered reverently behind her hand, "That there is Mr. Marcus!", and then, even more reverently, "Of Neiman Marcus!"

I learned later that he was Stanley Marcus, CEO Emeritus and son of the store's founder. He was also an acclaimed author, photographer, and patron of the arts in Dallas, and especially of the museum, whose hospitality we were enjoying.

The sumptuous food on display at the buffet table hadn't escaped the notice of the young scientists, and when the buffet finally opened there was an unseemly dash to the front of the room. With admirable southern courtesy the Marcuses let everyone at the table precede them to the buffet. The planners, however, had grossly underestimated the appetites of hungry nerds when someone else is picking up the tab. The buffet was scraped clean in minutes, and the couple returned with nearly empty plates.

Mrs. Marcus rummaged in her purse for a moment, then held up a small package. Smiling brightly, she asked, "Would anyone like a mint?"

How I Came to Be

Grade School in Eastern Tennessee/Western North Carolina: Part 3



by Dale Wilson, Prairie Star Writers

The 6th and 7th grade was managed by Mrs. Glenn. By then we had survived most childhood illnesses, some bad report cards, had realized that some of our classmates were slow learners but never treated them unkindly, came to terms with a President who was assassinated, and saw relatives die in car wrecks and succumb to cancer.

At this tender age, I was also playing violin with the local college symphony. Having studied private violin since the 6th grade, my instructor inserted me into the second violin section of the Appalachian State Teacher's College orchestra of which he was conductor during my 7th grade. My stand mate was Jane Brown, a sweet and likable elementary education major from Vero Beach, Fla., who treated me with great respect and kindness even though I was 10 years her junior. She was more than a stand partner. She was someone who treated me as an equal and I considered her a true friend. Nothing sexual or romantic, she was just my buddy, and I knew she would be there for me every Tuesday and Thursday at 4:30 p.m. at symphony rehearsal. Then one day I met a harsh reality on its own terms. Jane would share our

music stand for the last time, she would graduate, leave my life, marry, and move far away. She had met the goal, toiled for her grades, and earned her degree. She was free from the institution that had brought us together and nevermore would fill my heart with her special smile and friendship. I was in the 8th grade and stayed home sick for a couple of days mourning the loss of my first adult friend. I trust her life was happy and fulfilled. Through some research I recently learned that she retired in Blowing Rock, N.C., and passed from this earth in 2012.

Clearly, life was exposing itself as a double-edged sword (though we hadn't heard that expression to date). By the 8th grade we were in the hands of Mr. Love who was also the school Principal. Mr. Love was a good and quiet man but had no intention of molding or helping to transform us into the next level of maturity. His goal was to just maintain order and get us herded off to high school without incident during his watch.

At 14, your hormones have sent Puff the Magic Dragon into his demise, and the innocent longings, dreams, and security of pre-adolescence have deserted you in every way. You suddenly feel

compelled to take a more stringent look at personal hygiene, your acne ridden face, and any possible odors that might offend someone of the opposite sex. You, of course, have no idea why this personal Renaissance has come upon you, but you follow as best you can, still scraping to hold on to the securities of childhood but somehow knowing it's all in vain. You've never really dated, but you hear that other males your age have, and what would one do on a date? You have no skills, no basic training. Do you just hang out with a girl and hope for the best? Maybe meet at a sock hop or burger joint and make some small talk? No one has prepared you for this at all, especially in my case. I was very aware that dating led to going steady, engagement, and ultimately, marriage. What I had seen of marriage at this point in life did nothing to convince me it was either any kind of blessing or arrangement to have sought after.

The 8th grade was the slippery ascent into yet more of the unknown. You did the normal activities, such as homework, recess, but knew life was different. You were still in charge of bulletin boards and your teachers acted like nothing had changed, but it had changed in drastic ways which were almost unspeakable. Your female classmate you had known since the first grade who assisted you in these artsy projects was now learning she could entice and tease you a bit with the right skirt at a less-than-modest length. Heaven knows how you were to react as you both pretended to brainstorm on the next bulletin board project. What was the proper response? I didn't know then, nor do I know now in many ways. She was innocent yet appealing in the same instance ... and you felt Puff leaving the room once again, in fact, he was making a very hasty exit!

My family left Sutherland in 1963 and built a new home on Hwy 421 in Zionville, N.C. A couple of events precipitated the move; it would be closer for Argus, my dad, to drive to the Trade, Tenn., post office, where he was a rural letter carrier, and it also put us some 20 miles closer to Boone, N.C., the social hub of the known world at the time. Mom was also considering the notion of fulfilling a lifelong dream, attending the local community college, earning an LPN nursing degree, and finding employment at Watauga County Hospital. I must admit her desire to leave home and work was not met well by Argus, my grandfather. In their culture, women did not have to work for a living, the man of

the house provided for all financial wants and needs for his family. Any other arrangement was an insult to his manhood and his ability to bring home the bacon. Too many nights I witnessed harsh discussions on the practicality of the cost of the courses, the funds needed for travel, and the impropriety of her desire to be "better than her husband."

I would also be hiding the truth if I did not point out that Argus and Grace, God love them, were seeming bitter enemies in any debate or subject up for discussion. I often wondered as a child why they married. What was this arrangement between two people that joined them as one, yet hung as a yoke on their very souls? It was more than any child could either work through or begin to unravel. The daily conflict sent me a clear message; relationships, family, and rearing children were most likely messy, unfulfilling, and something to steer clear of. This opinion was only underscored by the fact my biological mother became pregnant at 15 and married another man who was not my father so everyone could save face. They divorced after a brief marriage, after which I was adopted by Argus and Grace (my grandparents) so that the legal father had no subsequent rights to me. After all, he ended up such a failure. He had to live in LA, owned a world-renowned recording studio and put up with the likes of mixing and producing such artists as Barbra Streisand, Boz Scaggs, The Commodores, and Frank Sinatra.

I was able to meet him twice, once in 1974 and once in 1980. He was a kind and gentle soul. I only regret I could not know him more than the few hours that we were able to visit. He passed in 1998.

My biological father, on the other hand, stole money from his parents, seduced an alarming number of his female high school classmates and teachers, and delivered moonshine for his uncle to make some spending money. In his defense though, he did see that his sister had food to eat and went to school. We talk on the phone frequently as he is alive at this writing, and he cannot understand why I can't accept him as my father, have a relationship, meet for family gatherings, and ignore the fact he had nothing to do with me for 63 years. I told him Argus Wilson was my father and that I would not insult that relationship and love by suddenly accepting him in lieu of the truth. I know he is troubled by that, but I did not create the situation.

EVENTS & OPPORTUNITIES

IL signage replacement continues

Our signage updates continue to move along! Current fourth floor, fifth floor, and garden apartment wayfinding, room, and apartment number signs have been removed. New signs will be installed the week of Oct. 6. In the meantime, please do not remove the temporary paper signs.

Apartment signage will still feature resident names. Please contact Sarah at (785) 323-3878 with questions.

From Our Hearts to Theirs

submitted by the Employee Appreciation Fund Committee

Meadowlark is a successful, welcoming community. The staff is important, and the longevity of staff is equally important. Residents and friends for Meadowlark can help support the staff by giving to the Employee Appreciation Fund. Please know that the gift committee receives no information about the amount that any individual gives. We encourage everyone to contribute and to do your best to keep the best. The process is totally confidential. How much you give is your choice. All funds are placed in a lockbox at the Hospitality Desk and then taken directly to the bank.

Note: The Employee Appreciation Fund gifts are not processed by Meadowlark Foundation.

Maintenance Work Requests

Reminder to all residents: Please submit work requests for the maintenance team through the front desk. You may tell the staff, but they may forget if they are in the middle of another job. Turning in a work request to the front desk is the best way to submit. Thank you!

Thundering Cats!

Friday, Oct. 3, at 7 p.m.

Meadowlark is excited to welcome back the Thundering Cats at 7 p.m. Friday, Oct. 3, in the Event Center! They are calling this their “Count Basie and all that Kansas Jazz” performance featuring Count Basie Band tunes! All are welcome, and it’s a show you don’t want to miss!

Meadowlark Cart Rides

Saturday, Oct. 4 & Oct. 11

Enjoy our fall weather with a cart ride around campus. The sumac is bright red and goldenrod provides nourishment for the honeybees. The Outdoors Committee has arranged for six options over the next two Saturday mornings. Sign up at the Hospitality Desk for a ride on Saturday, Oct. 4, or Oct. 11. Departure times are 9, 9:30, and 10 a.m. Please meet at the main entrance door for your ride!

KSU Football Watch Party!

Saturday, Oct. 4, at 11 a.m.

All are invited on Saturday, Oct. 4, to the Kansas Room, Verna Belle’s Lounge, and Prairie Star pub to watch our K-State Wildcats take on the Baylor Bears. Light refreshments will be served during the game. The time of the game is 11 a.m.

Worship Services

Sunday, Oct. 5, at 10 & 11 a.m.

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10 a.m. or 11 a.m. on Sunday, Oct. 5, in the Community Room/Chapel. This week, Melanie will explore the lessons of faith from Hollywood’s culture.

All are welcome to enjoy coffee and fellowship before or after worship in the lobby between 9:30 a.m. and 12 p.m.

Town Meeting

Monday, Oct. 6, at 9:30 a.m.

All Meadowlark residents are invited to attend October’s Town Meeting at 9:30 a.m. Monday, Oct. 6, in the Event Center. Town Meeting is a great opportunity to hear Meadowlark updates from leadership team members, ask questions, and learn what to expect for activities and entertainment throughout the month!

Prairie Star Writing Group

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

Join the Prairie Star Writers, led by Cathy Hedge, at 1 p.m. Tuesday, Oct. 7, in the Patriot Room. This session’s theme is “My Bucket List: Done or Still to Do?” Share what you’ve accomplished, what dreams remain, and the memories that mean the

EVENTS & OPPORTUNITIES

most. Meetings are held the first and third Tuesdays. Come write and connect!

Volunteer & Tech Helper

Tuesday, Oct. 7, at 4 p.m.

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Tuesday, Oct. 7, in the Kansas Room. Deborah looks forward to building connections through this opportunity and meeting others, so be sure to stop by during her visits on the first and third Tuesday of every month!

Page Turners Book Club

Wednesday, Oct. 8, at 11:30 a.m.

Join the Page Turners Book Club on Wednesday, Oct. 8, at 11:30 a.m. in the Patriot Room, as we continue our discussion of *Rebecca* by Daphne du Maurier. First published in 1938, this classic gothic novel is such a compelling read that it won the Anthony Award for Best Novel of the Century. It fuses psychological realism with a sophisticated version of the Cinderella story. Many of du Maurier's stories were popularized by filmmaker Alfred Hitchcock, including *Rebecca*. You do not need to attend each group to participate. Come when you are able! If you have questions, please contact Katie in Community Programs at ksigman@meadowlark.org or (785) 323-3899.

Ladies Luncheon

Thursday, Oct. 9, at 11:30 a.m.

All Meadowlark ladies, Passport ladies, and their guests are invited to the October Ladies Luncheon. Our speaker will be Scott Voos, Executive Director of Be Able, which is an organization in Manhattan that engages with those in adversity by creating connections, cultivating skills, and opening doors of opportunity. Scott is sure to be interesting and informative.

The meal will include beef stew in a bread bowl, a tomato-cucumber-onion salad, and sweet potato pie with a dollop of whipped cream for \$13. As usual, if for some reason you cannot eat the planned menu, please indicate an option you can eat next to your name when you sign up to attend.

Please register by Wednesday, Oct. 8, in the Blue Book at the Hospitality Desk to join us for the

meal. Come meet new people and talk with old friends!

Caring Conversations for People with PD

Thursday, Oct. 9, at 11:30 a.m.

Join this opportunity to share your experiences and receive support from others with a Parkinson's or Parkinsonian diagnosis. It is open to all with a diagnosis at any stage of your journey. The next meeting is at 11:30 a.m. Thursday, Oct. 9, in the Flint Hills Room.

Blood Pressure Check

Thursday, Oct. 9, at 1 p.m.

Meadowlark Home Care hosts a monthly Blood Pressure Clinic on the second Thursday at 1 p.m. in the Kansas Room. The next scheduled clinic is Thursday, Oct. 9, at 1 p.m. No sign-up required.

Knitting & Crocheting Group

Thursday, Oct. 9, 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, Oct. 9, for a fun, social, creative opportunity. All skill levels are welcome!

You're Invited: Kansas 4-H Foundation Gathering at Meadowlark

Friday, Oct. 10, at 4 p.m.

Do you have fond memories of 4-H and Rock Springs Ranch? Join us for a special gathering hosted by the Kansas 4-H Foundation on Friday, Oct. 10, from 4 to 5 p.m. in the Event Center.

Enjoy light refreshments while hearing the latest news with Kansas 4-H and connecting with neighbors, friends, and Kansas 4-H youth. This gathering is a great way to learn more about the impact of 4-H across Kansas and is also an opportunity to meet members of the Kansas 4-H Foundation team.

Open to all Meadowlark Hills residents, Passport members, and guests. Please sign up in the Blue Book at the Hospitality Desk by Friday, Oct. 3, if

See EVENTS, page 10

EVENTS, from page 9

you plan to attend. We look forward to seeing you there!

KSU Football Watch Party!

Saturday, Oct. 11, at 2:30 p.m.

All are invited on Saturday, Oct. 11, to the Kansas Room, Verna Belle's Lounge, and Prairie Star pub to watch our K-State Wildcats take on the TCU Horned Frogs for Homecoming 2025. Light refreshments will be served during the game. The time of the game is 2:30 p.m.

Medicare Open Enrollment

Oct. 15 to Dec. 7, 2025

It's that time of year again. Time to review your Medicare insurance coverage and make changes to that coverage, if needed.

This year it is more important than ever to review the coverage you have. Several insurance companies are dropping their Medicare Advantage programs. This is due to the cuts made to the deductibles, co-pays, and cost shares. If you are on a Medicare Advantage Plan, you will receive a notice if the company will be dropping coverage. **Please pay close attention to any mailings from the insurance companies in the next few weeks.**

Any dropped Medicare Advantage coverage will automatically roll into the regular/original Medicare Program. However, anyone who loses coverage will still need to obtain Medicare Part D coverage. There also may be a need to sign up for a Medicare Supplemental Plan.

The Meadowlark Finance Team is here to help you navigate the maze of Medicare insurance. We are blessed to have a trained SHICK volunteer (Senior Health Insurance Counselor) working with the Finance team. James Beck, Meadowlark resident, has stepped in to work individually with residents utilizing Medicare.

Beck's availability is listed in the Blue Book at the Hospitality Desk. Please sign up for a time and date that works for you. The Finance team also will be available to assist you with the Medicare Open Enrollment process.

Making sure you have the insurance coverage you need is one of the Finance team's goals. Let us know how we can assist you during the upcoming Open Enrollment period.

Technology Help Drop In

Thursday, Oct. 16, at 9 a.m.

Are you new to technology or need help with existing computer questions? Take advantage of one-on-one help with tablets, laptops, and phones. This opportunity is offered by Wandeau Rivers with Manhattan Public Library every third Thursday from 9 to 11 a.m. in the Game Room. Registration is not required to attend.

Veterans Group

Thursday, Oct. 16, at 10 a.m.

Veterans and their spouses are invited for coffee and conversation at 10 a.m. Thursday, Oct. 16, in the Manhattan Room. This group meets every third Thursday.

Card Making with Michelle Lehmer

Thursday, Oct. 16, at 2:30 p.m.

The next Card Making with Michelle Lehmer class will occur on Thursday, Oct. 16, at 2:30 p.m. in the Flint Hills Room. She provides card making supplies for FREE! It's a fun time for all.

Celebration of Life: Mary Lou Basham

Friday, Oct. 17, 3 to 5 p.m.

A celebration of Mary Lou Basham's life will be held on Friday, Oct. 17, from 3 to 5 p.m. at Prairie Star Restaurant at Meadowlark. All who knew Mary Lou, a longtime Meadowlark resident, are warmly welcome.

Funeral services will be held at 10 a.m. Saturday Oct. 18, at Yorgensen-Meloan-Londeen Funeral Home in Manhattan. Interment will follow in the Sunrise Cemetery in Manhattan.

In lieu of flowers, the family suggests donations to, Meadowlark Foundation to benefit the Good Samaritan Fund,.

Shopping at Target & Dollar Tree

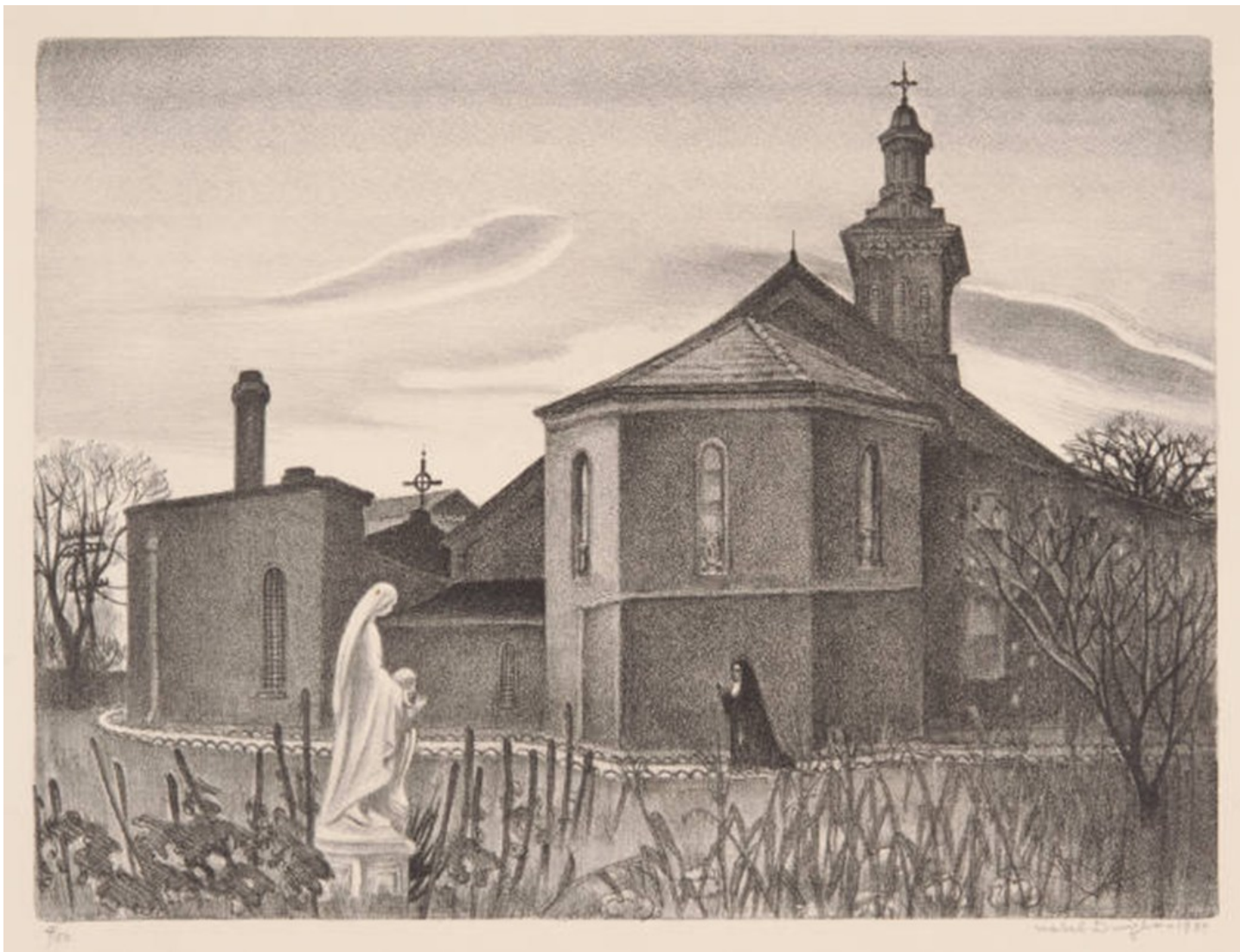
Saturday, Oct. 18, at 10:30 a.m.

The next scheduled trip is Saturday, Oct. 18, with transportation going to Target and Dollar Tree West. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m.

Next month's trip will travel to Hobby Lobby and Dollar Tree East on Saturday, Nov. 15. Please sign up in the Blue Book to participate.

Art Engagement *from the* Beach Museum of Art

Emphasis is a principle of art used to tell a story in an artwork. The object or area of emphasis is called a focal point, and a composition may have multiple focal points. An artist may use object placement, color, or contrast to attract the viewer's eye to the item of interest. The order in which the viewer notices multiple focal points is related to the degree of prominence of each object. As you gaze upon this print, where does your eye land initially, then next, and so forth. How does this order begin to shape the story of this artwork for you?



Mabel Dwight (United States, 1876 - 1955), Title unknown, 1934, Lithograph on paper, KSU, Marianna Kistler Beach Museum of Art, 2017.555

WHY, from page 1

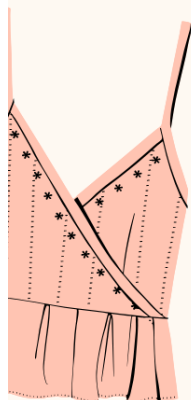
Schoenhofer, Assistant Director of Nursing Kashaya Zukowske, and Community Healthcare Recruiter Jericho Taylor will discuss their work and commitment to keeping Meadowlark Hills safe and staffed.

~ Oct. 29 - Nate McClendon – Why is Grief so Complicated?

~ Nov. 5 - Scott Voos and Stephanie Gryniewicz – Why Can't People Just Get a Job?
~ Nov. 12 - Rev. Melanie Nord – Why Aren't People Going to Church?
~ Nov. 19 - Healthcare Panel: Jennifer Schoenhofer, Kashaya Zukowske, Jericho Taylor – Why Aren't More People Joining into Geriatric Nursing?



Clothing Drive



Hosted by the Meadowlark Ambassadors

**Wednesday,
October 8, 2025
10 a.m. to Noon**



Clothing must be clean, and in either new or gently used condition. Items with holes and/or stains will not be accepted.

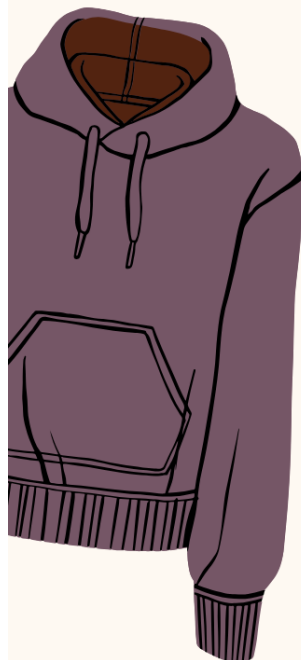
Local Donation Beneficiaries:

Be Able

The Budget Shop

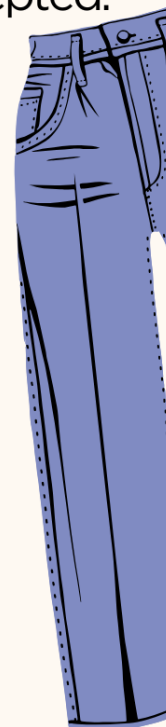
Encore Shop

United Methodist Thrift Shop



Most Needed Items:

Men's & Women's jeans, athletic pants, and sweatpants
Men's & Women's long sleeve t-shirts, blouses, & sweatshirts
Men's & Women's sturdy shoes (athletic shoes, boots, etc)
Men's & Women's belts & underwear
Men's & Women's pajama bottoms
Kid's Clothing



Donations will be accepted in the Event Center

Associated Audiologists

is coming to

Meadowlark Hills

Dr. Molly Whiteley, Au.D.
with Associated Audiologists, Inc.
will be at Meadowlark Hills

Tuesday, October 14, 2025
1:00 pm –3:00 pm



****SEEN BY APPOINTMENT ONLY****
Call Associated Audiologists to schedule
785-539-7361

ON-SITE SERVICES INCLUDE:

(Service fees may apply)

- Consultations regarding state-of-the-art hearing aid technology
- Hearing aid cleaning and maintenance
- Assistive device recommendations
- Hearing aid batteries and wax filters for purchase
- Will answer your questions regarding hearing care issues



Clinic Address: 1133 College Ave., Building A, Suite 101A, Manhattan KS 66502

RESTAURANT **SPECIALS**

Sunday, Oct. 5	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$16 Dinner Beef Tips Mashed Potatoes & Gravy Broccoli
Monday, Oct. 6	\$11 Lunch Cheeseburger Sliders French Fries	\$17 Dinner Chicken Fajitas Refried Beans Mexican Rice
Tuesday, Oct. 7	\$10 Lunch Bacon-Cheddar-Egg Salad <i>served on a Croissant</i> Breakfast Potatoes	\$15 Dinner Beef Stroganoff Garlic Breadsticks Roasted Broccoli
Wednesday, Oct. 8	\$11 Lunch Buffalo Chicken Wrap Sweet Potato Fries	\$14 Dinner Fried Pork Cutlet Mashed Potatoes & Gravy Green Beans
Thursday, Oct. 9	\$9 Lunch Reuben Bratwurst Potato Salad	\$14 Dinner Garlic-Rosemary Chicken Smashed Potato Broccoli
Friday, Oct. 10	\$11 Lunch Pizza Bar	\$15 Dinner Fish & Chips Coleslaw
Saturday, Oct. 11	\$11 Lunch BBQ Chicken Sandwich Broccoli Salad	\$15 Dinner Fried Chicken Mashed Potatoes & Gravy Corn

Weekly Opportunities Calendar Oct. 5 to Oct. 11

Sunday • Oct. 5 *Put your trash at the curb!*

8:45 a.m. ~ Transport to College Ave UMC, VE
 9:30 a.m. ~ Sunday Morning Fellowship, VE
 10:00 a.m. ~ Transport to College Ave UMC, VE
 10:00 a.m. ~ Worship Service, CR
 10:30 a.m. ~ Transportation to FUMC, VE
 11:00 a.m. ~ Worship Service, CR

Monday • Oct. 6 *Trash & Recycle pick-up*

8:30 a.m. ~ IL Resident Council, BR
 9:30 a.m. ~ Town Meeting, EC
 9:30 a.m. ~ Seated Strength, CR/**1960**
 9:30 a.m. ~ Memory Care Partners Group, **STM**
 10:00 a.m. ~ Art Committee, 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**
 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. ~ Tai Chi, **1960 only**
 5:30 p.m. ~ Tuttle Creek Dinner, MR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Oct. 7

10:00 a.m. ~ Memory Activities, EC
 10:15 a.m. ~ Mat Yoga, KSU CL
 10:30 a.m. ~ Steady Yourself, CR/**1960**
 11:15 a.m. ~ Chair Yoga, CR/**1960**
 12:00 p.m. ~ Kimball Luncheon, BR
 1:00 p.m. ~ Prairie Star Writers Group, PR
 2:00 p.m. ~ 10-Point Pitch Group, GR
 2:00 p.m. ~ Social Circles, PS
 2:00 p.m. ~ Water Media Painting, KSU CL
 3:00 p.m. ~ Coffee Corner, EC
 3:30 p.m. ~ Ambassadors Meeting, BR
 4:00 p.m. ~ Tech Help, FHR

Wednesday • Oct. 8

9:30 a.m. ~ Seated Strength, CR/**1960**
 10:00 a.m. ~ Clothing Drive, EC
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 10:00 a.m. ~ Memory Care Partners Group, 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. ~ North Monarch Luncheon, MR

Wednesday • Oct. 8, *continued*

11:30 a.m. ~ Lutheran Luncheon, BR
 11:30 a.m. ~ Page Turners Book Club, PR
 2:00 p.m. ~ Tai Chi, **1960 only**
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Sing-a-long, FHR
 4:00 p.m. ~ 4th Floor Social, FHR

Thursday • Oct. 9

9:00 a.m. ~ Messenger Team, KSU CL
 10:00 a.m. ~ Mat Yoga, KSU CL
 10:30 a.m. ~ Steady Yourself, CR/**1960**
 11:15 a.m. ~ Chair Yoga, CR/**1960**
 11:30 a.m. ~ PD Care Partner Social, PS
 11:30 a.m. ~ Caring Conv. For People w/ PD, FHR
 11:30 a.m. ~ Ladies Luncheon, EC
 1:00 p.m. ~ Parkinson's Exercise Class, **1960 only**
 2:00 p.m. ~ PD Care Partner Group, FHR
 2:00 p.m. ~ Water Media Painting, KSU CL
 2:30 p.m. ~ Knitting & Crocheting, KR
 4:15 p.m. ~ Meadowlark Singers Practice, CR
 5:30 p.m. ~ Eastside Supper, BR

Friday • Oct. 10

7:30 a.m. ~ Rock Steady Boxing, **BF**
 9:30 a.m. ~ Seated Strength, CR/**1960**
 10:30 a.m. ~ Weights 101, CR/**1960**
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**
 2:30 p.m. ~ Fanny & Furby, KR
 4:00 p.m. ~ KS 4-H Foundation Gathering, EC

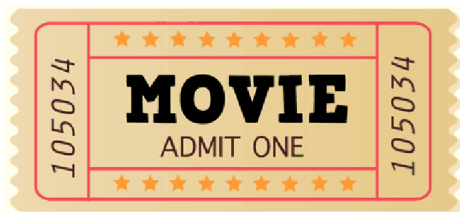
Saturday • Oct. 11

9:00 a.m. ~ Tai Chi, **1960 only**
 9:30 a.m. ~ Band Bust Exercise Class, **1960 only**
 2:30 p.m. ~ KSU Football Watch Party, PS

Room Abbreviations

1960, TV Channel 1960
BF, Body First
 BR, Bison Room
 CR, Community Room
 CY, Courtyard
 EC, Event Center
 FHR, Flint Hills Room
 GC, Grosh Cinema
 KR, Kansas Room

KSU CL, KSU Classroom
MM, 120 Scenic Drive
 MR, Manhattan Room
 PR, Patriot Room
 PS, Prairie Star Restaurant
STM, St. Thomas More Church
 VBL, Verna Belle's Lounge
 VE, Village Entrance
WPL, Wamego Public Library



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. 5

WILLOW (1988) PG, 2 hr. 7 min. *Fantasy, Action Adventure*

Cast: Val Kilmer, Joanna Whalley, & Warwick Davis

Willow finds an abandoned baby girl destined to end an evil queen's reign.

MONDAY: Oct. 6

MY OXFORD YEAR (2025) PG-13, 1 hr. 52 min. *Coming-of-Age, Romance*

Cast: Sofia Carson, Corey Mylchreest, & Dougray Scott

When Anna, an ambitious young American woman, sets out for Oxford University to fulfill a childhood dream, she has her life completely on track until she meets a charming and clever local who profoundly alters both of their lives.

TUESDAY: Oct. 7

ANGELS & DEMONS (2009) PG-13, 2 hr. 18 min. *Conspiracy Thriller, Suspense*

Cast: Tom Hanks, Ewan McGregor, Ayelet Zurer

Harvard symbologist Robert Langdon works with a nuclear physicist to solve a murder and prevent a terrorist act against the Vatican during one of the significant events within the church.

WEDNESDAY: Oct. 8

WHITE NOISE (2005) PG-13, 1 hr. 41 min. *Thriller, Drama, Supernatural Horror*

Cast: Michael Keaton, Deborah Unger, & Ian McNeice

An architect's desire to speak with his wife from beyond the grave becomes an obsession with supernatural repercussions.

THURSDAY: Oct. 9

THE VERDICT (1982) R *for language and mild violence*, 2 hr. 9 min. *Legal Drama*

Cast: Paul Newman, Charlotte Rampling, & Jack Warden

An alcoholic Boston lawyer fights a law firm dean.

FRIDAY: Oct. 10

AS GOOD AS IT GETS (1997) PG-13, 2 hr. 19 min. *Romantic Comedy, Drama*

Cast: Jack Nicholson, Helen Hunt, & Greg Kinnear

A single mother and waitress, a misanthropic author, and a gay artist form an unlikely friendship after the artist is assaulted in a robbery.

SATURDAY: Oct. 11

THE LONGEST YARD (2005) PG-13, 1 hr. 53 min. *Slapstick Comedy, Sport*

Cast: Adam Sandler, Burt Reynolds, & Chris Rock

Prison inmates form a football team to challenge the prison guards.