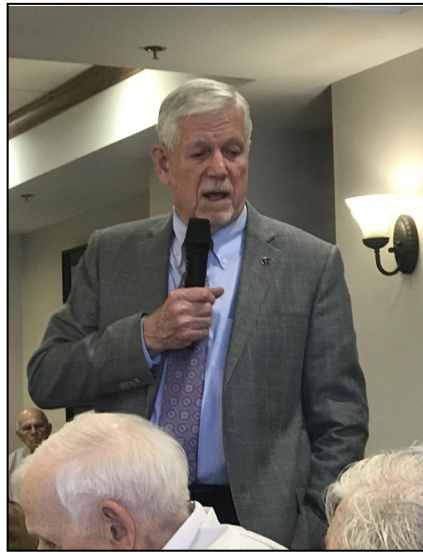


Celebrating Comradery

The Meadowlark Veteran's Group hosted a special event in the Community Room during the afternoon of Friday, Jan. 4, which included visiting with soldiers from the Fort Riley Warrior Transition Battalion and fellow veterans from the VFW [pictured at far right, top & bottom]. Residents displayed memorabilia from their personal collections.

Special guest, current Kansas State University President and U.S Air Force Retired Gen. Richard Myers [pictured above] joined the Veteran's Group at a luncheon in Meadowlark's Prairie Star Restaurant Monday, Jan 14. He spoke to the group on his time serving as the Vice Chairman of the Joint Chiefs of Staff at the United States Pentagon.



Official Symbols of Kansas

submitted by Polly Ferrell

Two of our most precious commodities, Sunshine and Wheat, have not made the list of official Kansas symbols, yet we are known for both. Can you name the thirteen official symbols of Kansas?

The first one specified by the 1861 Kansas legislature and designed by John J. Ingalls is the Great Seal of Statehood. Our agricultural heritage is depicted with many bison, a settler's cabin and a man behind the plow. The rising sun, wagons heading west, a cluster of 34 stars and our motto "*Ad Astra per Aspera*" tell the story of statehood and perseverance.

Forty-two years later, in 1903, the Wild Native Sunflower became our second symbol. Widely recognized as belonging to Kansas, it was not indigenous to our state, but seeds hitched a ride on the

freight wagon wheels from the southwest to Kansas on the Santa Fe Trail.

The flag was adopted in 1927, the Western Meadowlark and the Cottonwood Tree in 1937, in 1947 the state song, Home on the Range was added and the American Buffalo followed in 1955.

Much later in the 1900's, the Honeybee, Ornate Box Turtle, Harney Silt Loam soil and the Barred Tiger Salamander were made official.. Two more making the list in the 21st century are English, as our official language and Little Bluestem Grass which grows in all 105 Kansas counties.

Please join us on Friday, Feb 1, at 7 p.m. in the Community Room to celebrate our Kansas heritage. *See Page 3 for more details of the event.*

A New Birth of Freedom

Friday, Jan. 18, at 7 p.m.

Meadowlark is excited to have Kevin Wood as Abe Lincoln on Friday, Jan. 18, at 7 p.m. in the Community Room. Kevin currently of Oak Park, Illinois (Chicago area), portrays President Abraham Lincoln, one of our nation's most beloved and esteemed historical figures. Kevin's presentation will be centered on the twelve turbulent years from 1854—1865, when the slavery issue which had been divisive from the very beginning of our country came to a head and nearly broke us apart. You will hear about the historical background and the events which led Mr. Lincoln back into politics in the mid-1850's, the ever-escalating increase in tensions, Mr. Lincoln's election as President, and of course the Civil War. You'll hear directly from some of Mr. Lincoln's best-known speeches and writings, and you will be inspired to hope as he did for a "new birth of freedom" for our country.

Vespers Services

Sunday, Jan. 20, at 7 p.m.

The Vespers service will be held by Rev. Cam McConnell from First Presbyterian Church. Vespers service will begin at 7 p.m. Sunday, Jan. 20, in the Community Room. All are welcome.

Celebrate the Legacy of Dr. King

Monday, Jan. 21, at 1:30 p.m.

Join Dr. Susan Allen and Susanne Glymour Monday, Jan. 21, at 1:30 p.m. in the Flint Hills Room to celebrate the legacy of Rev. Dr. Martin Luther King Jr. They will reflect on Dr. King's vision and the bearing on nonviolence principles on our lives today. All are invited for the invigorating conversation about practicing everyday nonviolence principles on our lives today.

Susanne Glymour has lived in Manhattan since 1995, working as a social worker for many years. Susanne has long been active in our community, co-creating a parenting support group, supporting our schools and offering classes on practicing nonviolence. She currently directs the Manhattan Nonviolence Initiative and teaches workshops on the nuts and bolts tools of peaceful communication.

This is a come and go event and will last until

approximately 2:30 p.m. Following this event, join us in the Community Room for a presentation on Dr. King at 3 p.m.

Remembering Dr. King

Monday, Jan. 21, at 3 p.m.

Join members of Meadowlark staff and special guest Richard Pitts as we "Remember Dr. Martin Luther King Jr." on MLK Day, Monday, Jan. 21 in the Community Room starting at 3 p.m.. Richard will take a page or two from the Civil Rights Movement and the life of Dr. Martin L. King. But not only that, he will share his opinion about the Legacy of that Movement and Dr. King, which continues to play out today in 2019. And through his own life experience, he has accumulated a storied life of his own because of the sacrifices made by diverse Americans, who came before him, for which he is thankful. Please come hear what he has to share, bring your questions as he honors the Legacy of an era and a historic man.

The movie featured in the Grosh Cinema will be *Selma*, a journey following Martin Luther King Jr.'s epic march from Selma to Montgomery, and the efforts culminated in President Lyndon Johnson signing the Voting Rights Act of 1965. Show times are 1 p.m., 4 p.m. and 7 p.m.

Coffee Corner—Feature Dessert!

Tuesday, Jan 22, at 3 p.m.

This week's Coffee Corner will be in the Game Room at 3 p.m. Tuesday, Jan. 22. Verne Belle's Café featured dessert will be Reese's Peanut Butter Cupcakes. All are welcome!

ARTful Memories

Wednesday, Jan. 23, at 10 a.m.

Memory Cafe and Memory Activities Class (MAC) are joining together with the Marianna Kistler Beach Museum of Art for ARTful Memories Class from 10 to 11 a.m. Wednesday, Jan. 23, in the KSU Classroom. During this monthly session, the museum's Education Assistant, Kim Richards, will conduct a session of ARTful Memories by sharing three pieces of art.

Diabetic Support Group

Wednesday, Jan. 23, at 1:30 p.m.

The Diabetic Support Group will meet at 1:30 p.m. Wednesday, Jan. 23, in the KSU Classroom. All who are interested are welcome to attend.

Apple Help Lab

Thursday, Jan. 24, at 8:30 a.m.

IT Assistant, Kevin will be available in the South Conference Room on Thursdays from 8:30 to 11 a.m. to assist residents with any Apple product related needs or questions. Kevin received his Apple Certification in October and can assist residents with questions or issues relating to their iPhones, iPads, or Mac computers. All are welcome to bring their devices for assistance.

Parkinson's Partner Luncheon

Friday, Jan. 25, at 12 p.m.

Join Meadowlark Parkinson's Program for a relaxing lunch Friday, Jan. 25, from noon to 1 p.m. in the Community Room. Please sign up in the Blue Book by Monday, Jan. 21. Cost is approximately \$9 per person.

Verna Belle's Birthday Party

Friday, Jan. 25, at 2 p.m.

Join in the celebration every Friday at 2 p.m. with a Birthday Party for Verna Belle's featuring a special birthday treat!

From now to Feb. 1, every time you spend \$10 at Verna Belle's, you will be entered into a drawing! Drawings will take place at each of the ten birthday parties.

Manhattan Area Music Teachers Association

Friday, Jan. 25, at 7 p.m.

At 7 p.m. Friday, Jan. 25, in the Community Room, Meadowlark welcomes the Manhattan Area Music Teachers Association Members' Recital. The Manhattan Area Music Teachers Association will present a piano recital at Meadowlark Hills. The performance will feature local pianists and teachers performing solo piano works, as well as four-hand ensembles. The repertoire will be varied, and will include mostly traditional classical music. All are invited.

Meadowlark Winter Ball

Saturday, Jan. 26, at 6 p.m.

The 2019 Meadowlark Winter Ball is almost here! Mark your calendar for Saturday, Jan. 26, from 6 to 9 p.m. It will take place in several locations including the Community Room, Game Room and

Prairie Star Restaurant. The theme for this year is *Casino Night!*

All residents and staff are invited. Feel free to dress the part in your best casino attire, while you enjoy live music in both the Community Room and in Prairie Star Restaurant beginning at 6 p.m. You have the opportunity to mingle between both rooms throughout the night and enjoy heavy appetizers catered by Prairie Star. Good luck!

Mindful Connections

Tuesday, Jan. 29, at 5:30 p.m.

The Meadowlark Memory Program invites you to attend Mindful Connections on Tuesday, Jan. 29, from 5:30 to 6:30 p.m. in the KSU Classroom. This is an educational opportunity to learn about topics related to Alzheimer's disease and other forms of dementia while building meaningful connections with others affected by the disease.

Michelle Haub, Special Program Leader at Meadowlark and Speech Language Pathologist, will share a presentation on communication strategies. Refreshments will be served. For questions, call (785) 323-3899. No prior registration is required.

Tenth Annual ML Kansas Day Celebration

Friday, Feb. 1, at 7 p.m.

Although Kansas Day is officially Jan. 29, we will be celebrating a few days later than the official holiday on Friday, Feb. 1, at 7 p.m. in the Community Room. The Kansas Department of Agriculture will be here to share about the products grown, raised and produced in Kansas. All are invited to celebrate a few of the many things that makes Kansas great!

Hale Concert Series

Friday, Feb. 1, at 7:30 p.m.

The next Hale Concert will be Friday, Feb. 1, at 7:30 p.m. at St. Isidore's Catholic Student Center on K-State Campus. Dr. Slawomir Dobrzanski and Dr. Augustin Murigo will play a four-handed piano concert. There will be a wine reception after the concert. Please sign up in the Blue Book at the Hospitality Desk for free transportation from Meadowlark.

On Being An Instrument

submitted by Helen Roser

The seminar was more expensive than I could afford, but I felt I must attend. During the coffee break, a lady pushed her way toward me across the crowded room.

All she had time to say to me was: "I'm having trouble teaching little children." Then she disappeared in the crowd. I would not see her again until the next day, the final day, of the seminar.

On my way home on the busy Los Angeles freeway, a little tune came into my head with these words:

"If a flower I could be, I'd grow bright for all to see, I'd live in perfect harmony with God's loving family." Then the spritely: "Thank you for my petals bright! Thank you for your warm sunlight! I'll give the world your message of wondrous, ever-lasting love!"

Verse after verse came and I hurried in to write them down. I put the page in my purse.

The next day, at the coffee break, I stood waiting for her. Here she came to me, pushing through the crowd. I handed her the page and began to sing the tune to her over and over, until she could sing it, too.

I told her: "The children are dressed as flowers. They each sing about the flower they are, then they all sing the chorus together."

Clutching the paper, she told me: "I knew when I came here, you'd be here with what I needed." She had come from Japan.

That was in The Church of Religious Science, also called Science of Mind. I had studied to become a practitioner there. We had many devotees in Japan and Hawaii.

The Simple Prayer of St. Francis of Assisi says: "Lord, make me an instrument of Your peace." If we are quiet and receptive, sometimes an energy works through us.

Many have had experiences when they said: "I don't know what it was. Something just made me ____." Then they described what was the perfect thing they needed to do, that, not understanding, they did.

They were lovely little verses that came to me as I drove on the busy freeway, with their little tune for the English speaking children in Japan.

If we are not in too big a hurry to hear, we are sometimes an instrument, unaware. Best of all is when it saves a life.

Two other verses that came as I was driving on the freeway –

Verse 1:

If a flower I could be,
I'd grow bright for all to see,
I'd live in perfect harmony
In God's loving family."

Chorus:

"Thank you for my petals bright!
Thank you for your warm sunlight!
I'll give the world your message of Wondrous,
ever-lasting love!"

Verse 2:

"I'll grow upon a mountain high
To greet the birds as they fly by.
When a mountain climber finds me there, He'll
know your love is everywhere."

(chorus)

Verse 3:

"I'll be the center of a bride's bouquet
And be with her on her special day
And when she holds me close to pose,
I'll kiss her on her happy nose!"

(chorus)

Resident Committees

Effective immediately, residents have the opportunity to sign-up (or remove themselves from) committees. There are existing rosters and additional spaces to sign-up in the Blue Book located at the Hospitality Desk. The committee chairs (if one is established and remaining) will then contact all new members interested. Listed below are current committees and meeting schedules.

- Ambassador Committee—meets first Tuesday of the month
- Art Committee—meets once a month
- Building & Grounds Committee—meets once a month
- Library Committee—meets as needed
- Messenger Delivery Committee—meets weekly on Thursday mornings
- Outdoor Opportunities Committee—meets once a month from March to October

Meadowlark Ladies at Lunch

submitted by Karen Trail

Twelve ladies from Meadowlark had their monthly lunch in the Manhattan Room on Jan. 10, to open 2019. We conversed about things which had been learned in previous years. Then I closed by reading a poem which was published in the first "First Grade Reader" I used in my career, many decades ago.

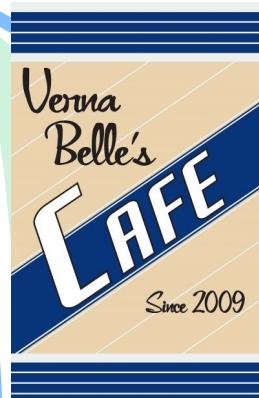
JUST ME by Margaret Hillert

Nobody sees what I see,
For back of my eyes there is only me.
And nobody knows how my thoughts begin
For there's only myself inside my skin.
Isn't strange how everyone owns
Just enough skin to cover their bones?
My father's would be too big to fit
I'd be all wrinkled inside of it.
And my baby brother's is much too small
It just wouldn't cover me up at all.
But I feel just right in the skin I wear,
And there's nobody like me anywhere.

We would enjoy seeing you for lunch at noon on Thursday, Feb. 14, in the Manhattan Room.



Bundle up and stay warm,
the winter weather is here!



LUNCH & BREAKFAST SPECIALS

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

Sunday, Jan. 20

Breakfast: Omelets with Fruit

Monday, Jan. 21

Breakfast: Biscuits & Gravy

Lunch: Chili & Cinnamon Roll

ground beef, tomatoes, onions & chili beans in a tomato stew ~ \$4.50/\$6.50

Tuesday, Jan. 22

Breakfast: Breakfast Sandwich with Fruit

Lunch: Crunchy BBQ Chicken Sandwich & Side

grilled chicken topped with swiss cheese & crispy onions on a toasted bun ~ \$4.50/\$6.50

Wednesday, Jan. 23

Breakfast: Breakfast Burrito & Fruit

Lunch: Turkey & Cranberry Sandwich & Side

turkey, swiss cheese & homemade cranberry sauce on butter-toasted wheatberry bread ~ \$4.50/\$6.50

Thursday, Jan. 24

Breakfast: Biscuits & Gravy

Lunch: Mini French Onion Beef Sandwich & Side

sliced roast beef, provolone cheese & sautéed onions on a slider bun ~ \$4.50/\$6.50

Friday, Jan. 25

Breakfast: Waffle or Pancake

Lunch: Meatball Sub with Choice of Side

meatballs, marinara sauce & parmesan cheese on a buttered French roll ~ \$4.50/\$6.50

Saturday, Jan. 26

Breakfast: A la cart menu options

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	Jan. 20 ~ Lunch \$13	Dinner \$11
	Pot Roast with Carrots, Onions & Celery Mashed Potatoes & Gravy Vegetable du Jour	White Chili Cornbread Vegetable du Jour
MONDAY	Jan. 21 ~ Lunch \$10	Dinner \$12
	BBQ Pulled Pork Sandwich French Fries Coleslaw	Chicken Parmesan & Spaghetti Garlic Toast Vegetable du Jour
TUESDAY	Jan. 22 ~ Lunch \$8	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Roast Pork Loin with Natural Sauce Roasted Red Potatoes Vegetable du Jour
WED.	Jan. 23 ~ Lunch \$10	Dinner \$12
	Chicken a la King Rice Pilaf Choice of Vegetables	Stuffed Meatloaf with Fresh Mozzarella Garlic Mashed Red Potatoes Vegetable du Jour
THURS.	Jan. 24 ~ Lunch \$8	Dinner \$12
	Pasta Bar (does not include drink, starter, or dessert)	Baked Ham with Honey Glaze Au Gratin Potatoes Vegetable du Jour
FRIDAY	Jan. 25 ~ Lunch \$10	Dinner \$12
	Catfish Po Boy Sweet Potato Fries Coleslaw	Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour
SAT.	Jan. 26 ~ Lunch \$10	Dinner
	Cheesy Goulash Garlic Toast Choice of Vegetable	Restaurant will close at 2 p.m. for Winter Ball See Page 3 for details.

**DRINK
SPECIAL**

Cran-Apple Cocktail
 1 1/2 oz. Red Apple Schnapps & 1 1/2 oz. Cranberry Juice
 \$3.75

Grosh Cinema Movies

Sunday, Jan. 20, to Saturday, Jan. 26, 2018

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

Sunday, Jan. 20 — Ratatouille (2007)

A rat who can cook makes an unusual alliance with a young kitchen worker at a famous restaurant. In secret, the rat's dream of becoming a chef pays off.

Co-Starring: Brad Pitt, Garrett, Lou Romano & Patton Oswalt

Rated G; 1 hr. 51 min.

Monday, Jan. 21 — Selma (2014) **Resident Request*

A chronicle of Dr. Martin Luther King, Jr.'s campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama, in 1965.

Co-Starring: David Oyelowo, Carmen Ejogo & Tim Roth

Rated PG-13; 2 hrs. 8 min.

Tuesday, Jan. 22 — Mona Lisa Smile (2003)

A free-thinking art professor teaches conservative 1950s Wellesley girls to question their traditional social roles.

Co-Starring: Julia Roberts, Kirsten Dunst & Julia Stiles

Rated PG-13; 1 hr. 57 min.

Wednesday, Jan. 23 — Tall in the Saddle (1944) **Resident Request*

Ranch hand Rocklin arrives in town to start his new job but his employer has been murdered and the locals don't seem too friendly.

Co-Starring: John Wayne, Ella Raines & Ward Bond

Rated NR; 1 hr. 27 min.

Thursday, Jan. 24 — Mary Poppins (1964) **Resident Request*

Embarking on a series of fantastical adventures with Mary and her performer friend, Bert, the siblings try to pass on some of their nanny's sunny attitude to their preoccupied parents.

Co-Starring: Julie Andrews, Dick Van Dyke & David Tomlinson

Rated G; 2 hrs. 19 min.

Friday, Jan. 25 — I Don't Know How She Does It (2011)

She's got the perfect kids, husband and career, but when you're juggling that much, it is easy to drop the ball!

Co-Starring: Sarah Jessica Parker, Pierce Brosnan & Greg Kinnear

Rated PG-13; 1 hr. 29 min.

Saturday, Jan. 26 — Witness for the Prosecution (1957) **Resident Request*

A veteran British barrister must defend his client in a murder trial that has surprise after surprise.

Co-Starring: Tyrone Power, Marlene Dietrich & Charles Laughton

Rated NR; 1 hr. 56 min.

Weekly Opportunities Calendar *Jan. 20 to Jan. 26*

Sunday • Jan. 20

Manhattan Room—open seating at 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. Cam McConnell, CR

Monday • Jan. 21

Manhattan Room—no open seating available
 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 Class, CR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
 1:30 p.m. ~ Legacy of Dr. MLK Jr., FHR
 3:00 p.m. ~ Remembering Dr. King, CR
 5:30 p.m. ~ 5th Floor Supper, MR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Jan. 22 *Trash pick-up*

Manhattan Room—open seating at dinner
 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, *moved to GR
 3:30 p.m. ~ Meadowlark Singers Practice, CR
 4:00 p.m. ~ Newspaper & Bible, FHR
 5:30 p.m. ~ 3rd Floor Supper, CR
 7:00 p.m. ~ Dominoes, GR

Wednesday • Jan. 23

Manhattan Room—open seating at lunch & dinner
 9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 10:00 a.m. ~ ARTful Memories, KSU CL
 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
 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
 1:30 p.m. ~ Diabetic Support Group, KSU CL
 3:00 p.m. ~ Rock Steady Boxing, CSC
 3:00 p.m. ~ Rock Steady Boxing, KSU CL

3:00 p.m. ~ Call Hall Ice Cream Social, KR
 3:00 p.m. ~ Unitarian Universalist Fellowship, SCR
 4:00 p.m. ~ Christian Video Worship Service, FHR
 5:30 p.m. ~ 1st Floor Supper, FHR

Thursday • Jan. 24

Manhattan Room—open seating at lunch & dinner
 8:30 a.m. ~ Messenger Team, WCR
 8:30 a.m. ~ Apple Help Lab, SCR
 10:00 a.m. ~ Meadowlark Bible Study, FHR
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
 2:00 p.m. ~ Stepping On, KSU CL

Friday • Jan. 25

Manhattan Room—open seating for lunch & dinner
 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. ~ Parkinson's Partner Luncheon, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:00 p.m. ~ Parkinson's Care Support Group, FHR
 1:00 p.m. ~ Hand & Foot Card Games, GR
 2:00 p.m. ~ Verna Belle's Birthday Party, VB
 3:00 p.m. ~ Rock Steady Boxing, CSC
 7:00 p.m. ~ Manhattan Area Music Recital, CR

Saturday • Jan. 26

Manhattan Room—no open seating available
 9:30 a.m. ~ Painting for Fun, SCR
 6:00 p.m. ~ Winter Ball, PS & 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