



MEADOWLARK

Messenger

August 23, 2018

Manhattan, Kansas

Messenger Editor: Sarah Duggan

*A local not-for-profit organization
enhancing senior lifestyles*

Outdoor Encounters



Stock photo of an American White Pelican.

by Nathan Bolls

Most bird species migrate some with the seasons, but this migration pattern comes in different flavors. Consulting various authorities, I have identified eight flavors (variations), with the first being that many of the bird species that nest in our area just go south in the fall. I deal here with the seven other variations within which at least a few members of certain species **overwinter in eastern KS.** I gathered a list of ninety-plus bird species for which at least a few of each spend the winter with us. Not all of these species are mentioned here.

Let's begin with the largest group, those forty-plus species that breed north of us (perhaps as far as the Arctic tundra), but, coming south with the cold, some stop and overwinter in Kansas, e.g., Canada goose, American white pelican, sandhill crane, at least both herring and ring-billed gulls, pied-billed grebe, cedar

waxwing, northern harrier, rough-legged hawk, yellow-bellied sapsucker, the tiny ruby-crowned and golden-crowned kinglets, northern flicker, brown creeper, red-breasted nuthatch, both winter and marsh wrens, American tree sparrow, rusty and Brewer's blackbirds, purple finch, dark-eyed junco, and pine siskin.

A few follow the same pattern, but winter with us only so long as they can find open water, e.g., snow goose, northern pin-tailed duck, common loon, belted kingfisher, American coot, double-crested cormorant, and the bald eagle.

For a few year-round species, just a few of them overwinter in eastern Kansas, e.g., American kestrel (sparrow hawk) great blue heron, logger head shrike, wood duck, common grackle, and northern mockingbird.

A few permanent residents are joined in winter by

See Birds, page 4

Calling All Veterans!

Friday, Aug. 24, at 1 p.m.

There will be a group of soldiers from the Warrior Transition Battalion coming to visit with Meadowlark veterans from 1 to 2 p.m. Friday, Aug. 24, in the KSU Classroom. Come share your military service stories and feel free to bring a friend! Refreshments will be served.

Bates Dance Studio Performance

Friday, Aug. 24, at 4:30 p.m.

Dancers from Bates Dance Studio will be at Meadowlark to dazzle residents with their jazz and lyrical performances at 4:30 p.m. Friday, Aug. 24, in the Community Room. The performance will conclude at 5 p.m. All are welcome to attend!

Empowered LIVE!

Friday, Aug. 24, at 4:30 p.m.

Join us Friday, Aug 24, from 4:30 to 7 p.m. at The Holiday Inn at the Campus to enjoy an evening to celebrate living well with Parkinson's disease and ten years of our Speedy Pd Race for Parkinson's Disease!

Come hear John Baumann's presentation, "Reclaiming Positive Perspective: How to Live an Amazing Life With—Or Without—a Life-Changing Adversity" beginning at 6:30 p.m. John is an internationally-recognized keynote speaker sharing an ever-increasing number of secrets on successfully living a positive life whatever comes your way. John is a World Parkinson's Advocate and has presented with Rasheeda Ali.

A dinner will be served for \$15 per person and \$7 per child ten years and under. Savory and sweet stations to enjoy will include: Mac & Cheese, Spaghetti & Mini Meatball, Baked Potato, Bruchette & Salad, and Fruit & Cake.

Stillman Cemetery Presentation

Friday, Aug. 24, at 7 p.m.

Join Monte Spiller, Resident Services Leader, in the Community Room at 7 p.m. Friday, Aug. 24, for a special presentation! Monte will give a brief history of the Stillman Cemetery followed by a 35-minute video of the relocation and dedication of the cemetery from Sept. 14, 2007. All are invited to attend and learn more about this special piece of history located right on the

Meadowlark campus.

Speedy Pd Race for Parkinson's Disease

Saturday, Aug. 25, at 8 a.m.

The tenth annual fund-racer is Saturday, Aug. 25, at Tuttle Creek State Park. The 5k and 10k races begin at 8 a.m., and the Half-Mile Family Fun Run/Walk starts at 9:15 a.m. Each registered participant receives a Speedy PD t-shirt (guaranteed until 8/11/18), a finisher's medal and wonderful post-race food, drink and massages provided by the event's generous sponsors. To register for the race, please visit www.runspeedypd.org or stop by the Hospitality Desk to pick up a paper registration form. You may turn in your registration and payment to the lock box at the Hospitality Desk, UMB on Humboldt or at Body First Wellness Center.

The purpose of the race is to raise funds to support the Meadowlark Parkinson's Program in its years-long tradition of providing free exercise classes, educational opportunities, community outreach and scholarship to those in the Flint Hills affected by PD. Additionally, the race is an opportunity to raise awareness and understanding of Parkinson's Disease (PD); to honor those affected by PD; to exercise (run &/or walk a 5k, 10k or ½ Mile); and to enjoy the beautiful Tuttle Creek Lake and have fun with new and established friends!

To learn more about the program, please contact Michelle Haub at 323-3899. See you at the race!

Vespers Services

Sunday, Aug. 26, at 7 p.m.

The Vespers service will be led by Rev. Diana Chapel from Ogden United Methodist Church. Vespers service will begin at 7 p.m. Sunday, Aug. 26, in the Community Room. All are welcome.

Coffee Corner Feature Dessert

Tuesday, Aug. 28, at 3 p.m.

The Feature Dessert for Coffee Corner Tuesday, Aug. 28, is Red Velvet Cupcake made by Verna Belle's Cafe. Come enjoy this delicious dessert!

360 Care Coming to Meadowlark!

Tuesday, Aug. 28, at 10 a.m.

Meadowlark has selected 360Care as an ancillary provider for dental and podiatry services for all residents to utilize. Please mark your calendar to stop by the KSU Classroom on Tuesday, Aug. 28,

from 10 a.m. to 2 p.m. for enrollment in 360 Care services and learn more about what they have to offer!

Family Caregiver Alliance Webinar

Wednesday, Aug. 29, 1 to 2 p.m.

You're invited to attend the Family Caregiver Alliance Webinar titled *Preventing Burnout for the Dementia Caregiver* from 1 to 2 p.m. Wednesday, Aug. 29, in the KSU Classroom.

Caregivers, and dementia caregivers in particular, are at considerable risk for burnout that impacts their quality of life and their ability to care for a family member or friend. Caregivers often view self-care, hobbies, and enjoyment of pastimes as inaccessible or an unnecessary indulgence. Preventing Burnout for the Dementia Caregiver will help caregivers understand the importance of self-care and how it can foster positive caregiving experiences, without burnout. Strategies for guilt-free, self-care will be discussed.

Heart Strings Band

Friday, Aug. 31, at 7 p.m.

Come out to the Community Room to welcome back the Heart Strings Band at 7 p.m. Friday, Aug. 31. If you missed the first time they played here, don't make the same mistake twice! Joe and Kathy Hopeck are a husband and wife duo who have been performing in Topeka, KC, Manhattan and Wichita areas for over 10 years. They play a variety of songs from the 50s, 60s, and 70s, including favorites from the Beatles, Elvis, Eagles, Jimmy Buffet and many other artists. They provide a wonderful listening experience, and if you love to dance, Heart Strings is for you!

K-State Football Watch Party

Saturday, Sept. 1, at 5:30 p.m.

K-State fans are you READY? Join the fun on Saturday, Sept. 1, in the Community Room to watch our Wildcats take on the Coyotes from South Dakota. Refreshments will be served at 5:30 p.m. and the game will start at 6:10 p.m.

Legal and Financial Planning for Alzheimer's disease

Monday, Sept. 10, at 5:30 p.m.

The Alzheimer's Association is providing an education program on Monday, Sept. 10, from

Wine Pairing Event

Tuesday, Sept. 4 / 5:30 p.m.
Prairie Star Restaurant



Enjoy great tastes and smells with a wine and food pairing event at 5:30 p.m. Tuesday, Sept. 4, at Prairie Star Restaurant. The cost for the full event will be \$35 per person. If you would like to just enjoy the meal without the wine, the cost is \$30 per person. Please sign up at the host stand in Prairie Star. The restaurant will be closed for the evening of the event.

Lamb Rack on Roasted Red Pepper Risotto
Poached Pear stuffed with Spinach, Scallops,
Champagne Vinaigrette and Brie Toast
Raspberry Sorbet
Lobster Tail Thermidor, Roasted Fingering
Potatoes, Vegetable Bundles of Carrots,
Asparagus and Green Beans
Grand Mariner Soufflé

5:30 to 7:30 p.m. at the Manhattan Public Library, 629 Poyntz Avenue. The workshop is for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place for yourself or a family member that is affected by Alzheimer's disease or dementia. Speakers for the workshop include Paul Shipp, J.D. from Kansas Legal Services, Gabrielle M. Thompson, J.D. and Chris Bailey, J.D. from Thompson & Bailey Attorneys at Law.

Walk to End Alzheimer's

Saturday, Sept. 22, at 8 a.m.

The Alzheimer's Association's Walk to End Alzheimer's is at 9 a.m. Saturday, Sept. 22, at Manhattan City Park! Meadowlark will have a team that all residents, staff and family members can join. There is a Blue Book sign-up for the race. If you have any questions, please contact Erin Hildreth via e-mail at (785) 323-3800.

Birds, from page 1

others of the same species arriving in fall from the north, e.g., mallard and golden-eye ducks, horned lark, Cooper's and red-tailed hawks, short-eared owl, eastern meadowlark, and red-winged blackbird.

Several species are permanent residents, with little or no migration, e.g., wild turkey, greater prairie chicken, northern bobwhite quail, great horned and barred owls, long-eared and eastern screech owls, Eurasian barred dove, black-capped chickadee, white-breasted nuthatch, hairy and red-bellied woodpeckers, downy woodpecker, tufted titmouse, Carolina wren, eastern bluebird, northern cardinal, house sparrow, European starling, American crow, house finch, American gold finch, and (in central KS) the lesser prairie chicken.

A few species, as the mourning (turtle) dove, are primarily summer residents with a very few staying to overwinter here. The blue jay is a year-round resident, but has much "local" population movement.

Another pattern: the American robin is present year-round, but bird-banding studies suggest that our winter robins breed and nest in the northern USA and Canada and that KS summer robins migrate south for the winter? But all who winter here usually face a harsh environment.

Those of us who study the survival mechanism of organisms facing harsh habitats do consider the Kansas overwintering of especially small birds to be spectacular. Among factors we study that affect animal survival is the ratio of body surface area to body volume. Without taking space to fully explain, I'll just say that the smaller the body size of the mammal or bird, the greater is the body surface area compared to body volume. All else being equal, the smaller body will lose heat to the environment faster than will a larger body.

Thus, especially tiny birds (e.g., winter and marsh wrens, and ruby-crowned and golden-crowned kinglets) must depend, for survival, on a serious array of anatomical, physiological, biochemical, and behavioral adaptations to maintain their normal bird body temperatures, usually in the 102-104 range degrees Fahrenheit. Some are higher! They must have a steady food supply to maintain this high deep core body temperature and metabolic rate. Our feeders help

with this. But they can do it on their own. In short, they are amazing!

From the Editor: Don't miss your bird-watching opportunities this fall along the trails at Meadowlark! A presentation on Kansas Birds will be coming up in September—watch the Messenger for more details!

Part D Prescription Drug Open Enrollment

It is that time again to start thinking about Open Enrollment and your Part D plans. The North Central Flint Hills Area Agency on Aging will be coming to Meadowlark Hills Tuesday, Oct. 30.

We ask to please watch your mail during the upcoming months. Do not put up, shred or throw away any mail that will allow you to make an informed decision during the 2018/2019 Open Enrollment period. Your current Part D plan will notify you if they are changing anything, as well.

Please be sure to bring your Medicare card, insurance card and the list of all medications you are currently taking (name of drug, dosage, 30-day quantity and monthly cost), your pharmacy can send you a copy of your medications upon request.

A sign-up sheet will be available in the Blue Book starting Monday, Sept. 10.

If you have any questions or concerns please contact Rita Harsch, Financial Counselor, at (785) 323-3891 or by stopping by the Finance Office located across the hall from Verna Belle's Café.

Phone and Email Scams—Be Aware!

Scammers may contact you through a phone call, email or text message. A scammer is someone who is pretending to be from a legitimate business such as a bank or service provider. Scammers will ask for personal or bank information to update or verify your details. Some other warning signs of scammers include: grammatical errors, direction to a website for verification of your information, or attempts to sell you a product. If you receive a suspicious phone call, do not give any personal information and hang up. Never click on a website link that was sent in an email asking for personal information updates. If you are concerned that you have received a scam or have provided your account details, contact the bank or organization the scam is claiming to be.

On the Page with P.K.

submitted by Helen Roser

Folks who respect animals will understand.

I first saw P.K. coming over the fence in my friend Henry's back yard. The pitiful looking cat's fur looked like it had been made of multi-colored scraps. He was skinny and his tail looked like it had survived more than a few flights.

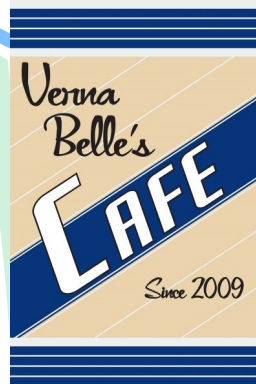
Years before, my friend Henry Wilcoxon had been brought from the British stage by Cecil B. DeMille to the U.S. to make movies. Henry was quiet and perceptive. As he went in to freshen our drinks, seeing P.K., Henry introduced him to me. "That is P.K. He doesn't like anyone but he lets me feed him. I call him P.K. It stands for Pretty Kitty. I call him that because he is so u-g-l-y."

P.K. ignored me. He was walking through the flower beds. Knowing he didn't need to hear me, I spoke softly: "He thinks you don't know what he said, doesn't he? Thinks cats are not smart. Who do human beings think they are anyway? Putting their hand on a cat's personal fur. Touching his tail."

I felt a slight impression on my lap. It was P.K., turning in a circle, settling down on my lap, wrapping his tail comfortably around. When Henry came out and saw P.K. on my lap, he gasped: "How did you get him to do that?" I said: "Isn't P.K. allowed to choose his friends?"

After that, P.K. knew when I was coming. He waited for me by Henry's front door. There was no effusive greeting. Just a quiet "Hello, P.K." He waited for me to sit, then hopped onto my lap for as long as my visit.

I had the honor of being on P.K.'s page.



LUNCH & BREAKFAST SPECIALS

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

Sunday, Aug 26

Breakfast: Omelets with Fruit

Monday, Aug 27

Breakfast: Biscuits & Gravy

Lunch: Chicken Fajita Quesadilla with Side chicken, peppers, onions & shredded cheese in a flour tortilla ~ **\$3.99 / \$5.99**

Tuesday, Aug 28

Breakfast: Breakfast Sandwich & Fruit

Lunch: Bourbon Bacon Roast Beef Sandwich mini roast beef sandwiches topped with cheddar cheese & whiskey candied bacon on a slider bun ~ **\$3.99 / \$5.99**

Wednesday, Aug 29

Breakfast: Breakfast Burrito & Fruit

Lunch: BBQ Chicken Pizza flatbread topped with chicken, fried onions, green onions, mozzarella cheese & BBQ sauce ~ **\$3.99 / \$5.99**

Thursday, Aug 30

Breakfast: Biscuits & Gravy

Lunch: Teriyaki Chicken Bowl shredded chicken, stir fry vegetables, teriyaki sauce and rice ~ **\$5.99**

Friday, Aug 31

Breakfast: Waffle or Pancake

Lunch: BBQ Pork Tacos With Choice of Side shredded pork, BBQ sauce, Colby Jack cheese and honey mustard slaw ~ **\$3.99 / \$5.99**

Saturday, Sept 1

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.

SUNDAY	Aug. 26 ~ Lunch \$12	Dinner \$12
	Raspberry Grilled Chicken Breast Wild Rice Vegetable du Jour	Beef Lasagna Garlic Toast Vegetable du Jour
MONDAY	Aug. 27 ~ Lunch \$10	Dinner \$12
	BBQ Pulled Pork Sandwich Coleslaw French Fries	Pork Cutlet with Cream Gravy Mashed Potatoes Vegetable du Jour
TUESDAY	Aug. 28 ~ Lunch \$7	Dinner \$12
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Spinach Artichoke Stuffed Chicken Breasts Linguine Marinara Vegetable du Jour
WED.	Aug. 29 ~ Lunch \$10	Dinner \$12
	Philly Steak Sandwich Potato Salad Choice of Vegetable	Fried Catfish with Tartar Sauce Hashbrown Casserole Vegetable du Jour
THURS.	Aug. 30 ~ Lunch \$7	Dinner \$11
	Hamburger & Hotdog Bar <i>(does not include drink, starter, or dessert)</i>	Ham Loaf Scalloped Potatoes Vegetable du Jour
FRIDAY	Aug. 31 ~ Lunch \$10	Dinner \$14
	Beef Tips Fettuccine Choice of Vegetable	Shrimp Scampi Baked Potato Vegetable du Jour
SAT.	Sept. 1 ~ Lunch \$10	Dinner \$14
	BBQ Wings Celery & Carrot Sticks Pasta Salad	Grilled Salmon with Sun-Dried Tomato Sauce Lemon Risotto Vegetable du Jour

DRINK SPECIAL | Hurricane
 2oz. White Rum, 1 oz. Triple Sec,
 2 oz. Pineapple juice & a splash of grenadine
 \$3.75

Grosh Cinema Movies

Sunday, Aug. 26, to Saturday, Sept. 1, 2018

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

Sunday, Aug. 26 — Queen of Katwe (2016)

A Ugandan girl sees her world rapidly change after being introduced to the game of chess.

Co-Starring: Madina Nalwanga, David Oyelowo & Lupita Nyong'o

Rated PG; 2 hrs. 4 min.

Monday, Aug. 27 — Jurassic Park (1993)

During a preview tour, a theme park suffers a major power breakdown that allows its cloned dinosaur exhibits to run amok.

Co-Starring: Sam Neill, Laura Dern & Jeff Goldblum

Rated PG-13; 2 hrs. 7 min.

Tuesday, Aug. 28 — The Mountain Between Us (2017)

**Resident Request*

Stranded after a tragic plane crash, two strangers must forge a connection to survive the extreme elements of a remote snow-covered mountain. When they realize help is not coming, they embark on a perilous journey across the wilderness.

Co-Starring: Idris Elba, Kate Winslet & Beau Bridges

Rated PG-13; 1 hr. 52 min.

Wednesday, Aug. 29 — A Star is Born (1976)

A has-been rock star falls in love with a young, up-and-coming songstress.

Co-Starring: Barbra Streisand, Kris Kristofferson & Gary Busey

Rated R for profanity & mild sexual content; 2 hrs. 19 min.

Thursday, Aug. 30 — Spanglish (2004)

A woman and her daughter emigrate from Mexico for a better life in America, where they start working for a family where the patriarch is a newly celebrated chef with an insecure wife.

Co-Starring: Adam Sandler, Tea Leoni & Paz Vega

Rated PG-13; 2 hrs. 11 min.

Friday, Aug. 31 — The Last Word (2017)

**Resident Request*

Harriet is a retired businesswoman who tries to control everything around her. When she decides to write her own obituary, a young journalist takes up the task of finding out the truth resulting in a life-altering friendship.

Co-Starring: Shirley MacLaine, Amanda Seyfried & AnnJewel Lee Dixon

Rated R for language; 1 hr. 48 min.

Saturday, Sept. 1 — Shrek (2001)

After his swamp is filled with magical creatures, Shrek agrees to rescue Princess Fiona for a villainous lord in order to get his land back.

Co-Starring: Mike Myers, Eddie Murphy & Cameron Diaz

Rated PG; 1 hr. 30 min.

Weekly Opportunities Calendar Aug. 26 to Sept. 1

Sunday • Aug. 26

Manhattan Room open seating @ lunch & dinner

- 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. Diana Chapel, CR

Monday • Aug. 27

Manhattan Room open seating @ dinner only

- 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
- 12:00 p.m. ~ 1st Pres. Men's Luncheon, MR
- 1:00 p.m. ~ Parkinson's Exercise, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 3:30 p.m. ~ Meadowlark Singers Practice, CR
- 7:00 p.m. ~ Community Bingo, CR

Tuesday • Aug. 28

Trash pick-up day

Manhattan Room open seating @ dinner only

- 8:00 a.m. ~ 360 Care Sign-ups, KSU CL
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Seven Dolors Book Discussion, FHR
- 3:00 p.m. ~ Coffee Corner, CR—FEATURE DESSERT!
- 4:00 p.m. ~ Newspaper & Bible, FHR
- 5:30 p.m. ~ 3rd Floor Supper, CR
- 7:00 p.m. ~ Dominoes, GR

Wednesday • Aug. 29

Manhattan Room open seating @ lunch & dinner

- 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 CL
- 10:00 a.m. ~ Memory Café, WCR
- 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. ~ Family & Caregiver Alliance Webinar, KSU CL
- 1:00 p.m. ~ Pitch, GR
- 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. ~ Christian Video Worship Service, FHR

5:30 p.m. ~ 1st Floor Supper, FHR

Thursday • Aug. 30

Manhattan Room open seating @ lunch & dinner

- 8:30 a.m. ~ Messenger Team, WCR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR

Friday • Aug. 31

Manhattan Room open seating @ lunch & dinner

- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 7:00 p.m. ~ Heart String Band, CR

Saturday • Sept. 1

Manhattan Room open seating @ lunch & dinner

- 9:30 a.m. ~ Painting for Fun, SCR
- 5:30 p.m. ~ K-State Football Watch 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

Exercise Classes canceled

Exercise classes are canceled for Thursday, Aug. 30, and Monday, Sept. 3. Please contact Jeff Heidbreder with questions.

Verna Belle's Café extended hours

Monday, Sept. 4

Verna Belle's Café will be open until 6 p.m. Monday, Sept. 4, and serve a dinner special of meatloaf, loaded mashed potatoes and green beans for \$7.50.