



# MEADOWLARK

## Messenger

June 29, 2017  
Manhattan, Kansas  
Messenger Editor: Sarah Duggan

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

## Makin' over Pizazz

### Salon facelift scheduled

Pizazz Salon will be closed for renovations starting Monday, July 10, until Monday, July 31.

During the renovation period, the stylists will be taking clients by appointment Monday through Friday in Flair Salon, located in the lower level of the Bramlage and Wroten building. Transportation can be utilized for rides from the main building to Bramlage. To schedule transportation, please call (785) 313-1039 or contact the Hospitality Desk staff. Transportation requests must be made at least an hour or more before the scheduled salon appointment to ensure ride availability.

If you use Meadowlark Transportation to travel to your appointment in Flair, you will be dropped off at the lower entrance on the north side of the building. If you walk to the Bramlage building, please enter through the main doors on the south side of the building and take the elevator to the lower level. Flair Salon is located directly across from the elevator doors.

Remember, Pizazz Salon will be a construction site during the time it is closed. Please do not enter the salon while it is being renovated.

If you have questions regarding the salon renovation, please contact Jeff Heidbreder at (785) 341-2995 or by visiting the Fitness Center. To schedule an appointment with the stylists, call (785) 537-6189.



## City excursion

### Trip to the Nelson-Atkins Museum in KC

Join Resident Services Leader Monte Spiller for a trip to the Nelson Atkins Museum in Kansas City Wednesday, July 12. The Special Event is *Exploring European Art in the New Bloch Galleries*.

The cost for the trip is \$15 a person, which covers transportation. Access to the Bloch Galleries is free. Lunch will be at the museum's Rozzelle Court Restaurant where you can enjoy masterfully crafted signature salads, sandwiches, soups, breads and desserts changed seasonally to utilize the freshest ingredients. Rozzelle Court Restaurant offers self-service and sit down dining for lunch. Gluten-free, dairy free and vegetarian options are also available. The cost of lunch will be responsibility of each trip attendee.

Please sign up in the Blue Book at the Hospitality Desk. The group will depart from the Village Entrance at 8:30 a.m. and return to Manhattan at approximately 3:30 p.m.

## Get organized!

The Meadowlark Volunteer Program is growing! Currently we have a resident, Marcia Smies, ready 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](mailto:hbirchmeier@meadowlark.org) to submit your request for help with organization and decluttering.



## **Vespers Services**

**Sunday, July 2, at 7 p.m.**

The Vespers services, led by Reverend Jim Reed from First United Methodist Church, will be held at 7 p.m. Sunday, July 2, in the Community Room.

## **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 be 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.

## **Artful Memories, rescheduled**

**Wednesday, July 5, at 10 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, July 5, in the KSU Classroom. This session was rescheduled from last week due to a schedule conflict.

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.

## **Memory Care Partner Support Group**

**Wednesday, July 5, at 10 a.m.**

Memory Care Partner Support Group is a group discussion that relates to challenges of a caregiver and ways to cope with the daily struggles of providing full time care to a loved one with memory and/or cognitive changes. This group will meet from 10 to 11 a.m. Wednesday, July 5, in the Tranquility Room.

## **Speedy PD Training Walks**

**Thursday, July 6, at 9 a.m.**

The first Speedy PD Training Walk will start at 9 a.m. Thursday, July 6. The 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. 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.

## **Music by Rachel Louis Taylor**

**Friday, July 7, at 7 p.m.**

Meadowlark Hills is excited to welcome Rachel Louise Taylor to the Community Room at 7 p.m. Friday, July 7. Rachel started taking guitar lessons at the age of seven and began writing songs in the fourth grade. Her first on-stage appearance was when she was about 10-years-old and since then she hasn't stopped performing. Rachel has performed all around Topeka (The Classic Bean, The Celtic Fox, TPAC, SPECKS, The lazy Toad and Great Overland Station). Rachel has also ventured out to Abilene, Lawrence, Wichita, and Silverton, Colorado.



## Window Washing, main building

**Monday, July 10**

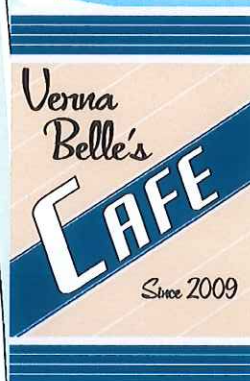
The window washers plan to start on cleaning the windows in the main building Monday, July 10, weather permitting. Maintenance team member Brad Olson will be visiting apartments starting the week of July 3 to remove screens. Please contact Mike Davis at (785) 323-3851 with questions.

## Earthquakes in Kansas!

**Friday, July 14, at 7 p.m.**

Kansas is experiencing an era of unprecedented seismic activity. Come learn all about earthquakes and induced seismicity in Kansas at 7 p.m. Friday, July 14, in the Community Room from Rex Buchanan, retired Director of the Kansas Geological Survey.

Rex is Director Emeritus of the Kansas Geological Survey (KGS), based at the University of Kansas. He started at the KGS in 1978, and was the Interim Director from 2010 to 2016. He served as Secretary of the Association of American State Geologists, past chair of the Geology and Public Policy Committee of the Geological Society of America (GSA), and past president of the Kansas Association for Conservation and Environmental Education (KACEE), the Kansas Academy of Science, and the Association of Earth Science Editors. He chaired the Kansas Task Force on Induced Seismicity from 2013 to 2016. In 2008 he was named a Fellow of GSA and in 2016 received GSA's Public Service Award. In 2009 was given the John Strickler award for environmental education from KACEE. He also provides occasional commentaries on Kansas Public Radio and has written and contributed to numerous books.



# LUNCH SPECIALS

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

### Monday, July 3

Meatball Sub with Side Salad

*meatballs, marinara sauce & mozzarella cheese on a sub*

**\$3.99/\$5.99**

### Tuesday, July 4

Celebration Chicken Wrap with Fruit Salad

*grilled chicken, sweet chili sauce, lettuce & tomato wrapped in a flavored tortilla*

**\$3.99/\$5.99**

### Wednesday, July 5

Philly Cheesesteak Panini with Frito Corn Salad

*sliced roast beef, sautéed peppers and onions, & swiss cheese on toasted Italian Bread*

**\$3.99/\$5.99**

### Thursday, July 6

BBQ Pork Sandwich with Cheesy Potatoes

*pulled pork and BBQ sauce on a butter-toasted bun*

**\$5.99**

### Friday, July 7

Grilled Chicken Sandwich with Melon Salad

*grilled chicken, lettuce, tomato & swiss cheese on a toasted bun with roasted garlic aioli spread*

**\$5.99**



Good Food, Good Friends and Great fun!

**Sliced Watermelon**  
**Chocolate Brownies & Assorted Cookies**

## Because I want to...

by Sarah Duggan

Ask Murphy not to do something or why she is doing something and lately her answer will likely have an interesting caveat.

*Because I want to.*

"Murphy, why are you standing on mommy's couch?"

"Because I want to," Murphy says with her head nodding while maintaining eye contact over the back of the couch willing me to agree with her.

Everything is because she wants to—or doesn't want to. She doesn't want to brush her teeth, she wants to eat pasta for every meal, she doesn't want to potty on the toilet—and then five seconds later she *does* want to.

I have her voice ringing in my head as I go through my day—*because I want to*. Tacos in Prairie Star for lunch, because I want to. Hair up in a messy bun, because I want to. Another cup of coffee, because I want to.

And interestingly enough, come to work *because I want to*. I want to come to work. I want to get out of bed, get dressed and come to work to see my co-workers, the people I serve and hopefully, in some way, make a difference. My girls will hopefully grow up to know that if they want to work, or want to stay home then they can and all because they want to.

Everyone has things they have to do even if they don't want to, but I hope the list of things you do because you want to is a longer one.

The phrase that initially irritated me (not buckling up because you want to isn't a great choice, Murphy) now inspires me to move through each day making good choices that also bring me joy because I want to. And because life is always changing.



## Solar Eclipse, 2017

**Monday, Aug. 21, depart at 9:15 a.m.**

A short trip to Marysville, Kan. Will allow you the opportunity to witness a once-in-a-lifetime solar event. The next solar eclipse that will be visible Monday, Aug. 21. This will be the first solar eclipse event in our country in almost 100 years.

If you would like take the trip 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.

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.

## July Birthdays

### Healthcare

7/2 Patricia Notestine  
7/4 Jo Horton  
7/8 Geraldine Burton  
7/8 Susan Koelliker  
7/9 Irene Lafountain  
7/18 Dorothy Slimmer  
7/23 Lenore Bunker  
7/24 Nanette Kaup  
7/27 Jan Kruh  
7/28 Naomi Berber  
7/28 Viola Young

### Assisted Living

7/22 Terry Livingston  
7/23 Ruth Joehnk  
7/28 Norma Thompson

### Independent Living

7/1 Karen Trail  
7/5 Charlotte Kelly  
7/9 Pat Edwards  
7/12 Nyle Larson  
7/13 Mary Lou Farmer  
7/19 June Benedict  
7/21 Joan Strickler  
7/25 Carla Cranmer  
7/26 Enell Foerster  
7/28 Orris Kelly

### Employees

7/4 Macy Pilgrim  
7/4 Julie Underwood  
7/6 Trish Reichert  
7/7 Dave Zerfas  
7/8 Hayley Meier  
7/8 Makayla Norwood  
7/9 Coraima Rosario-Pinto  
7/10 Yong Shen  
7/12 Michael Schiferl  
7/14 Thomas Shepherd  
7/16 Mikaela Salvatierra  
7/18 Megan Srna  
7/20 Nathisha Saul  
7/24 Laurel Lueth  
7/25 Hilda Williams  
7/26 Abby Sikes  
7/28 Linda Wilson  
7/31 Jalynn Montgomery

***Bold denotes  
milestone birthday  
of 80, 90, 100 or***





# 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	July 2 ~ Lunch \$12	Dinner \$12
	Roasted Pork Loin with Sherry Sauce Oven-Roasted Red Potatoes Vegetable du Jour	Spaghetti & Meat Sauce Glazed Toast Vegetable du Jour
MONDAY	July 3 ~ Lunch \$10	Dinner \$13
	Cuban Sandwich French Fries Coleslaw	Swiss Steak Mashed Potatoes with Gravy Vegetable du Jour
TUESDAY	July 4 ~ Lunch \$8	Dinner \$8.50
	Fajita Bar (does not include drink, starter, or dessert)	4th of July Buffet (see page 4)
WED.	July 5 ~ Lunch \$10	Dinner \$14
	Smothered Chicken Breast in White Mushroom Sauce Wild Rice Choice of Vegetable	Shrimp Scampi Rice Pilaf Vegetable du Jour
THURS.	July 6 ~ Lunch \$7	Dinner \$12
	Soup & Salad Bar (does not include drink, starter, or dessert)	Honey Soy Baked Chicken Thighs Fried Rice Vegetable du Jour
FRIDAY	July 7 ~ Lunch \$10	Dinner \$14
	Fish & Chips Coleslaw	Trout Almandine Baked Potato Vegetable du Jour
SAT.	July 8 ~ Lunch \$10	Dinner \$16
	Steamed Brats with Sweet Peppers & Onions Sweet Potato Fries Choice of Vegetable	Roast Prime Rib Garlic Mashed Red Potatoes Vegetable du Jour

**DRINK  
SPECIAL**

Garibaldi  
1.5 oz. Campari & 3 oz. Orange Juice  
\$3.75

# Grosh Cinema Movies

Sunday, July 2 to Saturday, July 8

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

2 and 6 p.m., Sunday

## **Sunday, July 2 – Moana (2016)**

A Polynesian girl destined to be her island's chief makes a perilous trip with a boastful demigod to undo his mistake and save her people.

**Co-Starring: Auli'i Cravalho, Dwayne Johnson & Rachel House**

**Rated PG; 1 hr. 47 min.**

## **Monday, July 3 – Elizabethtown (2005)**

Fired from his job as a shoe designer, Drew tries to kill himself. But he gets a new lease on life when he returns to his hometown for a funeral.

**Co-Starring: Orlando Bloom, Kirsten Dunst & Susan Sarandon**

**Rated PG-13; 2 hrs. 3 min.**

## **Tuesday, July 4 – Hot Pursuit (2015)**

Assigned to protect the widow of a drug kingpin, a Texas police detective is forced to take flight with her precious cargo when an assortment of bad cops and ruthless hit men start closing in.

**Co-Starring: Reese Witherspoon, Sofia Vergara & John Carroll Lynch**

**Rated PG-13; 1 hr. 27 min.**

## **Wednesday, July 5 – From The Terrace (1960)**

When a driven executive ignores his socialite wife in order to climb the corporate ladder, she finds comfort with another man and his career falters.

**Co-Starring: Paul Newman, Joanne Woodward & Myma Loy**

**Not Rated; 2 hrs. 24 min.**

## **Thursday, July 6 – In The Land of Women (2007)**

Disillusioned writer Carter Webb heads to the Michigan home of his ailing grandmother with plans to nurse her back to health.

**Co-Starring: Adam Brody, Kristen Stewart & Meg Ryan**

**Rated PG-13; 1 hr. 38 min.**

## **Friday, July 7 – When In Rome (2010)**

After fishing out coins from a water fountain in Italy, cynical New Yorker Beth Harper finds herself being wooed by several ardent suitors.

**Co-Starring: Kristen Bell, Josh Duhamel & Anjelica Huston**

**Rated PG-13; 1 hr. 31 min.**

## **Saturday, July 8 – Johnny English Reborn (2011)**

Bumbling spy Johnny English sharpens his skills at a Tibetan monastery and returns to service to protect the Chinese premier from an assassin.

**Co-Starring: Rowan Atkinson, Dominic West & Gillian Anderson**

**Rated PG; 1 hr. 41 min.**



# Weekly Opportunities Calendar July 2 to July 8

## Sunday • July 2

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 Jim Reed from First United Methodist Church, CR

## Monday • July 3

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, LR
- 8:30 a.m. ~ IL Resident Council, KSU CL
- 9:30 a.m. ~ Town Meeting, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:00 a.m. ~ St. Luke's Communion, LR
- 12:00 p.m. ~ Yoga, KSU CL
- 12:00 p.m. ~ Weights 101, CR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 5:30 p.m. ~ Tuttle Creek Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

## Tuesday • July 4

Trash pick-up day

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

- 8:30 p.m. ~ 4th of July Party, Lyle House Patio & West Parking Lot



## Wednesday • July 5

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
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 10:00 a.m. ~ Memory Care Partners Support Grp, TR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:00 a.m. ~ Memory Luncheon, MR
- 11:30 a.m. ~ 1st Men's Club Luncheon, CON
- 12:00 p.m. ~ Yoga, CR
- 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR

1:30 p.m. ~ Pitch, GR

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

6:30 p.m. ~ Osher Class: The Cuban-American Dream, CR

## Thursday • July 6

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 8:00 a.m. ~ Messenger Ladies, CON
- 10:00 a.m. ~ Meadowlark Bible Study, CON
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 1:00 p.m. ~ Parkinson's Freedom Party, CR
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR

## Friday • July 7

Breakfast at Verna Belle's—Waffle or Pancake

- 9:30 a.m. ~ Seated Strength, CR
- 9:30 a.m. ~ Art Committee, LR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit and Be Fit, CR
- 12:30 p.m. ~ Mending Angel, GR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 2:00 p.m. ~ Meadowlark Fishing Tournament Awards, KSU CL
- 3:30 p.m. ~ Catholic Mass, CR
- 7:00 p.m. ~ Music with Rachel Taylor, CR

## Saturday • July 8

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