

Rain, Rain, Go Away!



by Sarah Duggan, Community Relations Director

The Courtyard Project is nearing completion, but the rain continues to create delays! Due to the most recent bout with Mother Nature, the Courtyard Party Week has been pushed to mid-July. Remaining items to be completed include some final water and gas work, fence construction, and clear roof added to the pergola.

Fence panels on the east side of the Courtyard were installed this week. When completed, the panels will have the ability to be backlit in the evening hours!

For the week of celebration residents, staff, and families can look forward to many outdoor activities, including: Bocce Ball lessons, Special-Edition Coffee Corner with a grilled dessert, National Hot Dog Day, and an outdoor Friday Night Program featuring music.

Although the Courtyard seems inviting with the arrival of the furniture, please steer clear of the space until the project is completed. We are looking forward to hosting many fun day and evening events in the weeks to come!

Concrete Work, July 2

The sliding door at the Lyle House entrance will be closed all day on Tuesday, July 2, starting at 8 a.m. due to concrete work. If you need access to Lyle House, Stolzer House, or Collins House, please do so by ringing the Honstead House doorbell and utilizing their connecting hallway.

The sliding door will re-open at 5 p.m. the same day. If you have questions, please contact Taylor at (785) 323-3800.

Choir Director Needed

The Meadowlark Singers is currently looking for a new Choir Director. This position is responsible for all duties associated with directing the Meadowlark Singers. If you or someone you know may be interested, please contact Resident Services Leader, Monte Spiller, at (785) 323-3801.

Meadowlark Market

June 28, June 29, & June 30

Search for some furniture and fabulous finds at the Meadowlark Market, located at 1217 Meadowlark Circle. The Market will be open Friday, June 28, and Saturday, June 29, from 10 to 3 p.m. and Sunday, June 30, from noon to 4 p.m. The next Market weekend will be July 26, 27, and 28.

Vespers Service

Sunday, June 30, at 7 p.m.

The Vespers service will be led by Deacon Larry Erpeldine from St. Thomas More Catholic Church at 7 p.m. Sunday, June 30, in the Community Room. All are welcome.

Town Meeting

Monday, July 1, at 9:30 a.m.

All are invited to attend July's Town Meeting to hear the Meadowlark news and happenings at 9:30 a.m. Monday, July 1, in the Community Room. New Meadowlark residents will be invited to introduce themselves at the beginning of the meeting. We hope you can join us!

Outdoor Opportunities Committee

Monday, July 1, at 1 p.m.

The Outdoor Opportunities Committee will meet

Monday, July 1, at 1 p.m. in the Flint Hills Room. If you have questions, please contact Sarah Duggan at (785) 323-3878.

Change & Loss Support Group

Monday, July 1, at 2 p.m.

Join the Change and Loss Support Group at 2 p.m. Monday, July 1, in the Flint Hills Room. The group will continue to meet the first, third and fifth (when applicable) Monday of each month. This opportunity is open to all who wish to work through life changes and loss in a supportive environment.

Guided Meditation

Tuesday, July 2, at 10:30 a.m.

You're invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, July 2, in the Grosh Cinema. This is an opportunity to be lead through a mental exercise to focus on relaxed breathing and calmed senses. No prior experience or understanding of meditation is necessary.

Walmart/Dillons Shopping Trip

Wednesday, July 3, at 10 a.m.

Meadowlark Transportation provides a free bus trip to Walmart and Dillons (East location) each Wednesday departing from the Village Entrance at 10 a.m. and will return about 11:30 a.m. The next trip is Wednesday, July 3. Please sign up in the Blue Book at the Hospitality Desk.

Memory Makers Luncheon

Wednesday, July 3, at 11 a.m.

Join Meadowlark Memory Program for a relaxing lunch from 11 a.m. to noon Wednesday, July 3, in the Manhattan Room. The lunch will begin immediately after the Memory Activities Class, Memory Cafe and Memory Care Partners Support Group. Please sign up in the Blue Book by Monday, July 1. Cost is approximately \$9 per person.

4th of July Events

Thursday, July 4, 5 & 8:30 p.m.

Join Meadowlark as we celebrate Independence Day on Thursday, July 4. For dinner, Prairie Star Restaurant will have a 4th of July Buffet starting at 5 p.m. The buffet will cost \$12 per person. Please sign up in the Blue Book at the Hospitality Desk.

In the evening starting at 8:30 p.m. there will be cold drinks served on Lyle House patio while you enjoy some hot music from our special guest, In Flow Music Group. In Flow Music Group plays jazz, R&B, and funky jams.

Following the performance, stick around for a grand firework display beginning at sundown in the West parking lot. Residents, staff, and family members are encouraged to come and enjoy. We look forward to celebrating with you! For questions about the event, contact Monte Spiller at (785) 323-3801.

Research Project Presentation

Tuesday, July 9, at 2 p.m.

Abby Molzer and Prof. Jeffrey Smith will be presenting the preliminary results of their research on what makes living at Meadowlark Hills so great. Their PowerPoint presentation, followed by a question and answer session will start at 2 p.m. Tuesday, July 9, in the KSU Classroom. All who are interested are welcome and encouraged to participate.

Alz. Assoc. Remote Learning Series

Wednesday, July 10, at 12:30 p.m.

Meadowlark Memory Program is partnering with the Topeka Alzheimer's Association Chapter for a Remote Learning Series to bring education to the community and provide the opportunity to attend close to home. These monthly programs for caregivers and professionals are available to learn about memory disorders and the challenges associated with managing them.

The first session will be at 12:30 p.m. Wednesday, July 10, in the KSU Classroom. Join Meadowlark Memory Program to take part in "10 Warning Signs," a program to help people recognize common signs of the disease, distinguish the difference between signs of Alzheimer's and normal aging. No registration is required. For questions, contact Michelle Haub at (785) 323-3899.

Meadowlark Ladies Luncheon

Thursday, July 11, at 11 a.m.

Meadowlark Ladies Luncheon hostesses, Mary Jo Griffith and Mary Lou Gibbs, invite all ladies of Meadowlark to join them at the Manhattan Country Club for a relaxing lunch Thursday, July

11. While dining at the Country Club, you can enjoy scenes of the Flint Hills and views of the Manhattan skyline.

The bus will depart from the Village Entrance at 11 a.m. Lunch will be served at 11:30 a.m. The lunch will include chicken cobb salad, hot rolls, and assorted cookies.

Please sign up in the Blue Book at the Hospitality Desk. Cost for the luncheon is \$18 per person, which includes the meal and transportation.

Mindful Connections

Tuesday, July 10, at 5:30 p.m.

Meadowlark Memory Program invites anyone interested to attend Mindful Connections, an educational opportunity, Tuesday, July 10, from 5:30 to 6:30 p.m. in the Community Room.

This session, "Creative Self-Care for Those Affected by Memory Changes," will be an interactive learning experience. Join us for a variety of different activities to help with relaxation and engagement for individuals experiencing memory changes and those providing care.

Refreshments will be served. No prior registration is required. For questions, please call (785) 323-3899.



HOT

BBQ Ribs
Baked Chicken
Hot Dogs
Corn on the Cob
Baked Beans
Garlic Toast

BUFFET MENU

COLD

Macaroni Salad
Potato Salad
Watermelon

DESSERTS

Brownies
Almond Sheet Cake
Assorted Cookies

July Birthdays

Healthcare	7/2	Peris Ngunjiri
7/4 Jo Horton	7/3	Aaron Hoff
7/6 Hugh Emrich	7/4	Macy Pilgrim
7/8 Susan Koelliker	7/4	Julie Underwood
7/11 Patti Fudge	7/6	Trisha Reichert
7/13 Mary Farmer	7/9	Mya Brown
7/15 Frank Sidorfsky	7/9	Meghan Heinen
7/18 Dorothy Slimmer	7/11	Margaret Frost
7/20 Naim Azer	7/11	Cayla Janosik
7/27 Jan Kruh	7/11	Serg Uribe
7/31 Darlene Empson	7/11	Jayden Wren
	7/12	Rachel Dillard
Assisted Living	7/12	Anya Ginzburg
7/22 Terry Livingston	7/12	Brenda Lacey
7/23 Ruth Joehnk	7/12	Dena Van Horn
7/29 Joseph Cadoret	7/13	Katelyn Coker
	7/14	Georgie Stedman
Independent Living	7/15	Jarred Wolken
7/1 Karen Trail	7/16	Kyra Dettmer
7/5 Charlotte Kelly	7/16	Payton Gillen
7/5 Jean Reynard	7/16	Rachel Sahrbeck
7/7 Linda Hall	7/18	Carol Holthaus
7/11 Oscar Larmer	7/19	Ashley Schafer
7/12 Nyle Larson	7/19	Audrey Swisher
7/19 June Benedict	7/20	Nathisha Saul
7/21 Joan Strickler	7/21	Mersades Wilson
7/25 Carla Cranmer	7/23	Ashley Doerfler
7/26 Enell Foerster	7/23	Synnamon
7/28 Orris Kelly		Gottschalk
7/30 Nancy Prawl	7/25	Jeffery McCormick
	7/26	Robyn Harris
Employees	7/26	Abby Sikes
7/1 Taylor LeMay	7/28	Linda Wilson
7/1 Tara Price	7/30	Jackelyn Meganck
7/2 Michael Davis	7/31	Michele Riter



Afghanistan

submitted by Dotty Blacker

Many of my stories are related to the four years when my husband was stationed at the AFB hospital in Wiesbaden, Germany. The hospital building itself was interesting. It had been a German military hospital during the war; curved hallways so nobody could shoot straight down the hall. There was an underground tunnel to the headquarters. The hospital was a desired location for military or government people in foreign locations because something like 98% of the physicians stationed there were board certified in their specialty.

Wiesbaden survived largely unscathed for the war because the allies realized they wanted to make it a headquarters. There was a beautiful golf course and officer's club. Ironically, the gestapo headquarters building was designated by the Americans as the family services center.

There is an interesting sidelight to the story of the Berlin airlift out of Wiesbaden. It had been decided that the airlift couldn't be accomplished. A civilian showed up who said he could do it. They let him try and you know the ending. I do not remember the hero's name, but when Sam Walton started his enterprise he hunted down and hired the same man to organize the supply chain for Walmart.

One of the patients my husband treated with hip surgery was American Ambassador to Afghanistan, Robert Neumann. He invited anybody to come visit Afghanistan and we were the only people to accept.

First, enroute we stopped in Tehran, Iran, at the invitation of the 3-star Army General, second in the authority chain to the Ambassador. The General had caused quite a commotion (including a call from General Westmorland) because instead of going to the Army hospital in Frankfurt, he chose the Air Force hospital in Wiesbaden where my husband performed his shoulder surgery. We took an interesting side trip to Isfahan to see the breathtaking architecture.

On to Afghanistan. The Ambassador had told us it was one of the three most primitive countries in the world. I had thought Thailand, Burma, Cambodia were primitive, but the Ambassador laughed and said we should come to Afghanistan.

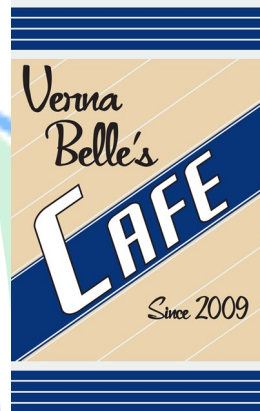
He told us that one of the main problems was trying to get American adventures to understand that you cannot simply rent a jeep and take off. The natives would be happy to do you in, not because of your dollars or passport or even the Jeep. It was because the tires on the Jeep made good sandals.

A USAid plane was flying to a very remote village in the north, up close to the Russian border and the Ambassador asked if we wanted to go. "No" was not an option. We flew in a four-seater up the Bamyán Valley, over the city of tears and past the two large Buddha sculptures in the side of a mountain. I cannot believe I got to see those two Buddha sculptures carved in the mountain side.

The Metropolitan Museum in New York offered the Taliban \$500,000 and the expense of coming to cut them out of the mountain for preservation. The Taliban chose to blow them up.

Flying into the "hospital" location was a bit nerve rattling. A small dirt strip on the side of a mountain. When we got out of the airplane, the head honcho came out and said "Gerry Blacker!" A past encounter of the Air Force life. They spent some time talking about possible solutions to problems because there was such a limited treatment supply available. One of the patients was dying from rabies. His village had been attacked by a sick wolf and he killed it by sticking his arm down its throat.

The Ambassador was next assigned to Riyadh, Saudi Arabia. Household items enroute, the Ambassador and Henry Kissinger had a dispute and Neumann was instantly fired. The dispute was because Neumann cautioned that tensions were rising in the Arab world and America should pay attention. The Ambassador told us that the reason he was fired was because Kissinger did not think a Jew who had survived Dachau should have an ear for anything the Arabs has to say. And look what has happened.



LUNCH & BREAKFAST SPECIALS

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

Sunday, June 30

Breakfast: Omelets with Fruit

Monday, July 1

Breakfast: Biscuits & Gravy

Lunch: Italian Sandwich & Side

ham, pepperoni, salami, & provolone cheese on butter-toasted Italian bread ~ \$4.50/\$6.50

Tuesday, July 2

Breakfast: Breakfast Sandwich with Fruit

Lunch: Chicken Bacon Ranch Pizza & Side

shredded chicken, bacon, ranch dressing, & mozzarella cheese on a flatbread crust ~\$4.50/\$6.50

Wednesday, July 3

Breakfast: Breakfast Burrito & Fruit

Lunch: Mexican Chicken Bowl

seasoned shredded chicken, black beans, & cheese on top of cilantro lime rice with your choice of toppings from the salad bar ~\$6.50

Thursday, July 4 ~ closes at 2 p.m.

Breakfast: Biscuits & Gravy

Lunch: Avocado BLT & Side

avocado, bacon, lettuce, & tomato on butter-toasted wheatberry bread ~ \$4.50/\$6.50

Friday, July 5

Breakfast: Waffle or Pancake

Lunch: Mississippi Ham Slider & Side

ham, cream cheese, bacon, & shredded cheddar cheese on a mini slider bun ~\$4.50/\$6.50

Saturday, July 6

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	June 30 ~ Lunch \$12	Dinner \$12
	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour	Baked Ham Au Gratin Potatoes Vegetable du Jour
MONDAY	July 1 ~ Lunch \$10	Dinner \$12
	Sweet & Sour Pork Steamed Rice Choice of Vegetable	Pecan Chicken Dijon Sauce Wild Rice Vegetable du Jour
TUESDAY	July 2 ~ Lunch \$7	Dinner \$14
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Beef Penne Fromage Garlic Toast Vegetable du Jour
WED.	July 3 ~ Lunch \$10	Dinner \$13
	Turkey Reuben French Fries Choice of Vegetable	Fried Pork Cutlet Mashed Potatoes & Gravy Vegetable du Jour
THURS.	July 4 ~ Lunch \$10	Dinner \$12
	Steamed Brats Baked Beans Pasta Salad	4th of July Buffet
FRIDAY	July 5 ~ Lunch \$10	Dinner \$14
	Fried Catfish French Fries Coleslaw	Shrimp Scampi Twice Baked Potato Vegetable du Jour
SAT.	July 6 ~ Lunch \$10	Dinner \$15
	Baked Chicken Drumsticks Macaroni Salad Choice of Vegetable	Steak Baked Potato Vegetable du Jour

DRINK SPECIAL | Blue Cosmo
 2 oz. Kettle One Vodka, 1 oz. Blue Curacao, 1/2 oz. Grapefruit Juice &
 1/2 oz. Simple Syrup
 \$3.75

Grosh Cinema Movies

Sunday, June 30, to Saturday, July 6, 2018

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

Sunday, June 30 — Life of Pi (2012)

- A young man who survives a disaster at sea and is hurtled into an epic journey of adventure and discovery. While cast away, he forms an amazing and unexpected connection with another survivor, a fearsome Bengal Tiger.
- Co-Starring: Suraj Sharma, Irrfan Khan, & Adil Hussain
- Rated: PG; 2 hr. 7 min.

Monday, July 1 — Murder Mystery (2019)

- A New York cop and his wife go on a European vacation to reinvigorate the spark in their marriage, but end up getting framed and on the run for the death of an elderly billionaire.
- Co-Starring: Adam Sandler, Jennifer Aniston, & Luke Evans
- Rated PG-13; 1 hr. 37 min.

Tuesday, July 2 — Fantastic Beasts: The Crimes of Grindelwald (2018)

- In an effort to thwart Grindelwald's plans of raising pure-bloods to rule over all non-magical beings, Albus Dumbledore enlists his former student Newt Scamander, who agrees to help, unaware of the dangers that lie ahead.
- Co-Starring: Eddie Redmayne, Katherine Waterston & Dan Fogler
- Rated PG-13 ; 2 hr. 14 min.

Wednesday, July 3 — The Duel (2016)

- A Texas Ranger investigates a series of unexplained deaths in a town called Helena.
- Co-Starring: Woody Harrelson, Liam Hemsworth, & Alice Braga
- Rated R; 1 hr. 50 min.

Thursday, July 4 — The Confirmation (2016)

- A divorced father and his eight-year-old son are about to spend a somewhat predictable weekend together, nevertheless, when a valuable toolbox gets stolen, the search for the thieves will soon turn into a true family bonding.
- Co-Starring: Clive Owen, Maria Bello, & Jaeden Martell
- Rated PG-13; 1 hr. 41 min.

Friday, July 5 — If Beale Street Could Talk (2018)

- A young woman embraces her pregnancy while she and her family set out to prove her childhood friend and lover innocent of a crime he did not commit.
- Co-Starring: KiKi Layne, Stephan James, & Regina King
- Rated R; 1 hr. 59 min.

Saturday, July 6 — Get Smart (2008)

- Maxwell Smart, a highly intellectual but bumbling spy working for the CONTROL agency, is tasked with preventing a terrorist attack from rival spy agency KAOS.
- Co-Starring: Steve Carell, Anne Hathaway, & Alan Arkin
- Rated PG-13; 1 hr. 50 min.

Weekly Opportunities Calendar *June 30 to July 6*

Sunday • June 30

Manhattan Room—open seating at lunch & dinner

- 9:30 a.m. ~ Miller Worship Service, MFR
- 10:30 a.m. ~ Worship Service, CR
- 12:00 p.m. ~ Meadowlark Market, 1217 Circle
- 2:00 p.m. ~ Wroten Worship Service, WL
- 7:00 p.m. ~ Vespers with Dcn. Larry Erpeldine, CR

Monday • July 1

Manhattan Room—no open seating available

- 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, CR
- 12:00 p.m. ~ Yoga, KSU CL
- 12:00 p.m. ~ Weights 101, CR
- 1:00 p.m. ~ Outdoor Opportunities Committee, FHR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:45 p.m. ~ Parkinson's Voice Class, CR
- 2:00 p.m. ~ Coffee Connections, MFR
- 2:00 p.m. ~ Change & Loss Support Group, WCR
- 5:30 p.m. ~ Tuttle Creek Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

Tuesday • July 2 *Trash & recycling pick-up*

Manhattan Room—open seating at dinner only

- 10:30 a.m. ~ Steady Yourself, CR
- 10:30 a.m. ~ Guided Meditation, 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: FEATURE DESSERT - M&M Cookie Bar!, CR
- 3:30 p.m. ~ Ambassadors Meeting, WCR
- 7:00 p.m. ~ Dominoes, GR

Wednesday • July 3

Manhattan Room—open seating at dinner only

- 8:30 a.m. ~ Messenger Team, WCR
- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 10:00 a.m. ~ Memory Activities Class, KSU CL
- 10:00 a.m. ~ Memory Café, KR
- 10:00 a.m. ~ Memory Care Partners Supp Grp, WCR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR

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

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

1:30 p.m. ~ Hearing Aid Doctor, FHR

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

Thursday • July 4

Manhattan Room—no open seating available

- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 5:00 p.m. ~ 4th of July Buffet, PS
- 8:30 p.m. ~ 4th of July Celebration, Lyle Patio

Friday • July 5

Manhattan Room—open seating at lunch & dinner

- 9:30 a.m. ~ Seated Strength, CR
- 9:30 a.m. ~ Art Committee Meeting, FHR
- 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
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:30 p.m. ~ Catholic Mass, CR

Saturday • July 6

Manhattan Room—open seating at lunch & dinner

- 9:30 a.m. ~ Painting for Fun, MCR

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
PS, Prairie Star Restaurant	VE, Village Entrance
SCR, South Conference Room	VB, Verna Belle's

*Meadowlark News and Announcements
can be viewed on Channel 1960*