

Wall of Watercolor

Donated paintings on display at Verna Belle's Cafe

*By Becky Fitzgerald,
Development Director*

School's out for summer, but that doesn't mean the art display at Verna Belle's Café will be absent. Several donated paintings are now on exhibit on the café's south wall, where pieces created by Manhattan and Ogden art students usually rest.

Three of the pieces were painted by former resident Lucy Mulroney, one was done by F. Gene Ernst, a former Passport member, and a fifth is a print by the late Charles H. Sanderson, a Kansas native. The Meadowlark Hills Art Committee plans to find homes for these pieces in our common areas.

Formerly of Clay Center where she was a member of the local arts council, Mulroney lived on the west tower's fifth floor from early 2016 until her death this past March at the

cont. page 5, Watercolor



[above] Two pieces on display in the Café painted by former resident Lucy Mulroney.

Train for the Speedy PD

Join a walking group to get ready for this year's race!

Submitted by Jeff Heidbreder, Fitness Services Leader

The time has come to start preparing for the ninth-annual Speedy PD Race for Parkinson's Disease, which will take place Saturday, August 26, at Tuttle Creek State Park. A walking group led by Hannah Willems, our Meadowlark Fitness Intern, will meet every Thursday leading up to the race.

All walking speeds are welcome and distances will vary. The group will meet at the Village Entrance every Thursday at 9 a.m. starting July 6 and will walk various routes around the Meadowlark campus. Note that the last walking session will be Wednesday, Aug. 23.

This group is not exclusively for those participating in the Speedy PD race; everyone is welcome to join! Please contact Jeff Heidbreder, Fitness Services Leader, at (785) 341-2995 with questions.

Solar Eclipse, 2017

First event in 100 years can be viewed from Marysville, Kan.

The next solar eclipse that will be visible from the continental United States occurs Monday, Aug. 21. This will be the first solar eclipse event in our county in almost 100 years. The shadow of the moon passes over the northeast corner of Kansas, providing the opportunity to see a total eclipse for one minute and 11 seconds.

Fortunately, a short trip to Marysville, Kan. will allow you the opportunity to witness this once-in-a-lifetime event. If you would like take the trip to Marysville to view the eclipse, the group will leave

from the Village Entrance at 9:15 a.m. The eclipse is estimated to start at 11:37 a.m. The trip will include a boxed lunch with a choice of sandwich, chips, cookie, condiments, small soda and water.

Upon arrival, there will be eclipse glasses available, made possible by the Marysville Visitor Center Director. The cost of the trip is \$17 per person, which includes lunch and transportation. To attend, please sign up in the Blue Book at the Hospitality Desk. If you have questions, please contact Monte Spiller at (785) 323-3801.

Cowboy Poetry with Ron Wilson

Friday, June 23, at 7 p.m.

Ron Wilson will return to Meadowlark Hills at 7 p.m. Friday, June 23, in the Community Room for an evening of entertainment. Ron is a laidback entertainer, blending his unique insights on life with a down-home sense of humor appropriate for all ages. Ron's original poetry is family-oriented, patriotic and has a particular appeal to folks who live in the country and appreciate the American West. Ron appears in full cowboy costume, complete with the white hat worn by the good guys and within seconds he has audiences eager to listen and laugh. Come on down for some great entertainment!

Cart Ride to the Pond

Submitted by Sue Hunt

Saturday, June 24, at 10 a.m.

Did you miss out on the fun and relaxing cart ride last month? If so, we are planning to do it again on this Saturday, June 24, at 10 a.m. We will ride down and spend about one half hour before we will be picked up. We will view some flowers and have light refreshments. Come join the fun! The paths are black top and handicap accessible.

To come along, meet at the Village Entrance at 10 a.m. Saturday, June 24.

Vespers Services

Sunday, June 25, at 7 p.m.

The Vespers services, led by Reverend Glenn Fogo from First United Methodist Church, will be held at 7 p.m. Sunday, June 25, in the Community Room.

Building Caregiver Confidence

Mondays, through June 26, at 1:30 p.m.

The Alzheimer's Association in partnership with Meadowlark Memory Program will be holding a four-part workshop Mondays in June at 1:30 p.m. The series is for family caregivers and friends who care for individuals with Alzheimer's disease or a related dementia. The workshop will be held at the Manhattan Public Library Auditorium.

Light refreshments will be served. Sign-up sheets for transportation are available in the Blue Book.

Newspaper & Bible

Tuesday, June 27, 4 p.m.

Newspaper and Bible will meet at 4 p.m. Tuesday, June 27, in the Living Room.

Memory Activities Class: Artful Memories

Wednesday, June 28, from 9:45 to 11 a.m.

Memory Café and Memory Activities Class (MAC) are joining together with the Marinana Kistler Beach Museum of Art for Artful Memories Class from 10 to 11 a.m. Wednesday, June 28, at the Beach Museum.

During this monthly session, the museum's Education Assistant, Kim Richards, will conduct a session of Artful Memories by showing the group three pieces of art.

Please sign up in the Blue Book located at the Hospitality Desk for free transportation. Transportation will depart from the Village Entrance at 9:45 a.m. All are welcome to attend.

Lutheran Video Worship Series

Wednesday, June 28, at 4 p.m.

You are invited to watch a televised worship service at 4 p.m. Wednesday, June 28, in the Living Room. All are welcome to attend.

Speedy PD Art Workshop

Thursday, June 29, at 10:30 a.m.

Individuals affected by Parkinson's disease are invited to attend art workshops to make the age-group awards for the 9th Annual Speedy PD Race for Parkinson's Disease. Kathrine Schlageck, the Marianna Kistler Beach Museum Education Director, will lead the class and provide the materials and inspiration. The next class is scheduled for 10:30 a.m. Thursday, June 29, in the KSU Classroom.

Fishing Tournament

Friday, June 30, at 2 p.m.

Fishing is fun for all ages! Meadowlark is proud to announce its first-ever Fishing Tournament open to all residents, staff and family members. The tournament 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! For those novice fishermen, Don Rasmussen will be available for

tips and tricks to catching fish throughout the tournament.

The kick-off meeting for the tournament will start at 2 p.m. Friday, June 30, in the KSU Classroom. The tournament will run from 3 p.m. Friday, June 30, through noon Friday, July 7.

A post-tournament gathering and awards ceremony will then be held at 2 p.m. Friday, July 7, in the KSU Classroom. If you have questions regarding the Fishing Tournament, please contact Monte Spiller at (785) 323-3801.

Music with Steve Lefever

Friday, June 30, at 7 p.m.

Meadowlark Hills welcomes Steve Lefever at 7 p.m. Friday, June 30, in the Community Room. Steve performs a variety of music ranging from big band, patriotic and soft rock. You will be entertained as he sings songs from greats such as Elvis, the Beatles, Hank Williams, Andy Williams, Dean Martin, Frank Sinatra, Louis Armstrong and Doris Day.

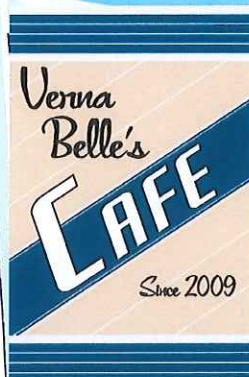
4th of July Party

Tuesday, July 4, at 8:30 p.m.

Residents, staff and families are invited to celebrate Independence Day at 8:30 p.m. Tuesday, July 4. Musical entertainment will be provided by Wayne Goins and friends on the Lyle House Patio. Cold drinks will be available for your enjoyment during the performance. Stick around for the firework display, which will begin at sundown in the West parking lot.



Join the tournament and this could be you!



LUNCH SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.
Saturday & Sunday, 7 to 11 a.m.

Monday, June 26

Chicken Caesar Salad Wrap with Choice of Side
shredded chicken, romaine lettuce, parmesan cheese & Caesar dressing in a flavored tortilla
\$3.99/\$5.99

Tuesday, June 27

Ham & Swiss Slider with Tomato Soup
ham & swiss cheese on a Hawaiian roll with Dijon mustard spread
\$3.99/\$5.99

Wednesday, June 28

Meatloaf Sandwich with Macaroni Salad
meatloaf, swiss cheese and ketchup on toasted Italian bread
\$3.99/\$5.99

Thursday, June 29

Avocado BLT with Fruit Salad
avocado, bacon, lettuce & tomato on toasted wheatberry bread
\$3.99/\$5.99

Friday, June 30

Bratwurst with Broccoli Salad
grilled bratwurst topped with sautéed peppers & onions on a bun
\$5.99

Life is changing

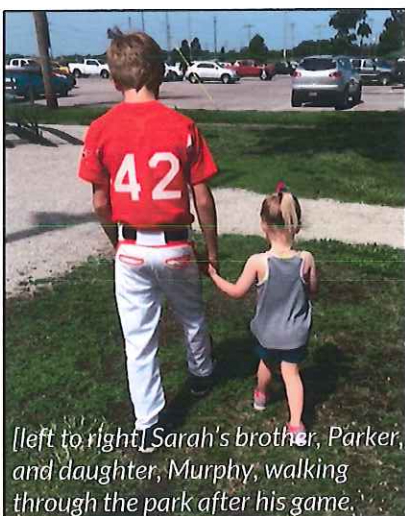
by Sarah Duggan

Life is always changing, but what is it about going back to your hometown that makes you feel like you are 17-years-old again? Even when I roll across the Franklin County line in my grown-up car with my husband and two children, car packed with diapers, extra clothes and goldfish snacks, I still feel like an awkward teenage girl.

My family and I attended a couples' baby shower for a friend of mine on Saturday. The party was at the home of my girlfriend's parents. Couples showers are all the rage now for weddings and expectant parents. The shower still includes games and presents, but you can also expect a meal, drinks and fun for the whole family, men included.

I spent the evening surrounded by my friends who have remained close to even after high school and college. The house we were at was a place I spent many days and nights with my friends—swimming in the pool, eating on the deck and hanging out in the basement. And now there I was in the same space but years later as an adult. I felt like a kid.

Earlier that morning the girls, Edward and I joined my mom and one of my sisters to watch my brother play baseball at the sports complex where I worked as a teenager. Another weird feeling. I



[left to right] Sarah's brother, Parker, and daughter, Murphy, walking through the park after his game.

spent so much of my summers working at the fields and at that time I couldn't have imagined who I was going to be when I returned as grown woman with a husband (never thought that was going to happen!) and two beautiful girls. Even the fact that I was watching my much younger brother play ball seemed surreal—14-year-old Sarah definitely didn't expect to become a sister again just before she left for college.

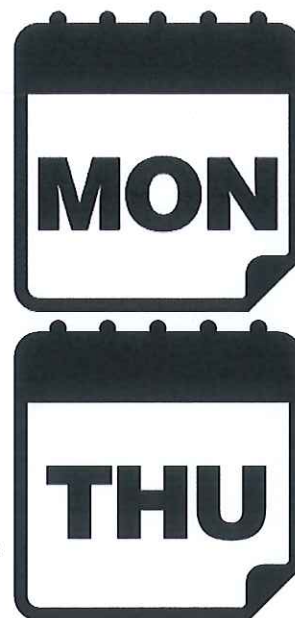
Every time I go back home I feel like a teenager again. And every time it hits me like a ton of bricks that life has changed—and fast. All we can do now is tighten that buckle and enjoy the ride.

Urgent Responder Clinics

Meadowlark Home Health manages the maintenance of the urgent responders utilized by many Meadowlark residents. These are the responders that are worn around your neck or wrist.

Previously urgent responders were tested every three months in the client's home by a Home Health staff member. Moving forward, there will be Urgent Responder Clinics each week where residents can go to have their responder batteries checked and replaced. These clinics will be available in the conjunction with the current Blood Pressure Clinic. If you utilize an urgent responder, please bring it to be tested at least every three months to one of the responder clinics held in the Game Room between 1 and 1:30 p.m. every Monday and Thursday.

At each testing, you will receive a reminder card with the due date for your next urgent responder testing. Please contact Home Health at 537-9497 if you have questions.



Get organized!

The Meadowlark Volunteer Program is growing! Currently we have a resident, Marcia Smies, wanting to volunteer her time to assist others with organizing and decluttering their homes. Marcia and Hether Birchmeier, Volunteer Coordinator, will start taking requests July 1. Please contact Hether by phone at (785) 323-3890 or by e-mail hbirchmeier@meadowlark.org to submit your request for help with organization and decluttering.

Fire extinguisher testing

Fire extinguisher checks will be completed Friday, June 24, for each duplex and cottage. The technician will be accompanied in each unit by a Meadowlark maintenance team member. If you have questions or need to coordinate the timing of your fire extinguisher check, please contact Mike Davis at (785) 323-3851.

Watercolor, from page 1

age of 92. She joined the Art Committee soon after moving to Meadowlark Hills, and took part in the weekly Painting for Fun sessions, offering suggestions to other participants. Mulroney studied watercolor techniques in Japan and Monterey Bay, Calif. She taught art in several communities, including Junction City, Fort Leavenworth, and for 25 years, for USD 379 in Clay County.

Her apartment walls were dotted with her watercolor paintings of barns, houses, trees and flowers, and her storage unit held several more. Wanting to share Mulroney's passion for art with her Meadowlark friends and neighbors, her grandson, David Toelle, donated the three Mulroney paintings to Meadowlark.

Monarch Migration is an original watercolor painted in 1990 by the late F. Gene Ernst, a longtime Manhattan resident and Kansas State graduate. Many know Ernst because of his years at K-State in the College of Architecture and Design. He taught architecture for 25 years, and in the early 1970s, was head of the architecture department. After he retired in 1992, Ernst found great pleasure in his artwork, drawing and painting during his extensive travels or as he spent time at his summer home in Colorado. He was a member of the Kansas Watercolor Society as well as the Manhattan Arts Center Watercolor Studio.

Ernst died in 2013 during a stay at Bramlage House. His son Steve later moved from Idaho to his father's former home in Manhattan, and in recent months, Steve has sorted through the original watercolors and prints his father left behind. *Monarch Migration* is one of several prints and original works Steve donated to Meadowlark Hills.

The third painter currently represented at Verna Belle's, the late Charles Sanderson, has something in common with both previously mentioned artists. Like Ernst, Sanderson studied



[above] *Monarch Migration*, an original watercolor donated to Meadowlark.

architecture at Kansas State, and he often incorporated geometric elements into his paintings. After receiving a master's in Fine Arts from Fort Hays State, Sanderson chose a career path similar to Mulroney's, teaching art in Kansas public schools. He also taught at K-State, Wichita State University and Friends University.

Sanderson, who died in 1993, was known for abstract-realist Kansas landscapes, and the print in Verna Belle's reflects this style and subject matter. The print was donated by fifth floor resident Marcia Smies.

Paintings in the Meadowlark Hills art collection generally have Kansas subjects or were created by artists born and/or working in Kansas. Before accepting additions to the collection, the Art Committee considers the works' esthetic merit and/or historic significance. If you have a fine art piece you'd like to donate now or ones you'd like to bequeath to Meadowlark Hills, please contact Becky Fitzgerald, Development Director, (785) 323-3843, for more information.



[left] Artist Charles H. Sanderson pictured in his studio.

PRAIRIE★STAR RESTAURANT

Monday to Saturday, 10:30 a.m. to 8 p.m.

Sunday, 10:30 a.m. to 7 p.m.

Specials Menu

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	June 25 ~ Lunch \$12	Dinner \$12
	Grilled Marinated Lime Cilantro Chicken Breast with Mango Salsa Rice & Vegetable du Jour	Black Eye Peas & Smoked Sausage Cornbread Vegetable du Jour
MONDAY	June 26 ~ Lunch \$10	Dinner \$13
	Sweet & Sour Pork Rice Choice of Vegetable	Beef Stroganoff Buttered Noodles Vegetable du Jour
TUESDAY	June 27 ~ Lunch \$7	Dinner \$12
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Cajun Rubbed Pork Tenderloin Crawfish Risotto Vegetable du Jour
WED.	June 28 ~ Lunch \$11	Dinner \$12
	Seafood Salad Roma Tomatoes, Lemons, Green & Black Olives, Hard Boiled Eggs, Carrot Sticks & Cucumbers	Chicken Cordon Bleu with Supreme Sauce Wild Rice Vegetable du Jour
THURS.	June 29 ~ Lunch \$7	Dinner \$14
	Pizza Bar <i>(does not include drink, starter, or dessert)</i>	Braised Short Ribs Green Chile Mashed Potatoes Vegetable du Jour
FRIDAY	June 30 ~ Lunch \$10	Dinner \$14
	Chicken Quesadillas Black Beans Spanish Rice	Peel & Eat Shrimp with Cocktail Sauce & Lemons Parsley Boiled Potatoes Corn on the Cobb
SAT.	July 1 ~ Lunch \$11	Dinner \$15
	Philly Steak Sandwich Sweet Potato Fries Choice of Vegetable	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 25 to Saturday, July 1

Show Times: 1, 4 and 7 p.m., Monday – Saturday

2 and 6 p.m., Sunday

Sunday, June 25 – The Ant Bully (2006)

Getting pushed around by another boy was bad enough, but now even the ants are on this kid's case.

Co-Starring: Julia Roberts, Nicolas Cage & Meryl Streep

Rated PG; 1 hr. 29 min.

Monday, June 26 – Miss Julie (2014)

On a summer night in 1890 Ireland, the unsettled daughter of aristocrats coaxes her father's valet to seduce her, though he's engaged to their cook.

Co-Starring: Jessica Chastain, Colin Farrell & Samantha Morton

Rated PG-13; 2 hrs. 10 min.

Tuesday, June 27 – Phenomenon (1996)

After he's knocked unconscious, a humble mechanic awakens with incredible intellectual powers that soon draw the attention of scientists and the FBI.

Co-Starring: John Travolta, Kyra Sedgwick & Forest Whitaker

Rated PG; 2 hrs. 3 min.

Wednesday, June 28 – Did You Hear About The Morgans? (2009)

Marked for death after watching a hit man commit murder, an estranged couple is forced to enter the Witness Protection Program.

Co-Starring: Hugh Grant, Sarah Jessica Parker & Sam Elliott

Rated PG-13; 1 hr. 43 min.

Thursday, June 29 – Big Trouble In Little China (1986)

When an ancient magician kidnaps his friend's fiancée, a two-fisted trucker and a sexy attorney must navigate a shadowy realm to capture the culprit.

Co-Starring: Kurt Russell, Kim Cattrall & Dennis Dun

Rated PG-13; 1 hr. 39 min.

Friday, June 30 – Jackie (2016)

Still reeling from her husband's shocking assassination in Dallas, First Lady Jacqueline Kennedy battles through exhaustion, overwhelming heartache and anger to preserve his legacy.

Co-Starring: Natalie Portman, Peter Sarsgaard & Greta Gerwig

Rated R for brief strong violence and some language; 1 hr. 40 min.

Saturday, July 1 – The African Queen (1951)

The rough-hewn captain of a broken-down East African riverboat teams with a straitlaced missionary to take on a German gunboat during WWI.

Co-Starring: Humphrey Bogart, Katharine Hepburn & Robert Morley

Not Rated; 1 hr. 45 min.

Weekly Opportunities Calendar *June 25 to July 1*

Sunday • June 25

Breakfast at Verna Belle's—Omelets with Fruit

- 9:00 a.m. ~ Miller Worship Service, MFR
- 10:00 a.m. ~ Worship Service, CR
- 2:00 p.m. ~ Wroten Worship Service, WL
- 7:00 p.m. ~ Vespers with Rev. Glenn Fogo from First United Methodist Church, CR

Monday • June 26

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 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. ~ Blood Pressure Clinic, GR
- 1:00 p.m. ~ Urgent Responder Clinic, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 5:30 p.m. ~ Eastside Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

Tuesday • June 27

Trash pick-up day

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Seven Dolors Book Discussion, LR
- 3:00 p.m. ~ Coffee Corner, CR
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:30 p.m. ~ 3rd Floor Supper, CR

Wednesday • June 28

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Worship Service, LR
- 10:00 a.m. ~ Memory Activities Class: ArtFull Memories, KSU CL
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
- 1:30 p.m. ~ Pitch, GR
- 1:30 p.m. ~ Diabetic Support Group, KSU CL
- 1:30 p.m. ~ Collins Worship Service, CH
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Rock Steady Boxing, KSU CL
- 4:00 p.m. ~ Lutheran Video Worship Service, LR
- 5:30 p.m. ~ 1st Floor Supper, MR
- 6:30 p.m. ~ Osher Class: The Cuban-American Dream, CR

Thursday • June 29

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 8:00 a.m. ~ Messenger Ladies, LR
- 10:00 a.m. ~ Meadowlark Bible Study, LR
- 10:30 a.m. ~ Steady Yourself, CR
- 10:30 a.m. ~ Speedy PD Art Class, KSU CL
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 1:00 p.m. ~ Urgent Responder Clinic, GR
- 2:30 p.m. ~ Osher Class: Abraham Lincoln Revealed, CR

Friday • June 30

Breakfast at Verna Belle's—Waffle or Pancake

- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit and Be Fit, CR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 2:00 p.m. ~ Fishing Tournament Kick-Off Meeting, KSU CL
- 7:00 p.m. ~ Music with Steve Lafever, CR

Saturday • July 1

Breakfast at Verna Belle's—Omelets with Fruit

- 9:00 a.m. ~ Rock Steady Boxing, CSC
- 9:30 a.m. ~ Painting for Fun, KSU CL

Room Abbreviations

BP, Billiards Parlor	LB, Library
CH, Collins House	LR, Living Room
CR, Community Room	MFR, Miller Friendship Rm
CON, Conference Room	MR, Manhattan Room
GR, Game Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	TR, Tranquility Room
KR, Kansas Room (Pub)	VE, Village Entrance
KSU CL, KSU Classroom	WL, Wroten Library
PSP, Prairie Star Patio	CSC, Combative Sports Cen
HD, Hospitality Desk	

*Meadowlark News Channel can be viewed on Channel 1960

ANNOUNCEMENT

Window washing will continue the week of June 26 in the main tower, weather permitting