

Messenger

January 11, 2018 Manhattan, Kansas Messenger Editor: Sarah Duggan

A local not-for-profit organization enhancing senior lifestyles

Meadowlark welcomes Jazz Singer

NYC jazz performer to sing tonight in Community Room



Meadowlark is proud to host jazz singer, Kathryn Allyn at 7 p.m. Thursday, Jan. 11, in the Community Room for an evening of jazz music.

Kathryn, a Junction City native who currently lives in New York City, will be joined by Wayne Goins, guitar; Rick Smith, guitar; and Mike T. Brown, bass.

Kathryn Allyn has been called "a vocally lustrous earful" by the Philadelphia Inquirer, "elaborately ornamental" and "a martini dry wit" by CafeteriaRusticana.com, "note perfect" and "a charismatic presence" by the Ft. Lauderdale Sun-Sentinel, "musically superb" by

BistroAwards.com and, in a personal favorite, "grandly libidinous" by Opera News. Kaye has appeared at NYC's Café Noctambulo, The Cutting Room, The Underground, The West End Lounge, TomiJazz, Somethin' Jazz and Stage72. In her former life as a classical singer, she was seen in leading roles at New York City Opera, Carnegie Hall, Tokyo Symphony, Florida Grand, Palm Beach Opera, Opera Orchestra New York and others; Kaye's roles ran the gamut from Carmen (Carmen), Madama Butterfly (Suzuki) and Mahler's Symphony Nr. 2 (Alto Soloist), to Oklahoma! (Ado Annie), and Noel Coward's Bitter Sweet (Manon).

Live Your Way, Every Day Contest

by Sarah Duggan

Happy New Year! Meadowlark is kicking off 2018 with a new contest, which began Wednesday, Jan. 9. The purpose of this contest is to gather resident, family, staff and stakeholder's images that illustrate the uniqueness of Meadowlark and its mission.

There will be two categories: staff and non-staff. For each category, there will be three cash prizes awarded to the top three stories: \$125 (first), \$75 (second) and \$50 (third). Image submissions will be due by 5 p.m. Friday, Feb. 2, and must be

Kansas is 157!

Submitted by Polly Ferrell

On Jan. 29, this land became a state, that's why when every year rolls 'round we try to celebrate.

Our Meadowlark Hills Kansas Day Celebration starts now, so pin a Sunflower to your lapel and sing a verse or two of Home On The Range. The culmination of our Celebration will be at 10 a.m. Monday, Jan. 29, at the Kansas Wheat Innovation Center — on Kimball Avenue, just across from the football stadium. Meadowlark buses will give you a ride or you may choose to drive yourself. There is free parking and no steps into the building. Kansas refreshments will be plentiful — if everyone let's us know they are coming — so sign up now in the Blue Book, even if you are doing your own driving.

Trivia Time. If you can name the Kansas author of the following verse, leave a note for Polly in Cubby Box #422 and you will receive a "prize".

It ain't gonna rain no more, no more. It ain't gonna rain no more. How the heck can I wash my neck If it ain't gonna rain no more. See you at the Kansas Celebration on Jan. 29!

Congratulations!

Submitted by Jeff Heidbreder

Shannon Creagh and Kathy Shawver, the stylists in Pizzaz Salon are celebrating their one-year anniversary with Meadowlark next week! You're invited to stop by the Salon during business hours the week of Jan. 15 to pick up a treat to celebrate. Thank you to Shannon and Kathy for all that they do at Meadowlark!

See Contest, page 5

Line Dancing, postponed

The final session for Line Dancing has been postponed. Please watch future Messengers for the rescheduled date.

Hymn Sing-a-long

Friday, Jan. 12, at 7 p.m.

Join IL resident Karen Trail and friends for an all -campus sing-a-long at 7 p.m. Friday, Jan. 12, in the Community Room. Join the group for an opportunity to hear and sing a variety of familiar Sunday songs. We will sing songs from older song books and will ask the audience to call out some titles that you especially like. All are welcome!

K-State Men's Basketball Games

Saturday, Jan. 13, & Tuesday, Jan. 16

Watch the KSU Men's basketball games in the Game Room on the following dates and times. Watch parties with refreshments will be held for weekend games only.

~ Saturday, Jan. 13, at 11 a.m. vs. KU on ESPN (channel 32) - watch party with refreshments

~ Tuesday, Jan. 16, at 8 p.m. vs Oklahoma on ESPNU (channel 244)

Vespers Services

Sunday, Jan. 14, at 7 p.m.

The Vespers services will be led by Rev. Cam McConnell from First Presbyterian Church. Vespers service will begin at 7 p.m. Sunday, Jan. 14, in the Community Room. All are welcome.

Ambassador Meeting

Tuesday, Jan. 16, at 3 p.m.

The next Meadowlark Ambassadors' meeting is at 3 p.m. Tuesday, Jan. 16, in the West Conference Room. We would love to grow our group, so all interested individuals are encouraged to attend the meeting and learn more about the Ambassador group. If you have questions, please contact Jana at 323-3890.

Shopping Trip

Wednesday, Jan. 17, at 10 a.m.

Take advantage of the complimentary transportation to local shopping centers. Transportation will travel to Dillons and Walmart at 10 a.m. Wednesday, Jan. 17, departing from the Village Entrance. Please Page 2

register in the Blue Book to participate.

Literature of Aging

Thursday, Jan. 18, at 9:30 a.m.

You're invited to participate in a new opportunity, Literature of Aging led by Deborah Murray.

Some of the world's greatest literature focuses on the joys and sorrows we face as we age. Writers we'll read include Edward Albee, Eudora Welty, Alice Walker, and others. We'll read and discuss plays, poetry, and fiction that addresses issues related to aging including retirement, mortality, and wisdom. A strong focus of the course will be discovering those aspects not typically revealed in stereotypical portrayals of aging. We will focus on traditional formal elements of literature, as well as its thematic impact.

In-class activities include discussion, reading, writing, and reflection. This class will meet every Thursday in the West Conference Room through the spring semester. To participate, please attend the initial class Thursday, Jan. 18. If you have questions, please contact Deborah at 532-2179.

Joshua Lightfoot Band

Friday, Jan. 19, at 7 p.m.

Back by request, the Joshua Lightfoot Band will perform at 7 p.m. Friday, Jan. 19, in the Community Room. Joshua and his wife, Tove, will entertain us with music using many instruments including the banjo, mandolin and fiddle. All are welcome to attend!

Evel Knievel & Lunch

Wednesday, Jan. 24, depart at 9:15 a.m.

A day trip to Topeka is planned for Wednesday, Jan. 24, to visit the new Evel Knievel Museum. Evel Knievel's authentic performance leathers, jump bikes and memorabilia are housed in a permanent museum at the historic Harley-Davidson of Topeka. The museum is two stories and 13,000 square feet. It features dozens of Evel's possessions.

The cost of the trip is \$28 per person, which includes transportation, museum admission and lunch. The group will depart from the Village Entrance at 9:15 a.m.

In his 11-year motorcycle-jumping career in the 1960s and '70s, Knievel attempted more than 75 jumps, becoming just as famous for the stunts he landed as those he didn't. Knievel, born Robert

Craig Knievel, passed away in 2007 at the age of 69.

Concert at Hale Library

Friday, Feb. 2, at 7:30 p.m.

You're invited to Hale Library to enjoy a concert provided by Dr. David Littrell, cello, and Amanda Arrington, piano.

The concert will begin at 7:30 p.m. Friday, Feb. 2, in the Hale Library Hemisphere Room. There will be free transportation provided to and from Meadowlark and Hale Library. If you would like to attend, please contact Darchelle Martin for tickets at 532-7442. The free transportation can be reserved in the Blue Book at the Hospitality Desk.

Dr. Littrell is retiring from Kansas State University and this concert will salute his distinguished career at the university.

Cowboys & Quartet

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

The 2018 Winter Ball event is set for Friday, Jan. 26, from 6 to 9 p.m. in the Community Center, including the Community Room, Game Room and Prairie Star Restaurant.

This year's theme is *Cowboys and Quartet*. You're invited to dress the part in your best formal attire or dance the night away in your boots and jeans! The Community Room will be transformed into a elegant ballroom, while Prairie Star welcomes you to the *Ranch in the Hills*. All residents and staff are invited to attend.

The evening will include music provided by the Wakim Jazz Quartet in the Community Room and Dillon Ray & Lucas in Prairie Star Restaurant beginning at 6 p.m. in both locations. You have the opportunity to mingle between both areas throughout the night and enjoy heavy appetizers catered by Prairie Star Restaurant. No registration is required for this free event. You may come and go as you please.



Monday, Jan. 15

Chili Cheese Dog with Choice of Side grilled hot dog topped with chili and cheese on a hot dog bun

\$3.99/\$5.99

Tuesday, Jan. 16

Ultimate Grilled Cheese with Choice of Side sautéed mushrooms, onions, tomatoes & bacon with American and cheddar cheese on butter-toasted wheat or white bread

\$3.99/\$5.99

Wednesday, Jan. 17

White Chicken Chili with Cornbread Muffin shredded chicken, great northern beans & onions in a creamy soup

\$3.99/\$5.99

Thursday, Jan. 18

Turkey Avocado Wrap with Choice of Side turkey, swiss cheese & guacamole wrapped in a flavored tortilla with lettuce & tomato \$3.99 / \$5.99

Friday, Jan. 19

French Onion Sliders with Choice of Side seasoned ground beef topped with swiss cheese & sautéed onions on a slider bun

\$3.99/\$5.99

IL Resident Council Minutes, Dec. 4, 2017

Members present: Pat Vogt, Jean Beatty, Bob Crawford, Nyle Larson, Betty Love, Jo Call, Verlyn Richards, Marilyn Ray, Steve Owens, Polly Ferrell, Sharon Smith, Bea Rasmussen, Ivan Tompkins, Janice Parsons and Jo Lyle

Staff present: Lonnie Baker, Jayme Minton and Monte Spiller

Pat welcomed all meeting attendees.

Updates

General Update: Lonnie reported that the acquisition of Autumn Hills was finalized Friday, Dec. 1. The process went smoothly and operations at both locations are going well.

Mike Davis, Environmental Services Leader, is currently getting rough numbers for the courtyard area in efforts to look at options for possible renovation. We will also start looking at the kitchen in Prairie Star after the New Year in regards to what the process and cost would look like as it will be a big project.

Support Services Update: Jayme reported the census is the highest it has been in three years due large in part to our healthcare numbers being up. We currently have four cottages available and are focused on marketing these openings.

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

December Gifts to Meadowlark Foundation

Gifts to the Meadowlark Foundation during the month of November were given in memory/honor of the following persons to benefit the Good Samaritan Fund and Meadowlark Parkinson's Program.

Memory of

Dr. Edward Call Rev. H. Wayne Fink Barbara Higham Pat Murray Larry Pearson Irvin Reeves David Schoneweis John Vogt

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

New Business

It was reported there were a couple of times of events listed in the Messenger that conflicted with what was listed in other locations. The concerns will be passed along to the appropriate persons in efforts to prevent this happening again.

The question regarding a chapel on campus was presented. Lonnie explained this is on his radar and part of long range planning. There are several obstacles that present themselves when approaching this addition that will have to be looked at very closely.

Bob Crawford reported on the Board of Trustees Meeting from November 9, 2017. The Executive Report was given by Lonnie Baker. There were several items approved by the Board during the November meeting.

Old Business

The Gift Committee reported with the passing of Pat Murray, other committee members stepped up to make sure everything went smoothly and they expressed that Pat will be greatly missed. The approximate total money raised was \$50,000 divided among, 392 employees on Nov. 20.

Additional Discussion Topics

The question of the efficiency of Prairie Star restaurant was brought up. Jayme explained she understands there are concerns, and she is open to suggestions and continues to look at options to make the Prairie Star experience the best possible.

Meeting adjourned

Contest, from page 1

submitted with a completed entry form, photo releases and include a caption. The caption cannot exceed 280 characters, including spaces. Winners will be announced in the Feb. 8 edition of the Meadowlark Messenger.

Entry packets are available at the Hospitality Desk, Human Resources office and on the Meadowlark website (www.meadowlark.org). If you have questions regarding the contest, please visit the Community Relations office or give me a call at (785) 323-3878. All submissions can be dropped off me in the Community Relations office (between the CEO and Finance Director offices) or via e-mail at sarah.duggan@meadowlark.org.



LEADER OF THE PACK

Congratulations to Meadowlark's January 2018 Leader of the Pack, Michelle Smith! Michelle is a Clinical Coordinator for Bramlage House. She is a dedicated caregiver who genuinely connects with the guests in Bramlage House. Michelle is caring and creative in her approach for problem solving. She is a committed positive leader who is engaged with her team and focused on encouraging, teaching and supporting them. Michelle is active in her own growth and learning in her leadership role. Meadowlark is proud to have Michelle as a part of the organization!

Town Meeting Notes, Jan. 8

Notes from Jan. 8 Town Meeting conducted by Monte Spiller, Resident Services Leader.

Welcome Monte welcomed the meeting attendees. New fourth-floor resident Ruth Todd introduced.

Support Services Update The 2018 Antropology students will move in Friday, Jan. 12. They will be living in a third-floor apartment and a garden apartment. The Community Room sound system, projector and projector screen will be replaced Jan. 9 and 10. Meadowlark is hosting the initial session for the Chamber's 2018 Leadership Manhattan group Thursday, Jan. 11. Verna Belle's Café coffee machine will be replaced this week. Census numbers across campus are up; the Sales Team is doing a great job.

Memory Program & Parkinson's Program Update Michelle Haub introduced Gina who will be her intern for the 2018 spring semester. The upcoming LEAP! Class is now full with a waiting list. Meditation classes will start in February. They will meet once a month in Grosh Cinema. Please watch the Messenger for more details.

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

Retiring committee members & new books Submitted by Marcia Smies

The Library Committee would like to thank two long-time committee members who are retiring this month. Thank you Ruth Wells and Bea Rasmussen for their years of service and dedication to the Meadowlark Library.

The Library at Meadowlark Hills received new books! Thank you to everyone who donated these books. The new titles are listed below. Happy reading!

Non-fiction titles

Tellar Tales, by Reed Hoffman

A Guide for Recalling and Telling, by Kay Shanks

Dark Money: The Hidden History of the Billionaires Behind the Rise of the Political Right, by Jane Meyer

Wrinkles in Time, by George Smoot & Kery Davidson

The Universe in a Nutshell, by Stephen Hawking

The Sibley Guide to Birds, from the National Audobon Society

The Sibley Guide to Bird's Life & Behavior, from the National Audobon Society

Random House Webster's College Dictionary

Fiction titles

Girl on a Train, by Paula Hawkins

The Double Bind, by Chris Bohjalian (large print)

Nighttime is My Time, by Mary Higgins Clark (large print)

The Girl in the Spider's Web, by David Lagercrantz

Big Little Lies, by Liane Moriarty

The Couple Next Door, by Shari Lapena



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.

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SUNDAY	Jan. 14 ~ Lunch \$12 Marinated Grilled Lemon Basil Chicken Breast Wild Rice Vegetable du Jour	Dinner \$12 Spaghetti & Meatballs Garlic Toast Vegetable du Jour
TUESDAY MONDAY	Jan. 15 ~ Lunch \$10	Dinner \$12
	Catfish Po'Boy French Fries Choice of Vegetable	Chicken Milanese Wild Rice Vegetable du Jour
TUESDAY	Jan. 16 ~ Lunch \$7	Dinner \$13
	Taco Bar (does not include drink, starter, or dessert)	Braised Short Ribs Green Chili Mashed Potatoes Vegetable du Jour
WED.	Jan. 17 ~ Lunch \$10	Dinner \$13
	BBQ Pulled Pork Coleslaw French Fries	Pork Tenderloin Piccata Risotto Vegetable du Jour
THURS.	Jan. 18 ~ Lunch \$8	Dinner \$14
	Hamburger & Hot Dog Bar (does not include drink, starter, or dessert)	Seared Duck Breast with Blackberry Coulis Twice Baked Potato Vegetable du Jour
FRIDAY	Jan. 19 ~ Lunch \$10	Dinner \$13
	Tamale Pie Black Beans Mexican Rice	Shrimp & Chicken Penne with Sherry Garlic Sauce, Portobello Mushrooms, Sundried Tomatoes, Spinach & Basil Vegetable du Jour
SAT.	Jan. 20 ~ Lunch \$10	Dinner \$15
	Salisbury Steak Mashed Potatoes Choice of Vegetable	Steak Baked Potato Vegetable du Jour

DRINK SPECIAL Cran-Apple Cocktail
1.5 oz. Red Apple Schapps & 1.5 oz. Cranberry Juice
\$3.75

Grosh Cinema Movies

Sunday, January 14-January 20, 2018

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

Sunday, Jan. 14 — Pocahontas (1995)

A young American Indian girl tries to follow her heart and protect her tribe when settlers arrive and threaten the land she loves.

Co-Starring: Irene Bedard, Mel Gibson, David Ogden Stiers, John Kassir & Russell Means Rated G: 1 hr. 21 min.

Monday, Jan. 15— <u>10,000 B.C.</u> (2008)

Fierce mammoth hunter D'Leh sets out on an impossible journey to rescue the woman he loves from a vicious warlord and save the people of his village.

Co-Starring: Steven Strait, Camilla Belle, Cliff Curtis, Joel Virgel & Affif Ben Badara Rated PG-13; 1 hr. 48 min.

Tuesday, Jan. 16— <u>The Shawshank Redemption (1994)</u>

Framed for murder, upstanding banker Andy Dufresne begins a new life at the Shawshank prison and gradually forms a close bond with older inmate, Red.

Co-Starring: Tim Robbins, Morgan Freeman, Bob Gunton, William Sadler & Clancy Brown. Rated R for language and prison violence; 2 hrs. 22 min.

Wednesday, Jan. 17– Licensed to Wed (2007)

Ben and Sadie encounter a roadblock to their trip down the aisle when her pastor insists they go through a prenuptial course before he'll marry them.

Co-Starring: Robin Williams, Mandy Moore, John Krasinski, Eric Christian Olsen & Christine Taylor.
Rated PG-13; 1 hr. 31 min.

Thursday, Jan. 18 – A Dog's Purpose (2017)

Unfolding through the prospect of a reincarnated dog, this affecting family tale follows the faithful canine as he learns the purpose of his existence through the lives of his numerous owners.

Co-Starring: Sunny Leone, Rajneesh Duggal, Yuvraj Siddharth Singh & Ziesha Nancy Rated PG; 1 hr. 40 min.

Friday, Jan. 19 – <u>Class of '61 (1993)</u>

As the Civil War looms, a runaway slave seeks freedom, and West Point cadets find their camaraderie shattered as they choose between the North and the South.

Co-Starring: Christien Anholt, Andre Braugher, Dan Futterman, Josh Lucas & Clive Owen.

Rated TV-PG; 1 hr. 30 min.

Saturday, Jan. 20 – <u>A Man Called Ove (</u>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. But when Ove's new neighbor runs over his mailbox, the old crank finds he's met his match.

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

Rated PG-13; 2 hrs. 14 min.

Weekly Opportunities Calendar Jan. 14 - Jan. 20

Sunday ● January 14

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. Cam McConnell from

First Presbyterian Church, CR

Monday ● January 15

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

7:30 a.m. ~ 1st Pres. Men's Bible Study, LR

8:30 a.m. ~ Dental Hygiene Clinic, MS

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

3:30 p.m. ~ MLH Singers Practice, CR

5:30 p.m. ~ 5th Floor Supper, MR

7:00 p.m. ~ Community Bingo, CR

Tuesday ● January 16

Trash pick-up day

Breakfast at Verna Belle's—Breakfast Bierock 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

2:00 p.m. ~ LifeStory Writing Group, LR

3:00 p.m. ~ Coffee Corner, CR

3:00 p.m. ~ Ambassador Meeting, WCR

4:00 p.m. ~ Newspaper & Bible, LR

5:30 p.m. ~ 2nd Floor Supper, CR

Wednesday • January 17

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

9:30 a.m. ~ Seated Strength, CR

10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE

10:00 a.m. ~ Worship Service, LR

10:00 a.m. ~ Memory Activities Class, KSU CL

10:00 a.m. ~ Memory Café, WCR

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

12:00 p.m. ~ Yoga, CR

1:00 p.m. ~ Pitch, GR

3:00 p.m. ~ Rock Steady Boxing, CR

3:00 p.m. ~ Call Hall Ice Cream, KR

4:00 p.m. ~ Lutheran Video Worship Service, LR

Thursday • January 18

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

8:30 a.m. ~ Messenger Ladies, WCR

9:30 a.m. ~ Literature of Aging, WCR

10:00 a.m. ~ Meadowlark Bible Study, LR

10:30 a.m. ~ Steady Yourself, CR

11:00 a.m. ~Parkinson's Webinar. KSU CL

11:15 a.m. ~ Chair Yoga, CR

1:00 p.m. ~ Blood Pressure & Responder Clinic, GR

2:00 p.m. ~ Stepping On, KSU CL

5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • January 19

Breakfast at Verna Belle's—Waffle or Pancake

9:30 a.m. ~ Seated Strength, CR

10:00 a.m. ~ Veterans Group, GC

10:20 a.m. ~ Weights 101, CR

11:00 a.m. ~ Sit & Be Fit, CR

12:30 p.m. ~ Mending Angel, GR

1:00 p.m. ~ Parkinson's Exercise Class, CR

1:00 p.m. ~ Hand & Foot Card Games, GR

3:30 p.m. ~ Catholic Rosary, CR

7:00 p.m. ~ Joshua Lightfoot Band, CR

Saturday • January 20

Breakfast at Vena 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

CR, Community Room CON, Conference Room

GR. Game Room GC, Grosh Cinema KR, Kansas Room (Pub)

PSP. Prairie Star Patio

KSU CL, KSU Classroom **HD**, Hospitality Desk

LR, Living Room

MFR, Miller Friendship Rm MR, Manhattan Room PS. Prairie Star Restaurant TR, Tranquility Room

VE, Village Entrance WL, Wroten Library

CSC, Combative Sports Center MS, Miller Spa

*Meadowlark News Channel can be viewed on Channel 1960

Reminder to lock doors

In an effort to remain cautious and aware, please remember to keep apartment and cottage doors locked, whether home or away.

(785) 537-4610 • www.meadowlark.org