

## The Wall that Heals

*Traveling Vietnam Veterans Memorial Wall comes to Wamego, Kan. this weekend*



The Wall That Heals, at 3/4-scale replica of the Vietnam Veterans Memorial, is coming to Wamego, Kan. Thursday, June 14 to Sunday, June 17. The Wall That Heals will be located in the Wamego City Park and is open to the public and free to attend.

The Opening Ceremony begins at 10 a.m. Thursday, June 14, at Wamego City Park. In attendance will be the Commanding General's Mounted Color Guard from Fort Riley; Roger Donlan, first recipient of Medal of Honor in Vietnam (1964); Tracey Mann, Kansas Lt. Governor; Ron Highland, Kansas State Representative; Paul Olsen, Facility Manager for Caterpillar Wamego Operations; and Merl Page, Wamego City Manager.

The Closing Ceremony starts at 1 p.m. Sunday, June 17 at Wamego City Park. In attendance will be Michael Dodson, Retired LTGen; Greg Rusk, Work Tools Global Operations Manager for Caterpillar Wamego Operations; officials from the City of Wamego and Chamber of Commerce; and Jerry Moran, United States Senator. The closing ceremony will include a 21-Gun Salute and Taps.

The new, larger exhibit includes a three-quarter scale Wall replica that is 375 feet in length and stands 7.5 feet high at its tall point. Visitors will be able to experience The Wall rising above them as they walk towards to apex, a key feature in the design of The Wall in D.C. For the first time in the history of The Wall That Heals, visitors will be able to do name rubbings of individual service member's names on The Wall.

More than 250,000 people visited The Wall That Heals in 2016. Since its debut in 1996, the exhibit has been on display in nearly 500 U.S. communities, the Four Provinces of Ireland and Canada. The Wall That Heals is transported from community to community by a trailer with cases built into its sides, allowing it to serve as a mobile Education Center that tells the story of the Vietnam War, The Wall and the divisive era in American history. The 2018 national The Wall That Heals tour is halted through a partnership with Truckload Carriers Association (TCA) and the trucking industry and generously sponsored by USAA.

### **Exercise class, canceled**

Steady Yourself and Chair Yoga class will be canceled Thursday, June 14. Seated Strength and Weights 101 classes will be canceled Friday, June 15. Sit & Be Fit and Parkinson's Exercise will meet Friday, June 15. All canceled classes will resume their normal schedule the week of June 18.

### **Donations accepted**

Steve's Floral accepts vases that you are no longer using. You can learn more about how to donate your unused vases by contacting Marcia Smies at (785) 307-0315.

### **Pizzaz Salon, closed for holiday**

Pizzaz Salon will be closed July 2 to 6 to allow Shannon and Kathy the opportunity to spend some time with family. Please call the salon at (785) 537-6189 to schedule your appointment if you'd like to be seen prior to their time off.

### **Window Washing**

Members of the Meadowlark maintenance team will be coming around the week of June 18 to remove window screen in preparation for the window washers. Window washing is scheduled to begin Tuesday, June 26. Please contact Mike Davis, Environmental Services Leader, at (785) 323-3851 with questions.

### **Parking stall construction**

Starting Monday, June 18, work will begin to add parking spaces in front of the Prairie Star Patio next to the existing parking spots. Visitor parking will be blocked off while the work is being completed. Please avoid the area as much as possible. The project is expected to be completed by Friday, June 29, weather permitting.

### **Memorial Service for Diane Erbe**

**Thursday, June 14, 10:30 a.m.**

Everyone is welcome to attend the Memorial Service for Diane Erbe. The service will start at 10:30 a.m. today, June 14, in the Community Room.

### **MFD: The Early Years**

**Friday, June 15, at 7 p.m.**

Meadowlark is excited to have current and former members of the Manhattan Fire Department visit at 7 p.m. Friday, June 15, in the Community Room to present *Manhattan Fire Department: The Early Years*.

Chuck Tannehill and Micah Hydeman will share the early history of the department. While this history is a story of organizational development and technological advancement, it is really best understood in the context of the growing community it served. From a tiny settlement on the banks of the Kansas River, the city grew to include a wide range of commercial and residential structures, as well as, a nationally recognized university. As Manhattan grew, so did its public safety requirements. Initially comprised of a handful of public-spirited volunteer firefighters, Manhattan's Fire Department eventually developed into a full-time organization professionally-trained and equipped to meet the demands of a thriving community.

### **Vespers Services**

**Sunday, June 17, at 7 p.m.**

The Vespers services will be led by Reverend Jerry Reynolds from First Lutheran Church. Vespers service will begin at 7 p.m. Sunday, June 17, in the Community Room. All are welcome.

### **Intermediate Meditation**

**Tuesday, June 19, at 10:30 a.m.**

You're invited to join Erin Davis for Intermediate Meditation at 10:30 a.m. Tuesday, June 19, in Grosh Cinema. In this class, participants work toward the goal of engaging in relaxed breathing and calmed focus. The class will utilize aromatherapy for a more complete sensory experience. Those with practice may find the Intermediate Class more beneficial.

Please sign up in the Blue Book to reserve your spot as seating is limited. Please contact Michelle Haub at (785) 323-3899 with questions.

### **Emily's Feature Dessert**

**Tuesday, June 19, at 3 p.m.**

Emily's Feature Dessert for Coffee Corner Tuesday, June 19, is a Banana Bar. Come enjoy this delicious dessert!

### **Change & Loss Series**

**Wednesday, June 20, at 2 p.m.**

The final meeting for the Change & Loss Series is scheduled for 2 p.m. Wednesday, June 20. All who are interested are invited to attend.

### **Speedy Pd Art Class**

**Thursday, June 21, at 10:30 a.m.**

Join us to make the art for the age-group awards for the Speedy Pd Race. People with Parkinson's and any who have been affected by Pd are encouraged to make the awards that give the Speedy Pd the most unique Age Group Awards in the region. Kathrine Schlageck, Beach Museum Education Director, provides the materials, education and inspiration. No previous art experience is needed. Workshops will be in the South Conference Room at Meadowlark Hills on Thursdays from 10:30 a.m. to 12 p.m. on the following dates: June 14, 21, 28 & July 12, 19, 26.

### **Low Vision Support Group**

**Thursday, June 21, at 2 p.m.**

Low Vision Support Group will meet at 2 p.m. Thursday, June 21, in the KSU Classroom. All who are interested are invited to attend.

### **PD Webinar**

**Friday, June 22, at 10:30 a.m.**

You're invited to join the Parkinson's disease webinar titled Exercise for Parkinson's Disease. Exercise is often prescribed for people with Parkinson's as one of the most important parts of their treatment plan. The panelists will discuss what research is telling us about exercise and PD and how you can integrate physical activity into your daily life. All who are interested are invited to attend.

### **Parkinson's Partners Luncheon**

**Friday, June 22, at 12 p.m.**

Join the Parkinson's Partners Luncheon for a relaxing lunch from noon to 1 p.m. Friday, June 22, in the Community Room. Please sign up in the Blue Book by Monday, June 18. Cost is approximately \$9 per person.

### **Birthday Party for Jane Westfall**

**Saturday, June 23, at 3 p.m.**

You're invited to celebrate the 90th birthday of Dr. Jane Westfall from 3 to 5 p.m. Saturday, June

23, in the Community Room. Cake and punch will be served. Jane requests no gifts, please.

### **Meadowlark Fishing Tournament**

**Friday, June 29, to Friday, July 6**

It's time for the second annual Meadowlark Fishing Tournament! The tournament is open to all residents, staff and family members and will take place at Bayer Pond on Meadowlark's campus. Not only will you have a good time fishing, you also have the chance to compete for some great prizes!

Residents Terry Livingston and Don Rasmussen will lead the kick-off meeting for the tournament at 2 p.m. Friday, June 29, in the KSU Classroom. The tournament will run from 3 p.m. Friday, June 29, through noon Friday, July 6. A post-tournament gathering and awards ceremony will be at 2 p.m. Friday, July 6, in the KSU Classroom.

If you have questions regarding the Fishing Tournament, please contact Monte Spiller at (785) 323-3801.

### **Denims & Lace on the Patio**

**Friday, June 22, at 7 p.m.**

With summer here, let's get out on the Prairie Star Patio and listen to some good music! Meadowlark welcomes for the first time Denims & Lace! At 7 p.m. Friday, June 22, this foursome is a self-describes variety dance band that will have you out of your seat, moving and grooving.

### **Day Trip to Lawrence, Kansas**

**Wednesday, June 27, 9 a.m.**

Wednesday, June 27, we will be taking a day trip to the Spencer Museum of Art located on the University of Kansas' campus. We will have a guided tour of their feature exhibit "Big Botany: Conversations with the Plant World." After the tour you will have some time to explore other parts of the museum on your own. We then will have lunch at Free State Brewery, where lunch will be the responsibility of each individual.

There is a sign-up sheet located in the Blue Book at the Hospitality Desk and we will depart from the Village Entrance at 9 a.m. The cost for transportation is \$7 per person and admittance into the museum is free.

## **A List for Aging: Things to Remember**

*Author Unknown / submitted by Frances Holcombe*

1. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard-earned capital.
2. Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter and support. The responsibility is now theirs to earn their own money.
3. Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. Keep in touch with your doctor, do tests even when you're feeling well. Stay informed.
4. Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together
5. Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you.
6. Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbor and remember: "A man is not old as long as he has intelligence and affection."
7. Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.
8. Don't lose sight of fashion trends for your age, but keep your own sense of style. There's nothing worse than an older person trying to wear the current fashion among youngsters. You've developed your own sense of what looks good on you – keep it and be proud of it. It's part of who you are.
9. ALWAYS stay up-to-date. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised what old friends you'll meet. Keeping in touch with what is going on and with the people you know is important at any age.
10. Respect the younger generation and their opinions. They may not have the same ideals as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.
11. Never use the phrase: "In my time." Your time is now. As long as you're alive, you are part of this time. You may have been younger, but you are still you now, having fun and enjoying life.
12. Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better.
13. Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. If you've lost your partner (our deepest condolences), then find a person to move in with you and help out. Even then, do so only if you feel you really need the help or do not want to live alone.
14. Don't abandon your hobbies. If you don't have any, make new ones. Find something you like and spend some real time having fun with it.
15. Even if you don't feel like it, try to accept invitations. Baptisms, graduations, birthdays, weddings, conferences. Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). But don't get upset when you're not invited. Some events are limited by resources, and not everyone can be hosted. The important thing is to leave the house from time to time.
16. Be a conversationalist. Talk less and listen

more. Some people go on and on about the past, not caring if their listeners are really interested. That's a great way of reducing their desire to speak with you. Listen first and answer questions, but don't go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things, and people have a low tolerance for hearing complaints.

17. Pain and discomfort go hand-in-hand with getting older. Try not to dwell on them but accept them as a part of the cycle of life we're all going through. They are not who you are, they are something that life added to you.

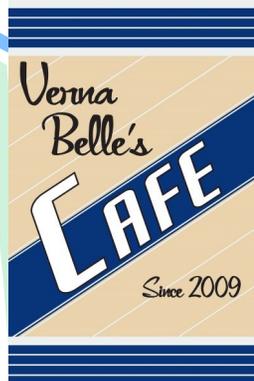
18. If you've been offended by someone - forgive them. If you've offended someone - apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget and move on with your life.

19. If you have a strong belief, savor it. But don't waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration.

20. Laugh. Laugh A LOT. Laugh at everything. Find the humor in your situation.

21. Take no notice of what others say about you and even less notice of what they might be thinking. They'll do it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. Now is the time to be at rest, at peace and as happy as you can be!

*REMEMBER: "Life is too short to drink bad wine and warm beer."*



## LUNCH & BREAKFAST SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.  
Saturday & Sunday, 7 to 11 a.m.  
(785) 323-3818

### Sunday, June 17

**Breakfast:** Omelets with Fruit

### Monday, June 18

**Breakfast:** Biscuits & Gravy

**Lunch:** Steak Fajita Quesadilla with Choice of Side *seasoned flank steak, cheddar cheese, sautéed peppers and onions grilled in a crispy tortilla*  
~ \$3.99 / \$5.99

### Tuesday, June 19

**Breakfast:** Breakfast Sandwich & Fruit

**Lunch:** Grilled Chicken and Mac & Cheese Bowl *mac & cheese topped with grilled chicken and choice of veggies from the salad bar* ~ \$5.99

### Wednesday, June 20

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** Street Tacos with Choice of Side *pulled pork, cheddar cheese, cilantro-lime slaw and creamy avocado sauce in a street taco* ~ \$3.99 / \$5.99

### Thursday, June 21

**Breakfast:** Biscuits & Gravy

**Lunch:** Chicken Parmesan Sandwich with Side *shredded chicken, marinara sauce, parmesan and mozzarella cheese on buttered garlic bread*  
~ \$3.99 / \$5.99

### Friday, June 22

**Breakfast:** Waffle or Pancake

**Lunch:** Turkey Cranberry Panini with Choice of Side *turkey, cranberry sauce, and Swiss cheese on toasted wheatberry bread* ~ \$3.99 / \$5.99

### Saturday, June 23

**Breakfast:** Omelets with Fruit

# PRAIRIE★STAR RESTAURANT

**Restaurant Hours**  
**Monday to Saturday, 10:30 a.m. to 8 p.m.**  
**Sunday, 10:30 a.m. to 7 p.m.**

All specials include beverage, starter and dessert.  
 An extra vegetable can be substituted for the starch at no additional charge.  
 The restaurant can accept up to four reservation per time, depending on party size.  
 Reservations can be made in person or by calling 323-3820.

<b>SUNDAY</b>	June 17 ~ Lunch \$12	Dinner \$11
	Baked Corn Flake Ranch Chicken Havarti Mashed Potatoes Vegetable du Jour	Ham Loaf Au gratin Potatoes Vegetable du Jour
<b>MONDAY</b>	June 18 ~ Lunch \$10	Dinner \$13
	Sweet & Sour Pork Steamed Rice Choice of Vegetable	Swiss Steak Mashed Potatoes Vegetable du Jour
<b>TUESDAY</b>	June 19 ~ Lunch \$7	Dinner \$12
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Chicken Breast ala Orange Wild Rice Vegetable du Jour
<b>WED.</b>	June 20 ~ Lunch \$10	Dinner \$13
	Hot Turkey Sandwich Mashed Potatoes <i>with Gravy</i> Choice of Vegetable	Balsamic Pork Tenderloin Polenta Vegetable du Jour
<b>THURS.</b>	June 21 ~ Lunch \$7	Dinner \$14
	Pizza Bar <i>(does not include drink, starter, or dessert)</i>	Trout Almandine Roasted Red Potatoes Vegetable du Jour
<b>FRIDAY</b>	June 22 ~ Lunch \$10	Dinner \$12
	Salisbury Steak Mashed Potatoes Choice of Vegetable	Grilled Cilantro Lime Chicken Breast <i>with Mango Salsa</i> Lime Rice Vegetable du Jour
<b>SAT.</b>	June 23 ~ Lunch \$10	Dinner \$15
	Chicken Quesadilla Black Beans Mexican Rice	Steak Baked Potato Vegetable du Jour

**DRINK SPECIAL** | Rum & Pineapple  
 2 oz. Malibu Rum & 4 oz. Pineapple Juice  
 \$3.75

## Grosh Cinema Movies

Sunday, June 17, to Saturday, June 23, 2018

Show Times: 1, 4 and 7 p.m., Monday – Saturday / 2 and 6 p.m., Sunday

### **Sunday, June 17 — Hercules (1997)**

■ The son of the Greek Gods Zeus and Hera is stripped of his immortality as an infant and must become a true hero in order to reclaim it.

■ Co-Starring: Tate Donovan, Susan Egan & James Woods

■ Rated G; 1 hr. 33 min.

### **Monday, June 18 — Little Women (1994)**

■ An autobiographical account of Louisa May Alcott's life with her three sisters in Concord, Massachusetts in the 1860s. With their father fighting in the American Civil War, sisters Jo, Meg, Amy and Beth are at home with their mother

■ Co-Starring: Susan Sarandon, Winona Ryder & Kirsten Dunst

■ Rated PG; 1 hr. 55 min.

### **Tuesday, June 19 — The Hollars (2016)**

■ A man returns to his small hometown after learning that his mother has fallen ill and is about to undergo surgery.

■ Co-Starring: Sharlto Copley, Margo Martindale & John Krasinski

■ Rated PG-13; 1 hr. 28 min.

### **Wednesday, June 20 — Dial M for Murder (1954)**

■ An ex-tennis pro carries out a plot to murder his wife. When things go wrong, he improvises a brilliant plan B.

■ Co-Starring: Ray Milland, Grace Kelly & Robert Cummings

■ Rated PG; 1 hr. 45 min.

### **Thursday, June 21 — Changeling (2008)**

■ A grief-stricken mother takes on the LAPD to her own detriment when it tries to pass off an obvious impostor as her missing child.

■ Co-Starring: Angelina Jolie, Colm Feore & Amy Ryan

■ Rated R for violence and language; 2 hrs. 21 min.

### **Friday, June 22 — Black Panther (2018) \*Resident Request**

■ T'Challa, the King of Wakanda, rises to the throne in the isolated, technologically advanced African nation, but his claim is challenged by a vengeful outsider who was a childhood victim of T'Challa's father's mistake.

■ Co-Starring: Chadwick Boseman, Michael B. Jordan & Lupita Nyong'o

■ Rated PG-13; 2 hrs. 14 min.

### **Saturday, June 23 — Phantom of the Opera (2004)**

■ A young soprano becomes the obsession of a disfigured musical genius who lives beneath the Paris Opéra House. He kidnaps the soprano and forces the owners of the play to keep her as the lead.

■ Co-Starring: Gerard Butler, Emmy Rossum & Patrick Wilson

■ Rated PG-13; 2 hrs. 23 min.

# Weekly Opportunities Calendar *June 17 to June 23*

## Sunday • June 17

9:30 a.m. ~ Miller Worship Service, MFR  
 10:30 a.m. ~ Worship Service, CR  
 2:00 p.m. ~ Wroten Worship Service, WL  
 7:00 p.m. ~ Vespers with Rev. Jerry Reynolds, CR

## Monday • June 18

7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR  
 9:30 a.m. ~ Seated Strength, CR  
 10:20 a.m. ~ Weights 101, CR  
 11:00 a.m. ~ Sit & Be Fit, CR  
 12:00 p.m. ~ Yoga, CR  
 1:00 p.m. ~ Parkinson's Exercise, CR  
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
 1:45 p.m. ~ Parkinson's Voice & Conversation, CR  
 5:30 p.m. ~ 5th Floor Supper, MR  
 7:00 p.m. ~ Community Bingo, CR

## Tuesday • June 19

*Trash pick-up day*

10:30 a.m. ~ Steady Yourself, CR  
 10:30 a.m. ~ Intermediate Meditation, GC  
 11:15 a.m. ~ Chair Yoga, CR  
 12:00 p.m. ~ Seven Dolors Book Discussion, FHR  
 2:00 p.m. ~ LifeStory Writing Group, FHR  
 3:00 p.m. ~ Coffee Corner, CR—FEATURE DESSERT!  
 4:00 p.m. ~ Newspaper & Bible, FHR  
 5:30 p.m. ~ 2nd Floor Supper, CR  
 7:00 p.m. ~ Dominoes, GR

## Wednesday • June 20

9:30 a.m. ~ Seated Strength, CR  
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE  
 10:00 a.m. ~ Worship Service, FHR  
 10:00 a.m. ~ Memory Activities Class, KSU CR  
 10:00 a.m. ~ Memory Café, KR  
 10:00 a.m. ~ Memory Care Partners Grp, SCR  
 10:20 a.m. ~ Weights 101, CR  
 11:00 a.m. ~ Sit & Be Fit, CR  
 12:00 p.m. ~ Yoga, CR  
 1:00 p.m. ~ Pitch, GR  
 2:00 p.m. ~ Change & Loss Series, SCR  
 3:00 p.m. ~ Rock Steady Boxing, CR  
 3:00 p.m. ~ Rock Steady Boxing, CSC

3:00 p.m. ~ Call Hall Ice Cream, KR  
 4:00 p.m. ~ Lutheran Video Worship Service, FHR  
 6:30 p.m. ~ Osher Class: Civil War, CR

## Thursday • June 21

8:30 a.m. ~ Messenger Team, WCR  
 10:00 a.m. ~ Meadowlark Bible Study, FHR  
 10:30 a.m. ~ Steady Yourself, CR  
 10:30 a.m. ~ Speedy PD Art Class, SCR  
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
 2:00 p.m. ~ Class: Understanding Civic Divide, CR  
 2:00 p.m. ~ Low Vision Support Group, KSU CL  
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

## Friday • June 22

9:30 a.m. ~ Seated Strength, CR  
 10:20 a.m. ~ Weights 101, CR  
 11:00 a.m. ~ Sit & Be Fit, CR  
 10:30 a.m. ~ Parkinson's Webinar, KSU CL  
 12:00 p.m. ~ Parkinson's Partners Luncheon, CR  
 1:00 p.m. ~ Hand & Foot Card Games, GR  
 1:00 p.m. ~ Parkinson's Exercise Class, CR  
 1:00 p.m. ~ Parkinson's Care Partners Group, FHR  
 2:30 p.m. ~ Rock Steady Boxing, CSC  
 7:00 p.m. ~ Denims & Lace, PSP —WEATHER PERMITTING

## Saturday • June 23

9:30 a.m. ~ Painting for Fun, SCR  
 3:00 p.m. ~ Jane Westfall's Birthday Party, CR

### Room Abbreviations

BP, Billiards Parlor	CH, Collins House
WCR, West Conference Room	CR, Community Room
CSC, Combative Sports Center	GR, Game Room
FHR, Flint Hills Room	WL, Wroten Library
GC, Grosh Cinema	PSP, Prairie Star Patio
HD, Hospitality Desk	KR, Kansas Room (Pub)
KSU CL, KSU Classroom	LB, Library
MFR, Miller Friendship Rm	MR, Manhattan Room
MS, Miller Spa	PS, Prairie Star Restaurant
SCR, South Conference Room	VE, Village Entrance

\*Meadowlark News Channel can be viewed on Channel 1960