

Change & Loss Series

by Chaplain Patty Brown-Barnett

An informal group will be starting on Wednesday, April 4 for the Meadowlark community. Social Services Leader Bridget Larkin, Chaplain Patty Brown-Barnett, D.Min., and Social Service Intern Ebonie Christion will be working together to lead this group, ably assisted by Social Services Intern Claire Williams. Together we hope to provide a supportive environment for finding hope and healing in a safe place.

There will be no required reading materials for this series, and weekly participation is not required. Those who wish to purchase *Understanding Your Grief* by

Alan D. Wolfelt, Ph.D., as a resource, will be able to follow group sessions in more detail. We hope to keep our conversations flexible, depending on the desires and needs of those who participate. This opportunity is open to all who wish to work through life changes and loss in a supportive environment. The group will gather for twelve weeks on Wednesdays from 2 to 3 p.m. in the South Conference Room (formerly known as the Tranquility Room).

Passport members, residents and their family members, as well as Meadowlark staff are welcome to come.

Copper is topic at April Ladies Luncheon

submitted by Becky Fitzgerald

Copper has been used and cherished for around 9,000 years. Copper, considered a native metal because it is found in nature in its metallic form, would have been especially useful to ancient man as it was much stronger than gold, hard enough to be made into useful items such as fishhooks and woodworking tools, but still soft enough to be easily shaped. Chefs have long known that pots made of copper are ideal heat-conductors; the material is durable, hygienic and corrosion-resistant.

Meadowlark resident Marlis Mann and Becky Fitzgerald, Development Director, are both fans of copper and will display pieces from their copper collections at the April Ladies Luncheon, which is planned for noon on Thursday, April 12, in the Manhattan Room. Please register in the Blue Book by Friday, April 6; all ladies are welcome to attend. If you have a piece of copper you like to wear or share, please bring it and your story about it to lunch on the 12th.

Town Meeting

Monday, April 2, at 9:30 a.m.

You're invited to hear the Meadowlark news at the April Town Meeting Monday, April 2, at 9:30 a.m. in the Community Room. This month Lonnie Baker, CEO, will give a Meadowlark campus update and Michelle Haub, Parkinson's Program Leader, will share about the upcoming Pig Out for Parkinson's event. Come to hear about these topics and more at the April Town Meeting!

Roof Replacement

Starting Monday April 2nd (weather permitting), a team will begin replacing the shingles on garden apartment buildings 2003 and 2015. The workers will start at 8 a.m. and work until 5 p.m. each day. A trash dumpster will be placed in two of the parking spaces across the street during the construction time. Please be careful when driving in this area as workers will be crossing the street. There is a chance of rain in the forecast so weather-related construction delays are possible. The project should take approximately two weeks to complete.

Emily's Feature Dessert!

Tuesday, April 3, at 3 p.m.

Emily's Feature Dessert for Coffee Corner Tuesday, April 3, is Reese's Brownie ala Mode! Come early and don't miss this special treat!

Verna Belle's Café, Friday 3/30

Verna Belle's Café will close at 3 p.m. Friday, March 30.

Evening of Musical Theater

Friday, March 30, at 7 p.m.

On Friday, March 30, Cheryl Richt and several of her students will present *An Evening of Musical Theater*.

Cheryl is an Instructor of Voice at Kansas State University teaching studio voice. She and her students look forward to entertaining the residents of Meadowlark at 7 p.m. March 30 in the Community Room.

Vespers Services

Sunday, April 1, at 7 p.m.

The Vespers services will be led by Rev. John Parsley from First Baptist Church. Vespers service will begin at 7 p.m. Sunday, April 1, in the Community Room. All are welcome.

Outdoor Opportunities Committee

Monday, April 2, at 1 p.m.

Members of the Outdoor Opportunities Committee will meet Monday, April 2, at 1 p.m. in the West Conference Room. If you have questions prior to the meeting time, please contact Sarah Duggan at (785) 323-3878.

Meditation 101

Tuesday, April 3, at 10:30 a.m.

The Memory & Parkinson's Programs are teaming up to provide you with another opportunity to learn something new for your brain and body health! Erin Davis is facilitating Meditation 101 from 10:30 to 11 a.m. Tuesday, April 3, in Grosh Cinema. No prior experience or understanding of meditation is necessary. Erin will educate you about the principles of meditation and guide you through a structured session. Please sign up in the Blue Book as seating is limited.

Memory Program Luncheon

Wednesday, April 4, at 11 a.m.

Join the Meadowlark Memory Program for a relaxing lunch from 11 a.m. to noon Wednesday, April 4, in the Manhattan Room. This is an opportunity to visit with others who may be experiencing some changes in their memory.

The lunch will begin immediately after the Memory Activities Class, Memory Café and Memory Care Partners Support Group, so it's a wonderful way to carry-over the things you learn in these classes in a non-threatening social environment. Please sign up in the Blue Book by Monday, April 2. Cost is approximately \$9 per person.

Sense of the Past

Thursday, April 5, at 10:30 a.m.

Do you love painting or drawing? Well if so, this class is for you! Join Rachel Severt at 10:30 a.m. Thursday, April 5, in the South Conference Room (formerly the Tranquility Room) for a student-led painting activity as she works at helping participants relive memories through the use of the five senses. Each week, participants will create a piece of artwork showcasing a small aspect of this memory.

Spring is in the air! This week's theme will be based on this particular day's random holiday of "National Dandelion Day." With this idea in mind, participants will use their sense of smell to think of memories in relation to dandelions or anything spring related. Come out for a great time as we enjoy the fresh smells of spring and even learn a simple new watercolor technique to add another dimension to our masterpieces. Please feel free to contact Rachel Severt for further information at (254) 285 -1363.

Parkinson's Education Group

Thursday, April 5, at 2 p.m.

Individuals affected by Parkinson's disease are invited and encouraged to attend the March Monthly Education Meeting from 2 to 3:30 p.m. Thursday, April 5, in the Community Room at Meadowlark Hills. Leann Hoffart, RN & BSN with Abbvie, will present "Patient Partner Program: Exploring a treatment options for advanced Parkinson's disease." Reservations are not required.

Olympiad Kick-Off Party

Friday, April 6, at 2 p.m.

Register for the 2018 Meadowlark Wellness Olympiad by Monday, April 2. Registration forms can be found at the Hospitality Desk and completed forms should be placed in the drop box at the same location.

The Olympiad will start with the Kick-off Party from 2 to 3 p.m. Friday, April 6, in the Community Room where we will distribute participant materials, review the rules and hold the first Team Challenge.

The six-week Olympiad will run from April 9 to May 20. Each team will consist of three participants and can be made up of Meadowlark residents, employees and Passport members. Please contact Jeff Heidbreder (785) 341-2995 with any questions. Sign up and see if your team has what it takes to be Olympiad Champions!

Present Day Situation of the Roma

Friday, April 6, at 7 p.m.

Submitted by Virginia Koon

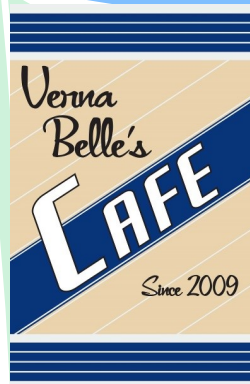
I am looking forward to seeing you on Friday, April 6, for another presentation sponsored by "Friends of the Gypsy Roma." Many people requested that I do a program on the present-day situation of the Roma. I will do that at 7 p.m. Friday, April 6, in the Community Room and give you some startling video of their situation from the dump in the city of Cluj to a city in Hungary where Roma are being ejected from the homes that they have lived in for years. The people involved there had their children in school, many of them had jobs and were paying their rent but were evicted anyway.

Please come and we will have time at the end for questions and discussion.

Calling at 4-Hers!

Saturday, April 14, at 9 a.m.

A group of local 4-H youth will be coming to Meadowlark, on Saturday, April 14, from 9 a.m. to 1 p.m., to come and learn more about what makes our community so special and meet some of our wonderful residents! These youth are a part of a unique group that focuses on leadership and citizenship. If you would be interested in talking about your own 4-H experience during a casual discussion with these 4-Hers, please sign up in the Blue Book, or contact Jana at (785) 323-3890.



LUNCH SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.

Saturday, 7 to 11 a.m.

CLOSED SUNDAY, APRIL 1

Monday, April 2

Chili & Cinnamon Rolls

seasoned ground beef, onions, tomatoes & chili beans in a tomato sauce served with shredded cheese & crackers

\$3.99 / \$5.99

Tuesday, April 3

Chicken Bacon Ranch Wrap with Choice of Side
chicken, bacon & ranch dressing in a flavored wrap with lettuce & tomato

\$3.99 / \$5.99

Wednesday, April 4

Grilled Ham & Cheese with Choice of Side
ham, american & cheddar cheese on butter-toasted italian or wheatberry bread

\$3.99 / \$5.99

Thursday, April 5

Avocado BLT with Choice of Side
avocado, bacon, lettuce & tomato on your choice of italian or wheatberry bread

\$3.99 / \$5.99

Friday, April 6

Napa Valley Chicken Salad Sandwich with Side
shredded chicken, grapes, pecans & celery in a creamy dressing on toasted wheatberry bread

\$3.99 / \$5.99

EASTER BRUNCH

\$17/adult & \$10/child

Sign up for Easter Brunch at the host stand in
Prairie Star Restaurant or by calling (785) 323-3820.



Good Friday Communion Service

Friday, March 30
4 p.m.
Community Room

*The Service will be led by Rev. Cam McConnell
from the First Presbyterian Church.
The invitation to the sacrament of communion
is extended to all Christians regardless
of denomination.*

Meadowlark Community Garden Plots

It's that time of year again—time to select your gardening plot at the Meadowlark Community Garden. If you're interested in planting in the garden this year, please contact Nyle Larson at (785) 539-6688.

Pick it up!

Attention all dog owners at Meadowlark Hills—please remember to clean up after your pet when you walk them on campus. Remember, leaving the mess behind is both unsightly and a threat to the health of other dogs and the lawn. Thank you, in advance, for your cooperation.

Save the Date

Brook Marcotte's baby due date is fast approaching! Save the date for Tuesday, May 1, when we will celebrate with Brook and Baby Marcotte at Coffee Corner for a Sip'n'See, a baby shower *after* the baby so we can meet him or her!

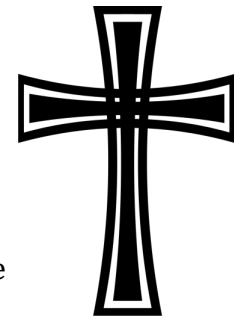
Untitled

by Wilma Hafenstein

Day by day the blessings flow
From above to earth below
From God of light that never
will dim
Let us put our trust in Him



Unchanging, eternal Love, He is
He is ours and we are His
Peace & Joy are in His Hands
Spilling out to all the lands



Let us accept His bountiful gifts
As all of us in spirit He lifts
Praise & thanks are due His name
In Him we can find no blame

Raffle tickets now on sale

The 8th annual Pig Out for Parkinson's, benefiting Meadowlark Parkinson's Program, is set for Thursday, April 19, at Cox Bros. BBQ. A raffle prize is again part of the fun with proceeds also supporting the Parkinson's Program. Raffle tickets for a K-State Football Experience package are now available for purchase! The prize winner will receive:

~ Two seats in the Kansas State University president's suite for the Nov. 17 game at Bill Snyder Family Stadium vs. Texas Tech. Your hosts will be Richard "Dick" Myers and his wife, Mary Jo. President Myers, K-State's 14th president, is a retired four-star general in the United States Air Force. The Myerses are K-State graduates.

~ A new pair of Nike Cortez shoes, the shoes Coach Bill Snyder famously wears on the sideline on game days, autographed by the Wildcats' Hall of Fame coach. The shoes are in Coach Snyder's size, 9 1/2. The shoes come inside a display case.
~ A \$100 Academy Sports + Outdoors gift card. This retailer, located on Tuttle Creek Blvd., offers K-State apparel and tailgating items as well as a large selection of athletic shoes and sporting goods.

Raffle tickets are \$1 each or six for \$5. Purchase them at the Hospitality Desk, Verna Belle's Café, Cox Bros BBQ and from Parkinson's Program participants. The winner will be drawn at 8:30 p.m. on April 19 at Cox Bros. BBQ. The winner need not be present to win.

MHK Public Library Events

Yack & Yarn: EARLY BIRDS

Every Monday / 2 p.m.
Groesbeck Meeting Room
Bring your knitting, crocheting, or other crafting project to the library to relax and visit with other crafters. Some supplies will be on hand, but you should bring something of your own to work on.

Tech Workshop: Drop-In Tech Training

April 3 at 2 p.m.
Stop by the Auditorium to get one-on-one help with your technology questions and conundrums. Registration is not required but feel free to do so if you know you will be stopping by.

Brown Bag Book Club

April 5 at Noon
Enjoy your lunch with fellow book lovers! We will be discussing *This is Where I Leave You* by Jonathan Tropper. Copies of the book are available for checkout at the Reference Desk on the second floor of the library. Drinks will be provided.

Special Event: Little Apple Lit Fest

April 7, all day
Celebrate literature with Manhattan Public Library! We'll start off the day with Storyteller Priscilla Howe at 11 a.m. in the Storytime Room. At 11:30 a.m. YA author Tessa Elwood will lead a teen writing workshop in the auditorium. Our keynote speaker is Kansas Poet Laureate, Kevin Rabas. He'll speak at 3 p.m. in the auditorium on the topic "Finding the Extraordinary in the Ordinary."

More information at www.mhklibrary.org.

April Birthdays

Healthcare

4/4 Carl Didas
4/9 Catherine Baker
4/9 Curtis Walker
4/21 Bobby Kincheloe
4/22 Dorothy Tompkins
4/22 Wilma Hafenstein
4/27 Shirley Sanders

Assisted Living

4/2 Donna Sesler
4/3 George Karr
4/9 Florence Schwab
4/22 Susan Scott
4/23 Leora Webber

Independent Living

4/2 **Una Allen**
4/6 Fred Sobering
4/7 Marlis Mann
4/9 Cam Beatty
4/9 Marcia Smies
4/12 **Evelyn Lady**
4/17 Jeanne Lundin
4/18 Stephanie Upson
4/23 **Carolyn Pulford**
4/23 Jim Reed
4/27 Dorothy Bitler
4/28 Mary Kramer
4/30 Betty Jameson

Employees

4/3 Eldean Ebeling
4/3 Chelby Governski
4/3 Jacy Lenard
4/5 Patty Brown-Barnett
4/5 Autumn DeLettera
4/6 Jen Schoenhofer
4/8 Lindsey Brewer
4/8 Dee Renner
4/8 Taylor Williams
4/9 Mark Morton
4/10 Greg Brown
4/11 April Ascher
4/11 Lisa House
4/11 Bob Speer
4/12 Elizabeth Shirley
4/14 Jennifer Garrett
4/14 Rita Harsch
4/14 Peyton Lewis
4/14 Magdy Mohamed
4/14 Juanita Salinas
4/15 Monte Spiller
4/18 Ashley Miller
4/20 Chris Loehr
4/22 Stephanie Oldehoeft
4/23 John Shapel
4/24 Cassia Russell
4/25 Vicky Barnes
4/26 Isolde Mauga
4/28 Alexis Black
4/28 Marina Pecar-Krstic
4/29 Brook Marcotte
4/30 Joshua Hersh
4/30 Helena Zavala-Chase



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

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.

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| SUNDAY | April 1 ~ Lunch \$17 | Dinner \$12 |
| | Easter Brunch | Chicken Fried Steak Mashed Potatoes & Gravy Vegetable du Jour |
| MONDAY | April 2 ~ Lunch \$10 | Dinner \$12 |
| | Prime Rib Sandwich French Fries Coleslaw | Chicken Picatta Wild Rice Vegetable du Jour |
| TUESDAY | April 3 ~ Lunch \$8 | Dinner \$12 |
| | Fajita Bar <i>(does not include drink, starter, or dessert)</i> | Ranch Pork Chop Roasted Red Potatoes Vegetable du Jour |
| WED. | April 4 ~ Lunch \$10 | Dinner \$14 |
| | Egg & Sausage Casserole Hashbrowns Choice of Vegetable | Shrimp & Grits Vegetable du Jour |
| THURS. | April 5 ~ Lunch \$9 | Dinner \$11 |
| | Mac & Cheese Bar <i>(does not include drink, starter, or dessert)</i> | Shepherd's Pie Vegetable du Jour |
| FRIDAY | April 6 ~ Lunch \$10 | Dinner \$13 |
| | Grilled Ham Steak with Pineapple Mashed Sweet Potatoes Choice of Vegetable | Grilled Salmon Fettucine with Sun Dried Tomato Sauce Vegetable du Jour |
| SAT. | April 7 ~ Lunch \$10 | Dinner \$13 |
| | Chicken Salad Melt Choice of Vegetable | Roast Brisket with Wild Mushroom Sauce Loaded Mashed Potatoes Vegetable du Jour |

DRINK SPECIAL | Whiskey Sour
2 oz. Jack Daniels & 4 oz. Sweet & Sour Mix
\$3.75

Grosh Cinema Movies

Sunday, April 1, to Saturday, April 7, 2018

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

Sunday, April 1 — Alice Through the Looking Glass (2016)

Alice returns to the whimsical world of Wonderland and travels back in time to help the Mad Hatter.

Co-Starring: Mia Wasikowska, Johnny Depp, Helena Bonham Carter

Rated PG; 1 hr. 53 min.

Monday, April 2 — Maid in Manhattan (2002)

A Senatorial candidate falls for a hotel maid, thinking she is a socialite, when he sees her trying on a wealthy woman's dress.

Co-Starring: Jennifer Lopez, Ralph Fiennes, Natasha Richardson

Rated PG-13; 1 hr. 45 min.

Tuesday, April 3 — The Book of Henry (2017)

With instructions from her genius son's carefully crafted notebook, a single mother sets out to rescue a young girl from the hands of her abusive stepfather.

Co-Starring: Naomi Watts, Jaeden Lieberher, Jacob Tremblay

Rated PG-13; 1 hr. 45 min.

Wednesday, April 4 — Rio Bravo (1959)

A small-town sheriff in the American West enlists the help of a cripple, a drunk, and a young gunfighter in his efforts to hold in jail the brother of the local bad guy.

Co-Starring: John Wayne, Dean Martin, Ricky Nelson

Rated NR; 2 hrs. 21 min.

Thursday, April 5 — The Whole Nine Yards (2000)

A struggling dentist's life is turned upside down when a famous gangster moves in next door, and his wife convinces him to inform a notorious mob boss about the gangster's whereabouts.

Co-Starring: Bruce Willis, Matthew Perry, Rosanna Arquette

Rated R for violence, profanity, nudity; 1 hr. 38 min.

Friday, April 6 — Still Alice (2014)

A linguistics professor and her family find their bonds tested when she is diagnosed with Alzheimer's Disease.

Co-Starring: Julianna Moore, Alec Baldwin, Kristen Stewart

Rated PG-13; 1 hr. 41min.

Saturday, April 7 — Breach (2007)

FBI upstart Eric O'Neill enters into a power game with his boss, Robert Hanssen, an agent who was put on trial for selling secrets to the Soviet Union

Co-Starring: Chris Cooper, Ryan Phillippe, Dennis Haysbert

Rated PG-13; 1 hr. 50 min.

Weekly Opportunities Calendar April 1- April 7

Sunday • April 1

Verna Belle's Closed / Hospitality Desk closed at 2:30 p.m.

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. John Parsley from First Baptist Church, CR

Monday • April 2

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

8:30 a.m. ~ IL Resident Council, KSU CL

9:30 a.m. ~ Town Meeting, CR

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

11:00 a.m. ~ St. Luke's Communion, SCR

12:00 p.m. ~ Weights 101, CR

12:00 p.m. ~ Yoga, KSU CL

1:00 p.m. ~ Outdoor Opportunities Committee, WCR

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

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

1:45 p.m. ~ Parkinson's Voice Class, CR

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

5:30 p.m. ~ Tuttle Creek Supper, MR

6:00 p.m. ~ LEAP!, KSU CL

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

Tuesday • April 3

Trash pick-up day

Breakfast at Verna Belle's—Breakfast Sandwich w/Fruit

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

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

10:30 a.m. ~ Meditation 101, GC

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

12:00 p.m.~ Seven Dolors Book Discussion, FHR

12:00 p.m. ~ Kimball Luncheon, MR

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

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

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

5:30 p.m. ~ KSU Social Club, CR

6:00 p.m. ~ Dominoes, GR

Wednesday • April 4

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, FHR

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, SCR

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

11:00 a.m.~ Memory Luncheon, MR

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

11:30 a.m. ~ 1st Men's Club Luncheon, WCR

12:00 p.m. ~ Yoga, CR

1:00 p.m. ~ Pitch, GR

1:15 p.m. ~ Dr. Tran's Foot Clinic, CR

3:00 p.m. ~ Rock Steady Boxing, KSU CL

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

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

Thursday • April 5

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, FHR

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

10:30 a.m. ~ A Sense of the Past, SCR

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

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

2:00 p.m. ~ Parkinson's Education Group, CR

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

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

Friday • April 6

Breakfast at Verna Belle's—Waffle or Pancake

9:30 a.m. ~ Art Committee, FHR

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

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. ~ Hand & Foot Card Games, GR

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

2:00 p.m. ~ Wellness Olympiad Kick-off Party, CR

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

7:00 p.m. ~ Present Day Situation of the Roma, CR

Saturday • April 7

Breakfast at Verna Belle's—Omelets with fruit

9:30 a.m. ~ Painting for Fun, KSU CL

Room Abbreviations

BP, Billiards Parlor

CON, Conference Room

CSC, Combative Sports Center

FHR, Flint Hills Room

GC, Grosh Cinema

HD, Hospitality Desk

KSU CL, KSU Classroom

MFR, Miller Friendship Rm

MS, Miller Spa

SCR, South Conference Room

CH, Collins House

CR, Community Room

GR, Game Room

WL, Wroten Library

PSP, Prairie Star Patio

KR, Kansas Room (Pub)

LB, Library

MR, Manhattan Room

PS, Prairie Star Restaurant

VE, Village Entrance