



MEADOWLARK

Messenger

July 6, 2017

Manhattan, Kansas

Messenger Editor: Sarah Duggan

A local not-for-profit organization
enhancing senior lifestyles



Patience is a virtue

Musings & lessons learned from a working mama

by Sarah Duggan

On the way home from the Meadowlark fireworks display and Fourth of July celebration, Murphy Rose repeatedly asked the same question over and over. I answered it over and over. Finally, at what seemed like the tenth time, I asked her the questions back. She rattled off the answers quickly and correctly.

"See, you know the answers," I stated with a smile. *Whew, that's over, I*

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Outdoor Encounters

submitted by Nathan Bolls

I suspect few people know that the various species of sumac plants have to their credit an especially long list of medicinal uses by Europeans in ages past, by American Indians, by our pioneers, and by early American physicians. Even the name "sumac" is thought to be of Arabian origin. We usually notice *our* sumac species—the smooth, or dwarf, sumac—only in late summer or early fall after its leaves and fruit have turned to that beautiful red. Unfortunately, I have space to mention only a smattering of the many ways the sumacs have been used medicinally throughout human history.

Kelly Kindscher's 1992 book, *Medicinal Plants of the Prairie*, quotes the works of several authors as they describe sumac uses by various peoples through the ages. American folk uses of the various sumac species can be traced back to Europe, and many uses were similar on both continents. For example, below are some of the European sumac uses given in the *Gerarde herbal*, printed in 1636: the leaves boiled in wine and drank can reduce or stop blood flow; a decoction of the leaves can make the hair black; the leaves, made into an ointment with honey and vinegar, stops the spread of gangrene; the seeds pounded and mixed with honey and the powder from oak coals can heal hemorrhoids; and a gummy substance that oozes from the cut sumac stems can be put into the empty "dry" tooth socket to stop the pain.

In 1830, Constantine Rafinesque recorded some of the early uses of sumac in the eastern United States, excluding, of course, a certain toxic eastern species. Applications include the use of roots by Indians as an anti-syphilitic and to dye wood red; and the use of the tannin-rich leaves to tan leather, to dye wool and silk black, and as an astringent to slow bleeding. Ink was made from the bark and berries, and the berries were used to treat rheumatism, dysentery, sore throat, hemorrhage, gangrene, and warts. Some Indians made flutes from the hollow stems, and several Indian tribes smoked the dried and ground red leaves. Numerous central and western Indian tribes also used sumac in a variety of ways.

Nineteenth Century physicians, using ground smooth sumac bark boiled in equal parts milk and water, made a poultice to treat burns. Some Indians also used the berries to treat sunburn and various sores. Smooth sumac from the Missouri Ozarks contains a highly active antibiotic substance that is effective in preventing tooth decay. Dental "chew sticks" can be made from small sumac stems by removing the bark and chewing on the stick to soften the fibers. This stick can be used to both clean teeth and massage gums.

Perhaps, in this time of desperately needing to enhance our concern and reverence for the natural world, we might, when appropriate, pause and appreciate the roles played by the sumacs of our world. They rank far above mere weeds.

Fishing Tournament

Friday, June 30, at 2 p.m.

The first-ever Meadowlark Fishing Tournament will end at 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 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.

Vespers Services

Sunday, July 9, at 7 p.m.

The Vespers services, led by Reverend Diana Chapel from Ogden First United Methodist Church, will be held at 7 p.m. Sunday, July 9, in the Community Room.

Newspaper & Bible, canceled

Newspaper and Bible class is canceled for Tuesday, July 11. Class will resume July 18.

Trip to Nelson-Atkins Museum

Wednesday, July 12, depart at 8:30 a.m.

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, which 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.

Memory Activities Class

Wednesday, July 12, at 10 a.m.

Memory Activities Class (MAC) provides education, activities and discussions about memory and cognition in an informal setting. All levels of abilities are welcome and snacks will be provided. This group will meet at 10 a.m. Wednesday, July 12, in the KSU Classroom.

Memory Café

Wednesday, July 12, at 10 a.m.

Memory Café will meet in the Pub at 10 a.m. Wednesday, July 12. This group features story sharing, reminiscing and social engagement. It is facilitated by Bridget Larkin and Arlene Lundberg. All are welcome to participate in this informal setting and snacks are provided.

Beach Museum of Art: Monthly Artist Discussion

Wednesday, July 12, at 6:30 p.m.

Join Kim Richards from the Beach Museum of Art at 6:30 p.m. Wednesday, July 12, in the KSU Classroom to learn and discuss the *Medley of Old Glory* featuring Childe Hassam. All who are interested are welcome to attend.

July Focus Group

Thursday, July 13, at 10 a.m.

The Focus Group scheduled for July will once again spotlight a staff member. The staff attendee will be Home Health Companion and Support Services Intern, Rachel Severt.

Speedy PD Art Workshop

Thursday, July 13, 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, July 13, in the KSU Classroom.

Meadowlark Ladies Luncheon **Thursday, July 13, at 12:30 p.m.**

The Meadowlark Ladies Luncheon will meet at 12:30 p.m. Thursday, July 13, in the Manhattan Room. Come learn some facts about our flag with your hostess, Jeanne Lundin. The menu will include a Chicken Salad. All ladies at Meadowlark are welcome, but please sign up in the Blue Book if you plan to attend.

Earthquakes in Kansas!

Friday, July 14, at 7 p.m.

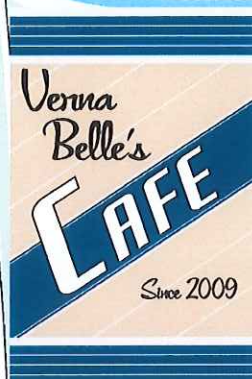
Kansas is experiencing an era of unprecedented seismic activity. Come learn all about earthquakes and induced seismicity in Kansas at 7 p.m. Friday, July 14, in the Community Room from Rex Buchanan, retired Director of the Kansas Geological Survey.

Universalist Unitarian Group, canceled

The Universalist Unitarian Group will not meet Monday, July 17.

Event Cancellations

In order to increase communication concerning cancellations or changes of events that take place on Meadowlark campus, two "event cancelled" signs have been posted. One sign is on the big bulletin board in the Game Room and the other is on the large board in the west side hall. The signs will be updated as needed when a cancellation occurs.



LUNCH SPECIALS

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

Monday, July 10

Napa Valley Chicken Salad Wrap with Fruit Salad
*shredded chicken, pecans, grapes & celery wrapped in
a flavored tortilla*
\$3.99/\$5.99

Tuesday, July 11

Everything Bagel Sandwich with Choice of Side
*ham, turkey & swiss cheese on an everything bagel
with a honey mustard glaze*
\$3.99/\$5.99

Wednesday, July 12

Bourbon Bacon Roast Beef Slider with Choice of Side
*sliced roast beef, whiskey-candied bacon & cheddar cheese
on a Hawaiian roll*
\$3.99/\$5.99

Thursday, July 13

Grilled Chicken and Mac & Cheese Bowl
*grilled chicken, bacon, tomatoes & green onions
over creamy mac & cheese*
\$5.99

Friday, July 14

Nacho Burger with Melon Salad
*grilled hamburger with lettuce, pico de gallo & nacho
cheese on a bun*
\$5.99

Patience, from page 1

thought relaxing into the seat.

"Mom...." and the same question was asked again. I was at the end of my rope.

"Murphy, you are a smart girl. You've asked me the same question five times. You know the answers. Please, stop asking me," I said exasperated.

And then from the back seat crept the sweetest, most apologetic voice I have ever heard, "I sorry, Mommy. I sorry; I two."

Instant knife to the heart. I didn't know whether to laugh, cry or apologize. She is so smart. She has learned exactly how to stop Mommy right in her tracks. Life is always changing.

Town Meeting Notes, July 3

Notes from July 3 Town Meeting conducted by Monte Spiller, Resident Services Leader.

Welcome Monte welcomed the meeting attendees. There weren't any new residents in attendance to introduce.

Campus Update Lonnie Baker, CEO, shared about the legislative bills in Washington, D.C. that will have an affect on Medicare and Medicaid. Some changes could include Medicaid cuts and the discontinuation of the three-midnight rule for post-acute Medicare-covered stays in places like Bramlage House. Lonnie also shared that Mike Davis, Environmental Services Leader, is working on getting quotes for adding parking spaces around campus. Lonnie reminded everyone that any solution would bring compromise.

Speedy PD Update Speedy PD is scheduled for 8 a.m. Saturday, Aug. 26, at Tuttle Creek State Park. There are many opportunities to be involved with the race, including the half-mile family fun run and walk, the 5k run/walk, the 10k run/walk and volunteering. Registration forms are available for pick-up and drop off at the Hospitality Desk. Transportation from Meadowlark to the race will be available—sign up in the Blue Book for this option.

Support Services Update The Pizazz Salon renovation will start July 10 and will last no

June Gifts to Meadowlark Foundation

Gifts to the Meadowlark Foundation during the month of June were given in memory of the following persons to benefit the Good Samaritan Fund, Chaplain Fund, Meadowlark Memory Program and Meadowlark Parkinson's Program.

Barbara Higham
Craig Kohls
Evelyn Schoeff
Roger Shanks
Herman Westmeyer

If you have questions or suggestions regarding Meadowlark Foundation, please contact Becky Fitzgerald, Development Director, at (785) 323-3843.

longer than three weeks. During the renovation, the stylists will take appointments in Flair Salon located in the lower level of the Bramlage building. Transportation can be arranged from the main building to Flair Salon. The new carpet in the Community Center will be installed in the next five weeks. The painters have started painting the rooms and will paint the main hallway in small sections. Jayme Minton, Support Services Director, shared a video featuring Becky Fitzgerald, Development Director. In the video, Becky announced that the Meadowlark Foundation has met its initial fundraising goal for the Verna Belle's Café renovation project. Five generous couples made this possible. The renovation should start mid-August and the café will be closed for three to four months. Breakfast will be available in Prairie Star Restaurant during that time. Watch the Meadowlark Messenger for more details. Brook Niehues has accepted the position of Dining Services Leader. She will continue to manage Verna Belle's Café and will also supervise the front-of-house operations in Prairie Star Restaurant and be the point of contact for on-campus events. Lastly, Prairie Star Restaurant has a new operating system. Residents can now check their running monthly balance and charges online. Please visit Jayme Minton or Finance for more information.

Upcoming Events Monte reviewed the events coming up in the month of July. Please see the weekly Meadowlark Messenger for details.

IL Resident Council Minutes, June 5, 2017

Members present: Sandra Emley, Jean Beatty, Bob Crawford, Nyle Larson, Betty Love, Pat Vogt, Jo Call Marilyn Ray, Jo Lindly, Jo Lyle, Janice Parsons, Ivan Tompkins, Bea Rasmussen and Sharon Smith

Staff present: Lonnie Baker, Jayme Minton and Monte Spiller

Sandra welcomed all meeting attendees.

Updates

General Update: Lonnie shared that Annie Peace, Health Services Director, has been out of the office unexpectedly for several weeks and plans to be back today, at least for part of the day. Annie plays a major role within Meadowlark and in her absence, her coworkers and team members did an amazing job of keeping things running without concern.

Summerfest went smoothly. The food line flowed faster than in recent years thanks to Jayme Minton and the kitchen staff. Lonnie expressed how impressed he is to see how an event so large just naturally occurs. He also understands it happens because people who care come together and makes it happen.

Census is currently high as of now at 94.5 percent, but the team is cautious not to assume this is the normal trend. Staff will continue to look at other options to maintain consistency with census.

Surveyors have and are currently looking at the area behind the maintenance shop for a possibly location to create more parking. At this point, no decisions have been made as we are looking at the cost prior to deciding to move forward.

Floor Updates: Jo Lyle reported on behalf of the Tuttle Creek neighborhood. There are 14 units with 19 residents. They are a very caring group who keep track of one another, as well as alumni who have lived there previously. They have their neighborhood supper the first Monday of the month and a women's coffee on the third Wednesday of the month. Recently, the neighborhood men also started a coffee group.

Janice Parsons reported on behalf of Meadowlark Circle. The Circle has 16 residents, consisting of four couples and eight single individuals, living in the 14 units with two currently unoccupied. The circle was originally developed and sold in 2004, with the first residents moving into their cottage in 2005. Of the original residents, there are still eight who remain, who can share interesting history including the move of the Stillman Cemetery during the addition of the circle. They look out for one another and meet twice a month for the Meadowlark Circle suppers.

Approval of May Minutes: Motion to approve minutes was moved and passed.

New Business: Sandra Emley explained this would be her last meeting as Council Chair and opened the floor to accept nominations for a new chair. Bea Rasmussen nominated Pat Vogt for IL Resident Council Chair. The nomination was accepted by Pat, moved and passed by the council. A vote was taken, with a unanimous decision of yes, making Pat Vogt the new IL Resident Council Chair.

Old Business: Jean Beatty reported on both the Board of Trustees and the Finance Committee. In both meetings the operating budget for Fiscal Year 2018 and the capital budget for Fiscal Year 2018 were discussed. The Finance Committee passed a motion to approve the Fiscal Year 2018 budgets for the Operating Revenue and Operating Expenses and to present the motions to the Board of Trustees for approval. The Board of Trustees approved the budget for Fiscal Year 2018.

Additional Topics: Jayme Minton plans to give a presentation during Town Meeting on July 3 regarding how residents can access the new software system to check their meal plan balances and order from Prairie Star online.

It was brought to the attention of the Council and staff members present at the meeting that the flag was not at half-staff on Memorial Day. Monte Spiller followed up with the maintenance team to prevent a repeat occurrence.

Meeting adjourned

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 9 ~ Lunch \$13	Dinner \$12
	Pot Roast with Carrots, Onions & Celery Mashed Potatoes Vegetable du Jour	Grilled Cilantro Lime Chicken Breast Rice Vegetable du Jour
MONDAY	July 10 ~ Lunch \$10	Dinner \$14
	Sliced BBQ Pork Loin Sandwich with Caramelized Onions Coleslaw Potato Chips	Grilled Salmon with Avocado Salsa Roasted Yukon Gold Potatoes Vegetable du Jour
TUESDAY	July 11 ~ Lunch \$7	Dinner \$11
	Taco Bar (does not include drink, starter, or dessert)	Steamed Polish Sausage Hot German Potato Salad Vegetable du Jour
WED.	July 12 ~ Lunch \$10	Dinner \$13
	Ham Loaf Roasted Red Potatoes Choice of Vegetable	Braised Beef Brisket with Bordelaise Sauce Potato Pancake Vegetable du Jour
THURS.	July 13 ~ Lunch \$7	Dinner \$12
	Hamburger & Hot Dog Bar (does not include drink, starter, or dessert)	Roast Turkey & Gravy with Sausage & Sage Dressing Mashed Potatoes Vegetable du Jour
FRIDAY	July 14 ~ Lunch \$10	Dinner \$16
	Turkey Reuben Potato Salad Choice of Vegetable	Fried Scallops Smoked Gouda & Scallion Mashed Potatoes Vegetable du Jour
SAT.	July 15 ~ Lunch \$11	Dinner \$15
	Fried Catfish with Tartar Sauce Sweet Potato Fries Choice of Vegetable	Steak Baked Potato Vegetable du Jour

**DRINK
SPECIAL**

Frenchy

1 oz. Citrus Vodka, 3 oz. Pineapple Juice & 1 oz. Cranberry Juice

\$3.75

Grosh Cinema Movies

Sunday, July 9 to Saturday, July 15

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

2 and 6 p.m., Sunday

Sunday, July 9 – Underdogs (2013)

When his archenemy returns to settle a score, a foosball ace and his magically incarnated team must save the town and woo back his girl.

Co-Starring: Ariana Grande, Nicholas Hoult & Matthew Morrison

Rated PG; 1 hr. 25 min.

Monday, July 10 – Blank Check (1994)

When a money-laundering criminal nearly runs over 11-year-old Preston, he gives the boy a check—which he accidentally leaves blank.

Co-Starring: Brian Bonsall, Karen Duffy & Miguel Ferrer

Rated PG; 1 hr. 33 min.

Tuesday, July 11 – Loving (2016)

Recounting a landmark chapter in the struggle for civil rights, this absorbing drama depicts the 1958 arrest and imprisonment of Richard and Mildred Loving.

Co-Starring: Joel Edgerton, Ruth Negga & Marton Csokas

Rated PG-13; 2 hrs. 3 min.

Wednesday, July 12 – The Big Short (2015)

A group of wily opportunists make a fortune off of the U.S. economic crash by sniffing out the situation in advance and betting against the banks.

Co-Starring: Christian Bale, Brad Pitt & Ryan Gosling

Rated R for pervasive language and some sexuality/nudity; 2 hrs. 10 min.

Thursday, July 13 – A Man Called Ove (2016)

Despite being deposed as president of his condo's resident association, 59-year-old misanthrope Ove continues to plague his neighbors with dictatorial demands.

Co-Starring: Rolf Lassgard, Bahar Pars & Filip Berg

Rated PG-13; 1 hr. 56 min.

Friday, July 14 – Believe (2016)

After his family-run factory falters, jeopardizing his town's beloved holiday pageant, businessman Matthew faces a crisis of character and faith.

Co-Starring: Ryan O'Quinn, Shawnee Smith & Danielle Nicolet

Rated PG; 1 hr. 59 min.

Saturday, July 15 – Laura (1944)

A hard-boiled police detective should be the last person to fall in love with a victim, especially when she's dead.

Co-Starring: Gene Tiemey, Dana Andrews & Clifton Webb

Not Rated; 1 hr. 28 min.

Weekly Opportunities Calendar July 9 to July 15

Sunday • July 9

Breakfast at the Café: 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 Diana Chapel from Ogden
First United Methodist Church, CR

Monday • July 10

Breakfast at the Café: 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
11:30 a.m. ~ Meadowlark Valley Luncheon, LR
12:00 p.m. ~ Yoga, CR
12:00 p.m. ~ 1st Pres. Men's Luncheon, MR
1:00 p.m. ~ Blood Pressure Clinic, GR
1:15 p.m. ~ Parkinson's Exercise Class, CR
1:30 p.m. ~ Ladies Pool Table Time, BP
1:30 p.m. ~ Hearing Aid Doctor, CON
7:00 p.m. ~ Community Bingo, CR

Tuesday • July 11

Trash pick-up day

Breakfast at the Café: Breakfast Sandwich with Fruit

10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Kimball Luncheon, MR
12:00 p.m. ~ Seven Dolors Book Discussion, LR
2 to 3:30 p.m. ~ West Tower Water Shut Off for Maintenance
3:00 p.m. ~ Coffee Corner, CR
3:30 p.m. ~ Ambassador Committee Meeting, CON
5:30 p.m. ~ 4th Floor Supper, MR

Wednesday • July 12

Breakfast at the Café: Breakfast Burrito with Fruit

9:00 a.m. ~ Building & Grounds Meeting, LR
9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Worship Service, LR
10:00 a.m. ~ Memory Activities Class, KSU CL
10:00 a.m. ~ Memory Café, CON
10:20 a.m. ~ Weights 101, CR
11:00 a.m. ~ Sit & Be Fit, CR
12:00 p.m. ~ Yoga, CR
1:30 p.m. ~ Pitch, GR
1:30 p.m. ~ Collins Worship Service, CH
3:00 p.m. ~ Call Hall Ice Cream, KR
3:00 p.m. ~ Rock Steady Boxing, CR

4:00 p.m. ~ Lutheran Video Worship Service, LR
6:30 p.m. ~ Osher Class: Military History, CR
6:30 p.m. ~ Artist Discussion with the Beach
Museum of Art, KSU CL

Thursday • July 13

Breakfast at the Café: Biscuits & Sausage Gravy

8:00 a.m. ~ Messenger Ladies, CON
9:00 a.m. ~ Speedy PD Training Walk, VE
10:00 a.m. ~ Meadowlark Bible Study, CON
10:00 a.m. ~ Resident Focus Group, MR
10:30 a.m. ~ Steady Yourself, CR
10:30 a.m. ~ Speedy PD Art Class, KSU CL
11:15 a.m. ~ Chair Yoga, CR
12:30 p.m. ~ Meadowlark Ladies' Luncheon, MR
1:00 p.m. ~ Blood Pressure Clinic, GR
4:00 p.m. ~ Center on Aging Lecture Series, CR

Friday • July 14

Breakfast at the Café: 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
1:15 p.m. ~ Parkinson's Care Partner Support Grp, LI
7:00 p.m. ~ Earthquakes in Kansas with Rex
Buchanan, CR

Saturday • July 15

Breakfast at the Café: 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 Center
HD, Hospitality Desk	

*Meadowlark News Channel can be viewed on Channel 1960