

Project Progress

Campus projects starting to take shape



[top]
Meadowlark's new Fleet Parking Lot features 25 spots. The concrete has been poured and lighting installed. Next steps for this project will be striping the lot with parking lines and adding landscaping features.

[left] The crew has started installing the pavers in the Courtyard. The grill area and fire pit have started to take shape.

On Cake for Arli

submitted by Helen Roser

Arli's request surprised his wife, Lorraine. It had been a very rough year for Arli. He had survived the surgery with its slim odds of survival. Then months in the hospital. Then at home, but not able to have visitors.

That was when Arli said to Lorraine: "You know what I'd like? I'd like a slice of pineapple upside down cake!" Lorraine was surprised he even knew there was such a cake. She knew she didn't have the ingredients, so she told Arli she would make a cake for him tomorrow.

Arli sat quietly for a while, then said: "Why don't you call Helen and ask her to come visit us?" So Lorraine called me. There was no mention of cake and I said I'd come that afternoon.

I hung up and began thinking of getting ready. But a strong thought came: "Go to the store." I don't understand the thoughts when they come, but I never ignore them. I drove to the store. At the store, I felt lead to make one purchase: a can of sliced pineapple. On the way home, I thought of getting cleaned up.

But when I got home, I began taking out utensils and realized I was about to make a cake. A special cake, with pineapple slices. I made it.

I got cleaned up, then put the cake in a carrier, then into my car, and I was on my way to see Arli.

Lorraine answered the door. I told her: "I made a cake for Arli" and lifted the cover. Lorraine looked at it and gasped and her mouth dropped open. She called: "Arli?" "What?" "Helen is here." "Tell her to come in." "Guess what she brought you?" "Pineapple upside down cake."

My guess is that, in the hospital, as Arli struggled to survive, he heard someone say how much they liked pineapple upside down cake. And in a haze, Arli had reached out to that strong positive thought, then played and re-played it in his mind. (An overheard positive thought helped me survive once.)

That is why I wish hospitals had a sign by the door: "Park your fears and negative thoughts here before entering, please."

Arli was silent as Lorraine showed him his cake. He looked at it long, as if looking at an old friend.

I was so glad to be a part in Arli's meeting with his good friend, a pineapple upside down cake.

Wellness Olympiad continues!

by Jeff Heidbreder, Fitness Services Leader

Week Two is winding down and next week will bring us to the Olympiad's halfway point! Team scores are posted in the Game Room and they are updated each Wednesday.

Participants should continue tracking physical activity. Be sure to turn in your week-two tracking sheet to the Hospitality Desk or Caul Fitness Center by Tuesday, April 23, at 5 p.m. Your week-three tracking sheet should be used next week.

We will continue our Group Walks each Tuesday and Thursday, leaving from the Village Entrance at Noon. The next challenge will be Music Trivia at 3 p.m. Friday, April 26, in the Community Room. Join Bridget Larkin and Kathleen Spearman for a Mindfulness Seminar at 2 p.m. Wednesday, April 24, in the KSU Classroom.

Please contact Jeff Heidbreder at (785) 341-2995 or visit the Caul Fitness Center with any Olympiad questions.

Easter Brunch reservations & closings

Sunday, April 21, between 11 a.m. & 2 p.m.

Prairie Star Restaurant is currently taking Easter Brunch reservations for Sunday, April 21, from 11 a.m. to 2 p.m. Seating is limited and will be available for the following times: 11 a.m., 11:30 a.m., Noon, 12:30 p.m., 1 p.m., 1:30 p.m., and 2 p.m.

Please make reservations by visiting the restaurant host stand. The cost for brunch is \$17 plus tax per person. Children under the age of ten can eat for \$10.

Prairie Star Restaurant will be closed for dinner. A boxed dinner will be available for \$7. The boxed dinner will include your choice of ham or turkey sandwich, apple or cherry Pie, served with fruit and chips. Please sign up ahead of time at the restaurant host stand or by calling (785) 323-3820. The dinner needs to be picked up by 3 p.m.

Verna Belle's Café will be closed all day Easter Sunday, April 21.

Vespers Service

Sunday, April 21, at 7 p.m.

The Vespers service will be led by Rev. John Parsley with Bruce Marvin on the mandolin from First Baptist Church at 7 p.m. Sunday, April

21, in the Community Room. All are welcome.

Grow Green Match Day

Monday, April 22

The 7th Annual Grow Green Match Day on Monday, April 22, is a tremendous opportunity for the Manhattan community and Meadowlark Foundation. On that day, donations made through the Greater Manhattan Community Foundation to participating nonprofit agencies will receive a 50% match that can be used for their most crucial needs. What a great way to do "more good" for our friends and neighbors!

Note: This year's event is on a MONDAY; Match Days in recent years have been on a Friday.

Here's how the event works: Although gifts of any amount are welcome, individual contributions ranging from \$25 to \$1,000 per organization will receive a local match at \$.50 per \$1, so a \$1,000 gift can receive a \$500 local match!

Gifts may be made by cash, check or credit card between 7 a.m. and 7 p.m. at event headquarters, located at Colony Square Atrium, 555 Poyntz Ave., or online on April 22 between 12 a.m. and 11:59 p.m. at growgreenmanhattan.com. Because there are prize incentives for donations made at event headquarters, Meadowlark is providing transportation at 10 a.m. and at 2 p.m. that day for those who are willing and able to donate in person. Please register in the Blue Book if you'd like a free ride to the event. Refreshments are available at event headquarters for donors.

Donors who attend the event may enter for a chance to win \$100 for the participating charity of their choice. (A winner will be chosen every hour from that hour's donations!)

If you cannot visit event headquarters in person, either on your own or as part of the Meadowlark group, please leave your donation at the Hospitality Desk, or give to Becky Fitzgerald. She will submit your gift for you. A few of you have already made contributions!

Checks should be made payable to Greater Manhattan Community Foundation and dated 4/22/19 no matter which day they are submitted. Donations are tax-deductible, and gift receipts will be mailed to donors from GMCF.

If you have questions, please contact Becky Fitzgerald, Development Director, at 323-3843. Thank you for considering this opportunity!

Contemporary God Talk

Monday, April 22, at 1:30 p.m.

Join Meadowlark resident Jim Reed from 1:30 to 2:30 p.m. Monday, April 22, in the KSU Classroom for an open dialogue on faith. Only thing needed is an open mind and the discipline of sharing and listening. For questions, call Jim at (785) 341-7231.

Flint Hills Children's Choir

Monday, April 22, at 6:15 p.m.

Join us for a performance by the Flint Hills Children's Choir at 6:15 p.m. Monday, April 22, in the Community Room. The students learn the value of leadership, self-discipline, and teamwork as they join their voices in the pure, angelic tones that only talented children can achieve. Students in the choir range from third to tenth grade. All are welcome to attend!

Fancy T's & More

Tuesday, April 23, at 2 p.m.

Fancy T's & More will be coming to Meadowlark from 2 to 3:30 p.m. Tuesday, April 23! They will be in the Flint Hills Room and will be showing their newest designs. All are welcome to attend.

Coffee Corner

Tuesday, April 23, at 3 p.m.

Join us in the Community Room at 3 p.m. Tuesday, April 23, for a social hour. Verna Belle's Café featured dessert will be Mini Fruit Pizzas—yum!

ARTful Memories

Wednesday, April 24, at 10 a.m.

Memory Café and Memory Activities Class (MAC) are joining together with the Marianna Kistler Beach Museum of Art for ARTful Memories Class from 10 to 11 a.m. Wednesday, April 24, in the KSU Classroom. During this monthly session, the museum's Education Assistant, Kim Richards, will facilitate a discussion about different art pieces.

Diabetic Support Group—Trip to Hy-Vee

Wednesday, April 24, at 1:30 p.m.

The Diabetic Support Group will be taking a trip to Hy-Vee for a grocery store tour conducted by the Hy-Vee dietitian Wednesday, April 24. Space is limited. Please sign up in the Blue Book at the

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Hospitality Desk. Transportation will depart at 1:30 p.m. from the Village Entrance. For questions, contact Lisa at (785) 323-3830.

Pig Out for Parkinson's

Thursday, April 25, from 11 a.m. to 9 p.m.

Join us to celebrate National Parkinson's Awareness Month on Thursday, April 25, any time between 11 a.m. and 9 p.m. at the 9th Annual Pig Out for Parkinson's at Cox Bros BBQ on McCall Road. Cox Bros donates 10-percent of the sales from this day to the program and all sales qualify (dine-in, carry-out, buffet). The legendary Bill Snyder will be present at lunch and we will have a slider buffet. Be sure to come back for dinner and meet the new K-State Football Coach, Chris Klieman, at 6 p.m. The evening will also include a pig-roast buffet with Bud Cox's famous bread pudding and music from singer Bryton Stoll.

Transportation will be provided to attend either (or both!) lunch and dinner. The bus will depart at 11 a.m. for lunch and depart at 5 p.m. for dinner. Please sign up in the Blue Book for transportation.

2019 ATID Student Symposium

Thursday, April 25, at 6 p.m.

You're invited to the ATID (Apparel, Textiles & Interior Design) Showcase of Excellence from 6 to 9 p.m. Thursday, April 25, at the K-State Alumni Center. The night features a gallery exhibit, fashion show, and awards presentation that reveals the excellent creativity and intellectual work of middle school, high school, and K-State students. The Gallery Exhibition is from 6 to 7 p.m. and the Runway Show starts at 7 p.m.

Tickets are \$12.50 each and can be purchased online. Please contact Sarah Duggan at (785) 323-3878 if you need assistance with purchasing tickets.

Parkinson's Partner Luncheon

Friday, April 26, at 12 p.m.

Join Meadowlark Parkinson's Program for a relaxing lunch from noon to 1 p.m. Friday, April 26, in the Community Room. Please sign up in the Blue Book by Monday, April 22. Cost is approximately \$9 per person.

Fishing & Wishing

Friday, April 26, at 7 p.m.

Join us Friday, April 26, at 7 p.m. in the Community Room for *Fishing and Wishing: Tales of a Montana Boy*. Remember fly fishing on a snow-fed stream? Or ice-skates that are way too big? Or boys making Mulligan stew because no one had enough to eat in 1933? Catherine Hedge will share this glimpse of time past as seen through her father's eyes and recorded in his writing.

Catherine is the leader of the Meadowlark memoir LifeStory Writing Group. The group meets the first and third Tuesday of every month in the Flint Hills Room. All are welcome to join the group.

Trip to Kauffman Stadium

Friday, April 26, depart at 1:15 p.m.

Residents, staff, and family members are invited to Kansas City's Kauffman Stadium to watch the 2019 Royals! This year's trip is scheduled for Friday, April 26. The KC Royals will play the Anaheim Angels at 7 p.m. The cost of the trip is \$35, which includes a ticket to the game, transportation on a chartered 56-passenger bus, and a tailgate supper catered by Prairie Star Restaurant.

The bus will depart from the visitor parking area by Prairie Star's Patio at 1:15 p.m. Please arrive by 12:30 p.m.

A tailgate supper will be provided. Attendees are encouraged to bring lawn chairs, coolers with adult beverages, tailgating games, cash for food/drinks inside of the stadium, and snacks for the ride home. Plates and silverware will be provided. Adult beverages are permitted and can be transported in the storage area under the bus.

Registration is open and a sign-up sheet is in available in the Blue Book. There are a limited amount of tickets available. Cancellations must be made by Friday, April 19, for full reimbursement. Cost of the event can be paid via cash, check, and credit card or can be charged to your monthly resident statement. Employees can have the cost deducted from their paycheck.

Departure from the stadium to return home will be contingent on when the game ends, but expect to return around midnight. If you have questions, please contact Monte Spiller at (785) 323-3801. Let's go Royals!

Blood Drive

Monday, April 29, from 10:30 a.m. to 5:30 p.m.
There will be a blood drive Monday, April 29, in the West Conference Room. If you are interested in donating, contact Jayme Minton at (785) 313-0454 to schedule a time.

Learn the Skill of Cup Stacking

Tuesday, April 30, depart at 1:30 p.m.

Meadowlark will be providing transportation to spend time with fourth graders at Northview Elementary School at 1:45 p.m. Tuesday, April 30. For an hour, residents will have the opportunity to interact with these students and learn the skill of "cup stacking." Cup stacking, also known as sport stacking, is an individual and team sport that involves stacking nine or 12 specially designed cups in pre-determined sequences as fast as you can.

If you are interested in attending, please sign up in the Blue Book. Transportation will depart from the Village Entrance at 1:30 p.m. Expect to return to Meadowlark around 3 p.m. For questions, please contact Jana, Volunteer Coordinator, at (785) 323-3890.

Mindful Connections

Tuesday, April 30, at 5:30 p.m.

Meadowlark Memory Program invites you to join Mindful Connections, a quarterly education opportunity to learn about topics related to Alzheimer's disease and other forms of dementia while building connections with others affected by the disease.

The next meeting will begin at 5:30 p.m. Tuesday, April 30, in the Community Room. A panel of Summit Care therapists (physical, occupational & speech) will share information about safe and effective practices for family care partners. They will also cover how therapy can assist in care if a person is living at home or in skilled care. There will be time for questions and answers. Refreshments will be served. No prior registration is required.



LUNCH & BREAKFAST SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.
Saturday & Sunday, 7 to 11 a.m.
(785) 323-3818

Sunday, April 21

~closed for Easter

Monday, April 22

Breakfast: Biscuits & Gravy

Lunch: Maple Bacon Chicken Sandwich & Side
*fried chicken, bacon & Swiss cheese topped with
maple syrup on a croissant ~ \$4.50/\$6.50*

Tuesday, April 23

Breakfast: Breakfast Sandwich with Fruit

Lunch: Grilled Ham & Cheese with Tomato Soup
*ham, American & cheddar cheese on your choice of
butter-toasted wheatberry or Italian bread ~ \$6.50*

Wednesday, April 24

Breakfast: Breakfast Burrito & Fruit

Lunch: Napa Valley Chicken Salad Sandwich & Side
*chicken, celery, pecans & grapes in a creamy dressing on
wheatberry bread ~ \$4.50/\$6.50*

Thursday, April 25

Breakfast: Biscuits & Gravy

Lunch: Reuben with Choice of Side
*corned beef, sauerkraut, Swiss cheese & thousand island
dressing on rye bread ~ \$4.50/\$6.50*

Friday, April 26

Breakfast: Waffle or Pancake

Lunch: Beef & Cheddar Sliders with Choice of Side
*roast beef, cheddar cheese & horseradish aioli on a mini
slider bun ~ \$4.50/\$6.50*

Saturday, April 27

Breakfast: A la carte menu options

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.

SUNDAY	April 21 ~ Easter Brunch	Dinner ~ <i>closed for Easter</i>
	<i>Prior reservation required.</i>	Boxed dinner available. <i>See Page 2 for details.</i>
MONDAY	April 22 ~ Lunch \$10	Dinner \$12
	Fried Chicken Sandwich Potato Salad Choice of Vegetable	BBQ Chicken Legs & Thighs Au Gratin Potatoes Vegetable du Jour
TUESDAY	April 23 ~ Lunch \$8	Dinner \$12
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Beef Stroganoff Noodles Vegetable du Jour
WED.	April 24 ~ Lunch \$10	Dinner \$12
	Bacon & Scallion Quiche Rice Pilaf Choice of Vegetable	Pecan Chicken <i>with Dijon Sauce</i> Wild Rice Vegetable du Jour
THURS.	April 25 ~ Lunch \$8	Dinner \$12
	Soup & Salad Bar <i>(does not include drink, starter, or dessert)</i>	Roast Pork loin <i>with Natural Sauce</i> Smoked Gouda Scalloped Potatoes Vegetable du Jour
FRIDAY	April 26 ~ Lunch \$10	Dinner \$14
	Oyster Po' Boy Sweet Potato Fries Coleslaw	Trout Almandine Roasted Red Potatoes Vegetable du Jour
SAT.	April 27 ~ Lunch \$10	Dinner \$15
	White Chili Cornbread Choice of Vegetable	Steak Night Baked Potatoes Vegetable du Jour

**DRINK
SPECIAL**

Grasshopper
 3/4 oz. Crème de Cacao, 3/4 oz. Crème de Menthe & Light Cream
 \$3.75

Grosh Cinema Movies

Sunday, April 21, to Saturday, April 27, 2019

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

Sunday, April 21 — Hop (2011)

E.B., the Easter Bunny's teenage son, heads to Hollywood, determined to become a drummer in a rock 'n' roll band.

Co-Starring: Russell Brand, James Marsden & Elizabeth Perkins

Rated PG; 1 hr. 36 min.; Animated Comedy

Monday, April 22—The Grass is Greener (1960)

Finding themselves strapped for cash, a British earl and his wife turn their mansion into a tourist attraction in this comedy of manners. When an American millionaire visits, he becomes smitten with the lady of the house.

Co-Starring: Cary Grant, Deborah Kerr & Robert Mitchum

Rated NR; 1 hr. 44 min.; Romantic Comedy

Tuesday, April 23—Table 19 (2017)

Eloise, having been relieved of maid of honor duties after being dumped by the best man via text, decides to attend the wedding anyway, only to find herself seated with five fellow unwanted guests.

Co-Starring: Anna Kendrick, Craig Robinson & June Squibb

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

Wednesday, April 24—RV (2006) **Resident Request*

Climbing aboard their RV for a cross-country road trip to the Colorado Rockies, the Munro family prepares for the adventure of a lifetime. But spending two weeks together in small space has a way of cramping their style.

Co-Starring: Robin Williams, Cheryl Hines & JoJo Levesque

Rated PG; 1 hr. 39 min.; Comedy

Thursday, April 25—Sophie and the Rising Sun (2017)

In 1941, the residents of a small South Carolina town view the arrival of an educated Japanese-American man with more than a little suspicion. When he catches the eye of one of their own racial tensions stir.

Co-Starring: Julianna Nicholson, Margo Martindale & Takashi Yamaguchi

Rated R for sexual content; 1 hr. 45 min.; Drama

Friday, April 26—The Jane Austen Book Club (2007)

Six Californians start a club to discuss the works of Jane Austen, only to find their relationships -- both old and new -- begin to resemble 21st century versions of her novels.

Co-Starring: Amy Brenneman, Maria Bello & Emily Blunt

Rated PG-13; 1 hr. 46 min.; Drama

Saturday, April 27—Viceroy's House (2017)

An epic chapter in the history of the British Empire is recounted in this period drama that follows the last viceroy of India, Lord Mountbatten, as he oversees the nation's transition to independence in 1947.

Co-Starring: Hugh Bonneville, Gillian Anderson & Manish Dayal

Rated PG; 1 hr. 46 min.; Drama

Weekly Opportunities Calendar April 21 to April 27

Sunday • April 21

9:30 a.m. ~ Miller Worship Service, MFR
 10:30 a.m. ~ Worship Service, CR
 11:00 a.m. to 2:00 p.m. ~ Easter Brunch, PS
 ~prior reservation required
 2:00 p.m. ~ Wroten Worship Service, WL
 7:00 p.m. ~ Vespers with Rev. John Parsley, CR

Monday • April 22

9:30 a.m. ~ Seated Strength, CR
 10:20 a.m. ~ Weights 101, CR
 10:00 a.m. ~ Depart for Grow Green Match Day, VE
 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 & Responder Clinic, GR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:30 p.m. ~ Contemporary God Talk, KSU CL
 1:45 p.m. ~ Parkinson's Voice Class, CR
 2:00 p.m. ~ Depart for Grow Green Match Day, VE
 3:30 p.m. ~ Meadowlark Singers Practice, CR
 6:15 p.m. ~ Flint Hills Children's Choir, CR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • April 23 *Trash & recycling pick-up*

10:30 a.m. ~ Steady Yourself, CR
 10:45 a.m. ~ Technology Assistance, FHR
 11:15 a.m. ~ Chair Yoga, CR
 12:00 p.m. ~ Seven Dolours Book Discussion, FHR
 12:00 p.m. ~ Olympiad: Group Walk, VE
 2:00 p.m. ~ Fancy T's & More, FHR
 3:00 p.m. ~ Coffee Corner, CR
 4:00 p.m. ~ Newspaper & Bible, FHR
 5:30 p.m. ~ 3rd Floor Supper, CR
 7:00 p.m. ~ Dominoes, GR

Wednesday • April 24

9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 10:00 a.m. ~ ARTful Memories, KSU CL
 10:20 a.m. ~ Weights 101, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 12:00 p.m. ~ Yoga, CR
 1:00 p.m. ~ Pitch, GR
 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
 1:30 p.m. ~ Depart for Diabetic Support Group, VE
 2:00 p.m. ~ Olympiad: Mindfulness Seminar

3:00 p.m. ~ Rock Steady Boxing, CSC
 3:00 p.m. ~ Rock Steady Boxing, KSU CL
 3:00 p.m. ~ Call Hall Ice Cream Social, KR
 3:00 p.m. ~ Unitarian Universalist Fellowship, MR
 5:30 p.m. ~ 1st Floor Supper, FHR
 6:30 p.m. ~ Osher Class: Kansas Characters, CR

Thursday • April 25

8:00 a.m. ~ Apple Technology Help Lab, SCR
 8:30 a.m. ~ Messenger Team, WCR
 10:00 a.m. ~ Meadowlark Bible Study, FHR
 10:30 a.m. ~ Steady Yourself, CR
 11:00 a.m. ~ Depart for Pig Out for Parkinson's, VE
 11:15 a.m. ~ Chair Yoga, CR
 12:00 p.m. ~ Olympiad: Group Walk, VE
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
 2:00 p.m. ~ Stepping On, KSU CL
 2:20 p.m. ~ Gerontology Class, CR
 5:00 p.m. ~ Depart for Pig Out for Parkinson's, VE
 6:30 p.m. ~ Osher Class: Westward Ho!, CR

Friday • April 26

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. ~ Parkinson's Partners Luncheon, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:00 p.m. ~ Parkinson's Care Partner Sup Grp, FHR
 1:00 p.m. ~ Hand & Foot Card Games, GR
 3:00 p.m. ~ Rock Steady Boxing, CSC
 3:00 p.m. ~ Olympiad: Music Trivia, CR
 7:00 p.m. ~ Fishing & Wishing, CR

Saturday • April 27

9:30 a.m. ~ Painting for Fun, SCR

Room Abbreviations

BP, Billiards Parlor	CH, Collins House
WCR, West Conference Room	CR, Community Room
CSC, Combative Sports Center	GR, Game Room
FHR, Flint Hills Room	MCR, Miller Craft Room
GC, Grosh Cinema	PSP, Prairie Star Patio
HD, Hospitality Desk	KR, Kansas Room (Pub)
KSU CL, KSU Classroom	LB, Library
MFR, Miller Friendship Rm	MR, Manhattan Room
MS, Miller Spa	PS, Prairie Star Restaurant
SCR, South Conference Room	VB, Verna Belle's
	VE, Village Entrance