

## FIESTA TO REMEMBER

TASTES & TUNES FOR A REASON 

*by Becky Fitzgerald*

Coco Bolos in Aggieville, known to many for Loud Food and Spicy Music, will be true to its motto during an awareness and fundraising event to support Meadowlark Memory Program. Food and drink specials as well as live music are part of the plan during the inaugural Fiesta to Remember. Enjoy “tastes and tunes for a reason” between the hours of 11 a.m. and 9 p.m. on Thursday, July 25. All are welcome to attend, with a special invitation extended to persons who’d like to know more about memory program opportunities.

Patterned after Pig Out for Parkinson’s and HOGTOBERFEST, which are held annually at Cox Bros. BBQ, this Fiesta is the first of its kind at Coco Bolos, said Bud Cox, a partner of the barbecue restaurant and Coco Bolos with his brother, Bobby. As with these two fund-raisers, which benefit Meadowlark Parkinson’s Program and the Good Samaritan Fund, respectively, Coco Bolos will donate 10% of the proceeds generated during the aforementioned 10-hour period.

Daily specials include grilled street skewers – select chicken, steak or shrimp – with sides of coconut rice and black beans for \$13.99 and a “brain food” option

of red fish with a vegetable medley and scalloped potatoes for \$15.99. Prefer a lighter option or smaller portion? Order off the menu!

Daily drink specials are margarita carafes for \$5 and a Rum Runner cocktail for \$7. The evening’s spicy music will be provided by Los Yumas from 7 to 9 p.m. This local Latin jazz band appears as part of Coco Bolos’ summer Landshark Music Series, so Landshark Island-Style Lager is the day’s featured beer at \$3 each.

In addition to Coco Bolos and Flint Hills Beverage, which distributes Landshark, Meadowlark Memory Program also has partnered with Central National Bank. To spread the word about the event and the bank’s involvement, Central National has purchased 75 20-oz. insulated tumblers featuring the event and bank logos. Tumblers such as these keep beverages cold (or hot) for hours, will last years with easy care, and reduce waste/impact on the environment. Get your Fiesta tumbler TODAY at Verna Belle’s for a minimum donation of \$10, or visit the program’s information station at Coco Bolos on July 25.

*See Fiesta, page 6*

## Outdoor Encounters

*Submitted by Nathan Bolls*

I know a place we should neither disparage nor disrespect: the Flint Hills. This Tallgrass Prairie region stretches far beyond the curve of Earth to where, in a manner befitting the Grand Canyon, one can gaze across an expansiveness that subdues all sound and motion; a place where the subtle breeze-driven rustling of lance-shaped grass leaves cutting air is the music of choice.

I know a place that displays a rich verdancy, an extravagance of the natural and physical worlds—an entity sometimes called “The First Book of God.” As one who ponders the mysteries of evolutionary biology and of evolutionary spirituality, I rejoice in the energy and exuberance occurring even beneath my feet. On a recent hike, with neither road nor building in view, with dusk all around and dark falling hard, my pulse was calm.

I know a place that is both ward of the meteorological gods’ caprice and beneficiary of their largesse, where people live as do those who choose life astride a fault zone or in hurricane alley: we tally our chances, and we take them.

After being out-of-state for 47 years, my dear late wife, Imogene, and I relearned the truth in T.S. Eliot’s famous words

“We will not cease from exploration.  
And the end of all our exploring  
Will be to arrive where we started,  
And know the place for the first  
time.”

*See Outdoor Encounters, page 8*

### **Carpet Cleaning**

Housekeeping will be cleaning the stairs in the Assisted Living lobby Monday, July 8, starting at 3 p.m. Please use the elevator until the carpet is dry.

### **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.

### **Courtyard Celebration**

A Courtyard Celebration will take place in mid-July. 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!

### **Open Communion Service**

*Sunday, July 7, at 4 p.m.*

Meadowlark Hills Open Communion Service will be celebrated at 4 p.m. Sunday, July 7, in the Flint Hills Room. All Christians are invited. The bread is gluten free. For more information, contact Ronald Williams at (785) 587-4122.

### **Vespers Service**

*Sunday, July 7, at 7 p.m.*

The Vespers service will be led by Rev. John Kreidler from Peace Lutheran Church at 7 p.m. Sunday, July 7, in the Community Room. All are welcome.

### **ARTful Making**

*Monday, July 8, at 11 a.m.*

Join Meadowlark Memory Program and Marianna Kistler Beach Museum of Art for ARTful Making class from 11 a.m. to 12:30 p.m. Monday, July 8, in the KSU Classroom. Together we will develop new skills and revisit old ones while engaging in various art making activities.

No registration is required, please come and go as needed.

### **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.

### **Coffee Corner**

*Tuesday, July 9, at 3 p.m.*

All Meadowlark residents are invited to a social hour at 3 p.m. Tuesday, July 9, in the Community Room. Verna Belle's featured dessert will be Red Velvet Cupcakes.

### **Building & Grounds Committee**

*Wednesday, July 10, at 9 a.m.*

The Building and Grounds Committee will meet at 9 a.m. Wednesday, July 9, in the Flint Hills Room. If you have any questions about the committee or would like to be included on the email list, please call Erin Hildreth at (785) 323-3892 or email [ehildreth@meadowlark.org](mailto:ehildreth@meadowlark.org).

### **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 and distinguish the difference between signs of Alzheimer's and normal aging. No registration is required. For questions, contact Michelle Haub at (785) 323-3899.

### **Assoc. Audiologist—Dr. Schotte**

*Wednesday, July 10, at 1 p.m.*

Sarah Schotte, Au.D., FAAA, audiologist with

Associated Audiologists can perform hearing screenings, hearing aid cleaning and maintenance, wax removal, state-of-the-art hearing aid technology, and hearing assistive technology. Dr. Schotte will see patients in the West Conference Room from 1 to 5 p.m. Wednesday, July 10. To schedule an appointment with Dr. Schotte, please call (785) 539-7361.

### **Artist Profile with the Beach Museum**

*Wednesday, July 10, at 6:30 p.m.*

Join Kathrine Schlageck from the Marianna Kistler Beach Museum of Art for an artist profile presentation at 6:30 p.m. Wednesday, July 10, in the KSU Classroom. The presentation will be about Patrick Dougherty, a sculpture artist.

### **Apple Technology Help Lab**

*Thursday, July 11, at 8 a.m.*

IT Assistant, Kevin will be available in the Kansas Room (Pub) from 8 to 11 a.m. Thursday, July 11, to assist residents with any Apple product related needs or questions about iPhones, iPads, or Mac computers. All are welcome to bring their devices for assistance.

### **Resident Focus Group**

*Thursday, July 11, at 10 a.m.*

July's Resident Focus Group will spotlight Doug Fiser. Doug has recently joined Meadowlark's Sales Team and continues to serve as Miller Place's Coordinator. Come meet Doug at 10 a.m. Thursday, July 11, in the Manhattan Room.

### **Speedy Pd Art Workshop**

*Thursday, July 11, at 10:30 a.m.*

Join us Thursday, July 11, at 10:30 a.m. in the KSU Classroom to make the art for the Age Group Awards for the Speedy Pd Race. Anyone affected by Pd is encouraged to attend and create the awards that give the Speedy Pd the most unique Age Group Awards in the region.

Kathrine Schlageck, Beach Museum Education Director, will provide the materials, assistance and inspiration. No art experience required.

### **Meadowlark Ladies Luncheon**

*Thursday, July 11, depart 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.

### **Trip to Hobby Lobby/Dollar Tree**

*Saturday, July 13, at 10:30 a.m.*

Transportation will be provided to Hobby Lobby and Dollar Tree Saturday, July 13. The bus will depart from the Village Entrance at 10:30 a.m. and return around 11:45 a.m. The cost for transportation is \$3 per person. Please sign up in Blue Book at the Hospitality Desk.

### **Performance by Nate & Doug**

*Friday, July 12, at 7 p.m.*

Meadowlark is excited to have Nate Hernandez and Doug Morgan perform Friday, July 12, at 7 p.m. in the Community Room. With Nate on guitar and vocals and Doug on the Cajon, this duo will delight you with their unique Americana/folk style of music. All are invited!

### **Blood Drive**

*Tuesday, July 16, at 10:30 a.m.*

A Blood Drive will be hosted by Meadowlark from 10:30 a.m. to 5:30 p.m. Tuesday, July 16, in the KSU Classroom. For questions or to sign up for a time slot, contact Jayme Minton at (785) 313-0454.

### **Mindful Connections**

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

Meadowlark Memory Program invites anyone interested to attend Mindful Connections, an educational opportunity, Tuesday, July 30, 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.

## June Gifts to Meadowlark Foundation

Gifts to Meadowlark Foundation during the month of June were given in memory of the following persons to benefit the Good Samaritan Fund, Parkinson's Program and Memory Program. Gifts also supported Lyle House and the Honor a Legacy Campaign\*.

### Memory of

Charles Niernberger*	John Vogt*
Dorothy Frazee	Leon Edmunds*
Frances Holcomb*	Marshall Hutchinson
Fred Sobering	Mary Ann McCoy
Hilda Flinchbaugh*	Max Howard*
Jack Goldstein*	Naomi Berber

Priscilla Wattenford

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

## Is This a Woman?

*submitted by Dotty Blacker*

Having completed two and half years of college in Enid, Oklahoma, I had excelled in my choice of vocation, legal secretary, and was tired of working very hard to pay expenses on my 75 cent/hour salary.

I discovered that American Airlines was interviewing stewardess applicants so I borrowed a car and drove to Tulsa to inquire. I was hired, age 20, in 1957, even though I just barely met the height requirement of being between 5'2" and 5'7". I was in the last class which trained on the upper floor of a hangar at Chicago's O'Hare Airport.

Stationed in Tulsa, we flew DC-6s and DC-7s (pre-jet) round trip to New York with a stop in Nashville or to Los Angeles with a stop at Love Field, Texas. We usually had something like 50 passengers on board.

We had big seats, lots of legroom, plenty of space for luggage, two stewardesses who served full meals, complete with a small pack of cigarettes. We often had time to chat with the passengers and I stole as much time as possible to watch what was going on in the cockpit. Everybody was dressed up and feeling quite pleasant, especially after the free cocktails.

A memorable event that took place on a stop in Washington D.C. When we were doing cleanup, I

picked up innumerable pieces of yellow legal pad sheets that the senator had scribbled on and left. Later the Senator became President John Kennedy and I was very sorry not to have saved some of those yellow pages.

Then I got married to a college boyfriend who was a sophomore in medical school at Tulane University in New Orleans. I worked as a legal secretary for a large law firm. My husband enlisted in the Air Force the fourth and final year of medical school, mostly for financial reasons. Neither of our families had funds to help. Thank goodness as that was the start of our great and unusual adventures.

We moved in 1960, to San Antonio where my husband did his one year of internship at the Lackland AFB hospital. I worked as a secretary at Southwest Research Institute. We both joined the Lackland AFB Aero Club and signed up for lessons. The first instructor I was assigned to was very low key and calm. That lasted for about four hours of instruction when I was switched to another instructor, Sgt. Danny. He was one tough guy and gave me fits.

Danny kept after me as to whether I was studying for my written exam; told me to expect to flunk the first time like most people. We were flying Cessna 150s, a very small two-place airplane which I sometimes thought of as instead of getting in it, you put it on.

The experience of flying such a plane over the hot Texas countryside was a real challenge. I remember my first experience because of the convection drafts one had to struggle to with to simply stay aloft. But Danny gave me a bad time by reminding me that I was one or two degrees off course or fifty feet off altitude. Then he gave me the calculator and told me to figure my ground speed. That is close to abuse for you non-flyers! One of the requirements for a license was to fly a three-leg trip so I chose Austin, College Station, back to San Antonio. I called the Austin tower for landing instructions and immediately after disconnect got a call back from the tower: "Is this a woman?" There could have been some funny answers to that, but not on radio.

So I passed the written and FAA flight exams on the first try and got my ticket (term they used instead of license.) When the Aero Club celebrated its first female pilot, the San Antonio evening news sent a photographer to take a film of me taking my husband for a ride. It was, of course,

always the other way around. A club member said they had changed instructors early in my training to get rid of me, females just weren't meant to be pilots.

Sgt. Danny called me a short time after I had my ticket to ask me to fly with him on a night trip. He knew I liked to fly at night as he had given me a couple hours of instruction. He wanted to take his very young daughter to his parents in Odessa as his wife was about to deliver another baby. Yes, of course.

We got home about 2 in the morning and were putting the plane to bed in the hangar when I asked: "Danny, you gave me such fits all this time, why did you ask me to fly with you?" With a sly grin he replied: "I had special cargo, I needed a good pilot."

### **On the Cool Clink**

*submitted by Helen Roser*

The jail was finally finished. It had been years in the building. Its cost over-run was in the millions. Its change orders in the hundreds. Two project managers had heart attacks. A third disappeared. When next heard from, he was saving his sanity, riding his bicycle through the Alps.

Our guest occupants hadn't moved in yet. It may be worth mention that soon after they moved, in, they sued Los Angeles County. Their notice was filed on a brown paper lunch sack, stating they were subjected to "cruel and unusual treatment." They included a plaintive mention that "incarcerated persons had to use their few coins to buy a copy of the Los Angeles Times," which they used as a bed cover to try to get warm.

We had heard about that air conditioning system before. It was a new one to the engineer who ran it. The County had invited all the judges and execs in law enforcement and the court system to tour the new jail. They all showed up, accompanied by the TV stations' cameras recording for the 6 o'clock news.

Leading the entourage was a Superior Court judge, with arm candy (a shapely young miss) hanging on his right arm. They were approaching a broader corridor into which their corridor emptied. The broad corridor had an air conditioner vent installed over-head, pointed toward where the judge stepped out from the smaller corridor.

The air current (which the judge described in his letter of complaint as a "blast") lifted the judge's

wig off and blew it into the young lady's face. She instinctively snatched it off her face and hurled it out, where it was caught by the A/C current and went wafting down the corridor.

What ensued was said to look like an episode of The Keystone Cops, with officials snatching at the wig, bumping into each other and knocking one down. Meanwhile, the cameras were rolling.

The judge gave the camera men a "murderous look" and said: "I'd better not see any of this \_\_\_\_." There was only brief mention of the new jail tour.

I worked in Contract Deficiencies that handled problems with new constructions. We received an avalanche of inquiry/complaints regarding the A/C and the judge.

I had become known for composing letters that smoothed ruffled important feathers, all less than a page long. When I received the mail: "Helen, write a letter to the judge for me", I intentionally made this one a page and a half long.

It described our feeling of honor to be able to host our distinguished guest from our Supreme Court. I used "distinguished" several times, in case he missed the first one. I explained the outside was so hot, we wanted to be sure our distinguished guests would be comfortable during their tour. Our air conditioning system was new and our engineer was not familiar with it. His concern was that our important distinguished guests we were honored to serve would be comfortable. (The judge forgave the County).

### **Where We Live(d)**

*submitted by Ronald J. Williams*

Vera and I are small town people. Though our marriage 55 years ago, began in cities (Baltimore, 2.5 Million), the total cumulative population of the six towns we lived in over the 30 years before retirement was under 8,000. As we retired, our daughter suggested (weak word) that we move to the Manhattan area (maybe 50,000). The reason that was given was to have us close, but we also sensed that she was really at home here, and proud of this small city. After almost 20 years, we moved two and half years ago to another small town, a community of under 400 called Meadowlark Hills, which is larger than the combined population of our home towns of Clayton and Alexander, Kansas.

*See Where We Live(d), page 7*

## **Town Meeting Notes, July 1**

*Notes from Town Meeting conducted by Monte Spiller, Resident Services Leader, on July 1*

**Welcome** Monte Spiller welcomed everyone and introduced four new residents.

**Campus Update** Lonnie Baker shared that the courtyard is almost complete and is set to open mid-July. Construction on the restaurant expansion is set to begin here in the next few weeks. Construction vehicle traffic will increase at that time. Where the expansion is taking place there will be restricted parking along the front side of the building.

**Support Services Update** Jayme Minton introduced our new Home Health Case Manager, Caitlyn Lundberg. She also let us know there will be fun and exciting events happening when the Courtyard opens. She also reminded everyone to please not move the furniture in the lobby.

**Fiesta to Remember** Becky Fitzgerald informed us on a new event that benefits Meadowlark Memory Program called Fiesta to Remember. This event is going to be taking place on Thursday, July 25, at Coco Bolos from 11 a.m. to 9 p.m.

**Mindful Connections** Mindful Connections is scheduled for 5:30 p.m. Tuesday, July 30, in the Community Room. There will be four stations that include; healthy eating recipes, yoga and meditation for the body, how gardening can help with mental health, and an art project that Beach Museum of Art will lead. There is no charge to attend this event.

**Veterans Group** John Lindholm and Oscar

Larmer attended the event to commemorate the 75<sup>th</sup> Anniversary of D-Day. On behalf of the Meadowlark Veteran's Group, Oscar and John donated the flag they received at the event to Meadowlark.

**Upcoming Events** Monte reviewed the events coming up in the month of July.

### ***Fiesta, from page 1***

Coco Bolos offers indoor and patio seating; a misting system cools the patio on hot days. Because of road construction near Aggieville, and construction in Aggieville that limits parking, those who'd like to join the fun are invited to use complimentary Meadowlark transportation. Two lunchtime rides are available, at 11 a.m. and 12:30 p.m. Please register in the Blue Book.

If you'd like to drive, try your luck at finding a parking space southeast of the restaurant door or on Moro Street. Your best bet is free parking between 11 a.m. and 2 p.m. at the Bluemont Hotel, located across the street from Coco Bolos at the northeast corner of Bluemont and Manhattan avenues. The hotel's two-level garage is easiest to access by turning north onto Manhattan from the junction of Anderson/Manhattan avenues.

After 5 p.m., free parking is available in K-State's McCain Auditorium lot.

Donations to Meadowlark Memory Program help ensure the continuation of FREE education and enrichment opportunities to persons affected by cognition changes. The program is available to anyone in the Flint Hill region. For more information about the program, contact Michelle Haub at (785) 323-3899.

# **LEADER OF THE PACK**

Congratulations to July's Leader of the Pack, Shaquila Bachu! Shaquila is a cook at Bramlage House. Shaquila always pitches in to help others when they need it. She prepares fantastic meals for the guests at Bramlage and makes them feel special. In fact, they feel so special, that many return to visit and have meals with her after they have gone home. Thank you for being a valuable part of the Meadowlark team!



### **Where We Live(d), from page 5**

Here in this small town some of us still center in the surrounding city of Manhattan, and are very active there, many of center our lives in our town of Meadowlark Hills. One of the traits of small town life is that we know each other stories and I seem to know more fellow resident's stories than almost anywhere we have lived. It is quite a wonderful neighborhood made up of retired professors from a great university, mail men (or is it "persons") teachers, a few preachers, medical servants, one of the world's greatest biological scientists, musicians, military retirees who have bravely and sacrificially served their country in how many wars, gardeners and farmers who fed us, those who have waited our tables, built our houses, sold us insurance and real estate, others who have tried to change life in foreign places and a one star general.

We know a lot of each other's stories, though we probably don't talk about as much about our heartaches. We talk more about the joys of our marriages than widowhood, the joys of parenthood rather than the pain of parental loss, about our travels more than our incapability to travel, our grandkids more than our pains.

There are other stories. We help can't help but notice each other's age. Aging is maybe the one thing we have in common. We lean on each other; help each out of chairs, and we stay out of each others paths when we use walkers, scooters, and wheel chairs. We give each other our name over and over with a smile, and we give each other a suggestion when there is that word that does not quite come to us. We enjoy the Game Room, Prairie Star, movies, K-State games and the Pub.

It is quite a small town, and we do know each others stories. We laugh together. Sometimes we hold each other when we shed a tear.

We know each other's stories.

We care and affirm each other, and share each others destiny. Meadowlark Hills is our small town, and we enjoy it.



## **LUNCH & BREAKFAST SPECIALS**

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

### **Sunday, July 7**

**Breakfast:** Omelets with Fruit

### **Monday, July 8**

**Breakfast:** Biscuits & Gravy

**Lunch:** Pulled Pork Quesadilla & Side  
*shredded pork, tomatoes, onions, corn, black beans & cheese inside a crispy flour tortilla ~ \$4.50/\$6.50*

### **Tuesday, July 9**

**Breakfast:** Breakfast Sandwich with Fruit

**Lunch:** Philly Cheese Steak & Side  
*roast beef, sautéed peppers, onions & Swiss cheese on toasted Italian bread ~\$4.50/\$6.50*

### **Wednesday, July 10**

**Breakfast:** Breakfast Burrito & Fruit

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

### **Thursday, July 11**

**Breakfast:** Biscuits & Gravy

**Lunch:** Walking Taco  
*seasoned ground beef, lettuce, cheese & Doritos with choice of additional toppings from the salad bar ~ \$6.50*

### **Friday, July 12**

**Breakfast:** Waffle or Pancake

**Lunch:** Reuben Style Brats & Side  
*grilled Bratwurst topped with sauerkraut, Swiss cheese & thousand island dressing ~\$6.50*

### **Saturday, July 13**

**Breakfast:** A la carte menu options

### **Outdoor Encounters, from page 1**

I know a place that gives me soft eyes, a patient mind, and the expectation that some lower life form might just risk stopping to consider **me**—and that **we** might share a moment of communion. It is a curse of humankind that almost all mobile life forms run from us if given the chance. I wonder, “If plants had the power of ponder, how would they bend at my approach?”

I know a place where most acreage is unplowed. Come spring, new growth will sprout from the eternal underground hearts of plants. Renewal from within this permanence speaks to me: I sense a thread of the eternal in this ecosystem, in the tough deep root systems of the forty of so native grass species, and in the dozens of species of native prairie wildflowers that also have survived the worst droughts and coldest winters. Here the collared lizard, if sent a survey concerning ants, a favorite food, surely would check “if it ain’t broke, don’t fix it.”

I know a place where extremes of weather require the prudent hiker to make frequent checks on the status of both Mother Earth and Father Sky. Winter nights in the mid-thirties below zero have been recorded. And more than once have occurred many summer days in a row above 100 degrees or more months without even a mist of rainfall than anyone wishes to recall.

I know a place that is not always quiet. Although the grass-wind symphony might spend whole days between movements, hot dry southerly winds can birth a ceaseless rattling cacophony of curled brown leaves. Father Sky may lash Mother Earth with crashing electrical storms, howling blizzards, and monster tornadoes. No wise traveler wishes to be caught without shelter when one of these meteorological maelstroms roars over the hill.

I know a place that nurtures a variety of both plant and animal life far greater than one ever senses during that customary 43-second squint from some scenic overlook. Rather, take time to thrill to the songs of many birds and of coyotes; to birds of prey that scout out today’s living and to turkey vultures that soar uplifts in search of yesterday’s dead. The Flint Hills area, with its large reaches of virgin, open grasslands and much habitat diversity—and what ecologists refer to as the “big three” of food, water, and cover—constitutes a colossal wildlife refuge.

I know a place--our MLH home--that sits atop one of these hills. Such hills are all around us! Even if you lack incentive or energy for the long trails, the prairie peninsula in our very own Natural Area awaits you—always!

### **IL Resident Council Minutes, June 3, 2019**

**Members present:** Pat Vogt, Bob Crawford, Jean Beatty, Pam Oehme, Nyle Larson, Ron Williams, Jo Call, Elaine Manges, Marilyn Ray, Charlotte Kelly, Carol Balding, Leo Lake, Jan Vanderbilt, Larry Parsons, Nancy Kopp and Jo Lyle.

**Staff present:** Lonnie Baker, Jayme Minton, and Monte Spiller.

#### **Updates**

General Update: Lonnie shared that the Courtyard Project is moving along with the car countertops being adjusted to the appropriate height. Once the counters are completed, a putting green will be put in along with the fence.

Construction for the Kitchen Renovation and Prairie Star Restaurant Expansion will start in August with a completion target date set for June 2020. Part of the renovation will be the addition of an event space where Prairie Star Patio is currently located. The event center will include an outdoor entrance, large coat closet, and additional bathrooms being available with multiple stalls. The current bar will not be included in the new space, but there eventually will be a bar area added allowing people to be served either from the event center or the other designated drinking area.

Meadowlark has an architect in place for the wellness center and independent living hybrid apartments. SFCS is the firm out of Roanoke, VA. They have done projects like this before including a project for independent living at Brewster Place located in Topeka. The two projects will ultimately run together with the hybrid apartments relying heavily on pre-sales with 70% needing to be sold to obtain financing. The wellness center will rely on capital campaign funds and we have selected a firm to come in and help with that.

The parking lot behind the maintenance shop is completed and lines have been painted. The maintenance and some



transportation vehicles have been moved to the new lot opening up 28 spots for staff and visitors.

Support Services Update: Jayme explained based on feedback concerning lobby furniture, we have a different couch and chair displayed outside of Montes' office to allow more time for discussion. If most of the residents continue to feel positive about the set, we will order more pieces that go with it and look to have it delivered on June 12.

With so much growth projected within IL, we have made a few changes to the Sales Team to accommodate the growth. Kristen Martin will be relocating her office to Bramlage House to help with continuity of care. She still will manage everyone who comes from the hospital or needs a Bramlage stay, following their care, and helping with high-level social work needs. Abby's job will remain the same, but we have added Doug Fiser to the Sales Team in a modified role and he is leading assisted living sales, helping with tours, and will continue to assist Miller House with activity planning. Doug starts that role effective today, June 3, and will be in Jayme's old office.

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

#### **New Business**

Bob Crawford reported on the Board of Trustees meeting that was held on May 16, 2019. The meeting was called to order by Chairwoman Dr. Carol Shanklin. Lonnie Baker provided the Executive Report which included that Meadowlark's census remains above 90% with the tower at 100% occupancy.

The Finance Committee and staff recommend approval of the annual operating and capital budgets for Meadowlark and motions on both proposals were presented and adopted. The Board also approved a motion for calling the creation of a fourth contract option for people planning a move into independent living cottages.

Reporting for the Foundation, Chairperson Lisa Sisley indicated donation to the Foundation remain strong. There being no further business, the meeting was adjourned.

Monte introduced and officially welcomed Larry Parsons as the new Eastside Neighborhood Representative.

#### **Old Business**

It was expressed there was a need for the

breezeway between Miller House and IL to be power washed. Mike Davis was notified.

There was a question about window washing. It was explained that maintenance does have a schedule. Individuals will be notified when the time comes.

Appreciation was given for the painting of the crosswalk near 2140 Meadowlark Road.

#### **Additional Discussion Topics**

Leo Lake wanted to take time to express his gratitude and praise several individuals during a time of emergency. He explained due to the location of his apartment and because of the heavy rains recently experienced, his carpet was soaked. Leo stated Jayme Minton immediately made the appropriate calls and the housekeeping and maintenance teams were right on it. Unfortunately the next day, the water continued to soak his carpet, but with the help of Mike Davis, Mark Morton, Aric Sapp and Bob Speer they were able to control the waters from coming in. Leo was especially grateful as Aric took the time to call a clock professional who moved his grandfather clock to the middle of the room to protect it from possible water damage. Leo stated the residents of Meadowlark are very fortunate to have such caring staff.

#### **Meeting adjourned**



"Farmer" Lonnie Baker spent Friday, June 28, spraying the Pond Trail (paved areas) for ticks. Take advantage of the sunshine and go for a trail walk!

# 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.

<b>SUNDAY</b>	July 7 ~ Lunch \$12	Dinner \$11
	Roast Pork Loin with Balsamic Cherry Sauce Wild Rice Vegetable du Jour	White Chili Corn Bread Vegetable du Jour
<b>MONDAY</b>	July 8 ~ Lunch \$10	Dinner \$12
	Chicken Salad Melt Choice of Vegetable	Wild Mushroom Chicken Roulades with Sherry Sage Sauce Roasted Red Potatoes Vegetable du Jour
<b>TUESDAY</b>	July 9 ~ Lunch \$8	Dinner \$11
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Meatloaf Mashed Potatoes & Gravy Vegetable du Jour
<b>WED.</b>	July 10 ~ Lunch \$10	Dinner \$12
	Braised Chicken Thigh & Leg Scalloped Potato Choice of Vegetable	Grilled Citrus Chicken Breast Risotto Vegetable du Jour
<b>THURS.</b>	July 11 ~ Lunch \$10	Dinner \$13
	Potato & Sweet Potato Bar <i>(does not include drink, starter, or dessert)</i>	Beef Stroganoff Noodles Vegetable du Jour
<b>FRIDAY</b>	July 12 ~ Lunch \$10	Dinner \$13
	Beef & Bean Burrito Spanish Rice Black Beans	Stuffed Pork Tenderloin with Spinach, Sun-dried Tomatoes, Mushrooms & Balsamic Demi Glaze Swiss & Green Onion Scalloped Potatoes Vegetable du Jour
<b>SAT.</b>	July 13 ~ Lunch \$10	Dinner \$14
	Fried Chicken Sandwich Coleslaw French Fries	Shrimp & Crab Cakes with Remoulade Sauce Rice Pilaf Vegetable du Jour

**DRINK  
SPECIAL**

Harvey Wallbanger  
 1 1/2 oz. Vodka, 3 oz. Orange Juice & 1/2 Galliano  
 \$3.75

## Grosh Cinema Movies

Sunday, July 7, to Saturday, July 13, 2018

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

### **Sunday, July 7— Stuart Little (1999)**

- The Little family adopt a charming young mouse named Stuart, but the family cat wants rid of him.
- Co-Starring: Michael J. Fox, Geena Davis, & Hugh Laurie
- Rated: PG; 1 hr. 24 min.

### **Monday, July 8— The Secret Scripture (2016)**

- A Woman keeps a diary of her extended stay at a mental hospital.
- Co-Starring: Aiden Turner, Rooney Mara, & Theo James
- Rated PG-13; 1 hr. 48 min.

### **Tuesday, July 9 — Pitch Perfect (2012)**

- Beca, a freshman at Barden University, is cajoled into joining the Bellas, her school's all girls singing group. Injecting some much needed energy into their repertoire, The Bellas take on their male rivals in a campus competition.
- Co-Starring: Anna Kendrick, Brittany Snow, & Rebel Wilson
- Rated PG-13; 1 hr. 52 min.

### **Wednesday, July 10 — Hell or High Water (2016)**

- A divorced father and his ex-con older brother resort to a desperate scheme in order to save their family's ranch in West Texas.
- Co-Starring: Chris Pine, Ben Foster, & Jeff Bridges
- Rated R for violence & language; 1 hr. 42 min.

### **Thursday, July 11— Triple Frontier (2019)**

- Loyalties are tested when five former special forces operatives reunite to steal a drug lord's fortune, unleashing a chain of unintended consequences.
- Co-Starring: Ben Affleck, Oscar Isaac, & Charlie Hunnam
- Rated R for violence; 2 hr. 5 min.

### **Friday, July 12 — About Time (2013)**

- At the age of 21, Tim discovers he can travel in time and change what happens and has happened in his own life. His decision to make his world a better place by getting a girlfriend turns out not to be as easy as you might think.
- Co-Starring: Domhnall Gleeson, Rachel McAdams, & Bill Nighy
- Rated R for language and some sexual content; 2 hr. 3 min.

### **Saturday, July 13— Finding Your Feet (2017)**

- On the eve of retirement a middle class, judgemental snob discovers her husband has been having an affair with her best friend and is forced into exile with her bohemian sister who lives on an impoverished inner-city council estate.
- Co-Starring: Imelda Staunton, Celia Imrie, & Timothy Spall
- Rated PG-13; 1 hr. 51 min.

# Weekly Opportunities Calendar *July 7 to July 13*

## Sunday • July 7

*Manhattan Room—open seating at lunch & dinner*

- 9:30 a.m. ~ Miller Worship Service, MFR
- 10:30 a.m. ~ Worship Service, CR
- 2:00 p.m. ~ Wroten Worship Service, WL
- 4:00 p.m. ~ Open Communion Service, FHR
- 7:00 p.m. ~ Vespers with Rev. John Kreidler, CR

## Monday • July 8

*Manhattan Room—open seating at dinner only*

- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:00 a.m. ~ ARTful Making, KSU CL
- 11:30 a.m. ~ Meadowlark Valley Luncheon, MR
- 12:00 p.m. ~ 1st Pres. Men's Luncheon, WCR
- 12:00 p.m. ~ Yoga, CR
- 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. ~ Coffee Connections, MFR
- 7:00 p.m. ~ Community Bingo, CR

## Tuesday • July 9 *Trash & recycling pick-up*

*Manhattan Room—open seating at lunch only*

- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Seven Dolors Book Discussion, FHR
- 2:00 p.m. ~ Research Project Presentation, KSU CL
- 3:00 p.m. ~ Coffee Corner, CR
- 4:00 p.m. ~ Newspaper & Bible, FHR
- 5:30 p.m. ~ 4th Floor Supper, MR
- 7:00 p.m. ~ Dominoes, GR

## Wednesday • July 10

*Manhattan Room—open seating at lunch only*

- 9:00 a.m. ~ Building and Grounds Committee, FHR
- 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, WCR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 12:30 p.m. ~ Alz. Assoc. Learning Series, KSU CL
- 1:00 p.m. ~ Pitch, GR
- 1:00 p.m. ~ Assoc. Audiologist—Dr. Schotte, WCR

- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:00 p.m. ~ Rock Steady Boxing, CR
- 3:00 p.m. ~ Call Hall Ice Cream Social, KR
- 5:30 p.m. ~ Eastside Supper, MR
- 6:30 p.m. ~ Osher Class: , CR
- 6:30 p.m. ~ Beach Museum's Artist Profile, WCR

## Thursday • July 11

*Manhattan Room—open seating at dinner only*

- 8:00 a.m. ~ Apple Technology Help Lab, KR
- 8:30 a.m. ~ Messenger Team, FHR
- 10:00 a.m. ~ Meadowlark Bible Study, FHR
- 10:00 a.m. ~ Resident Focus Group, MR
- 10:30 a.m. ~ Steady Yourself, CR
- 10:30 a.m. ~ Speedy Pd Art Class, WCR
- 11:00 a.m. ~ Depart for Ladies Luncheon, VE
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 4:00 p.m. ~ Great Decisions, FHR

## Friday • July 12

*Manhattan Room—open seating at lunch & dinner*

- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Parkinson's Care Support Group, FHR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 7:00 p.m. ~ Performance by Nate & Doug, CR

## Saturday • July 13

*Manhattan Room—open seating at lunch & dinner*

- 9:30 a.m. ~ Painting for Fun, MCR
- 10:30 a.m. ~ Trip to Hobby Lobby/Dollar Tree, VE

### 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