

Meadowlark Messages

Kansas celebrates the state's 159th birthday this year!

submitted by Polly Ferrell

What do Kansas, Montana, Nebraska, North Dakota, Oregon, and Wyoming have in common? Each selected the Western Meadowlark as their state bird. It is one of the most easily recognized birds of the American prairie with a distinctive black V-neck and yellow breast. The meadowlark nestles unseen in the Kansas grasses or perches regally on fence posts singing a sharp flute-like song.

Did you know that a group of meadowlarks is known as a "pod?" It was our earliest dreamers and planners witnessing the beautiful sight of a pod of Western Meadowlarks taking flight from the grasses on a high hill in north Manhattan that gave us our name — Meadowlark Hills.



This year our Kansas Day celebration will combine the Western Meadowlark and the US Postal Service as we send postcard greetings to friends and family in other states. Our postcard features the meadowlark and the sunflower. To honor our 159 years we are challenging each of you to write ONE postcard. Please stop at the front desk, pick up your one postcard, write a Kansas message, address it to someone in another state, return it to the sunflower box and record the state destination on the tally sheet. All cards will then be stamped and mailed for you by Meadowlark. Only 158 cards to go! I've already written mine. Thanks for sending your greetings, too.

Mindful Connections

"Keep Movement in Mind"

Hosted by 

Tuesday, Jan. 28
from 5:15 to 6:45 p.m.
at Verna Belle's Café

Mindful Connections is an educational opportunity to learn about topics related to Alzheimer's disease & other forms of dementia while building meaningful connections with others affected by the disease.

Join us for a presentation and interactive session on various aspects to keep movement in mind: tips for falls prevention, strength building, engaging exercises, and how it benefits our brain's health. Led by Sarah Hillard and Lane Henricks, Certified Personal Trainers. No RSVP is required.

Prairie Star Restaurant announcement

On Tuesday, Jan. 28, Prairie Star Restaurant will be closed for full-service dining and regular menu orders at lunch due to construction. The lunch buffet, Taco Bar, will be served in the Game Room. They will re-open at 4 p.m. for regular dinner service.

Due to Winter Ball, the restaurant will be closed all day Friday, Jan. 31. A Chef's Special buffet will be served in the Game Room for lunch.

SALE! Meadowlark Apparel

All items in the Swag Shop are on sale! Stop by Verna Belle's Cafe to shop the rack. Everything on display is discounted pricing and the last of the stock, so don't miss out on a comfy jacket or soft, warm sweatshirt, and accessories! The sale will end Friday, Jan. 31.

Also, there are a few jars left of Limited Edition Cox Bros. BBQ signed by Coach Chris Klieman for \$10 each. These are not included in the sale and the proceeds benefit Meadowlark Parkinson's Program.

Fellowship Hour

Saturday, Jan. 25, at 10:30 a.m.

Come join volunteers, Jerry and Naketa Lawrence for Fellowship Hour from 10:30 to 11:30 a.m. Saturday, Jan. 25, in the KSU Classroom. This will be a time of fellowship, singing, and the reading of the Psalms. Refreshments will be served. All are welcome.

Gab & Games with 4-H Club

Saturday, Jan. 25, at 3:30 p.m.

Members from the Strong Satellites 4-H Club will be coming to Meadowlark from 3:30 to 4:30 p.m. Saturday, Jan. 25, in the KSU Classroom to visit and play games.

The 4-H members are interested in learning different card games such as Pitch, Hand & Foot, and Pinochle. If you would like to play along, help teach these games, or just enjoy the company, please sign up in the Blue Book at the Hospitality Desk.

The group will come once a month, either the third or fourth Saturday. Their next visit will be Saturday, Feb. 22. For questions, please contact Jana Armfield, Volunteer Engagement Specialist, at (785) 323-3890.

Vespers Service

Sunday, Jan. 26, at 7 p.m.

The Vespers service will be at 7 p.m. Sunday, Jan. 26, in the Community Room. This week's service will be led by Sarah Diamond from First Presbyterian Church. All are welcome.

Coffee Corner

Tuesday, Jan. 28, at 3 p.m.

Join us for a weekly social hour at 3 p.m. Tuesday, Jan. 28, in the Community Room. Verna Belle's featured dessert will be Peanut Butter Brownie Bars. All are invited to attend!

Lunch at Red Lobster

Wednesday, Jan. 29, at 10:45 a.m.

After a great response to our first trip in September, we have decided to make another trip to enjoy delicious food and great company. There will be a trip to Red Lobster in Topeka for lunch Wednesday, Jan. 29. Transportation will depart from the Village Entrance at 10:45 a.m.

Cost for transportation is \$6 per person. Cost for lunch is the responsibility of each individual. Please sign up in the Blue Book at the Hospitality Desk if you would like to attend.

Family Caregiver Alliance Webinar

Wednesday, Jan. 29, at 1 p.m.

This webinar will introduce you to the key areas essential for coping with stress and provide simple practices you can integrate into your caregiving to build resilience. Topics for the webinar include how to develop a mindfulness practice in a busy life, ways to use self-compassion when feeling overwhelmed and inadequate, and simple practices for maintaining healthy boundaries.

Zen Caregiving Project has developed a training that teaches practices that support emotional resilience and the healthy processing of stress.

Join Bridget Larkin, LMSW, Social Services Leader, for this opportunity from 1 to 2 p.m. Wednesday, Jan. 29, in the West Conference Room. All are welcome to attend.

This will be an interactive experience that will provide tools for developing a greater sense of peace and well-being. Time will be provided for questions and answers.

Winter Ball! Roaring Twenties

Friday, Jan. 31, at 6 p.m.

Join us for a celebration of the new decade in theme of the Roaring 20s at 6 to 8:30 p.m. Friday, Jan. 31. This dazzling event will take place in the Community Room, Game Room, and Prairie Star Restaurant with heavy appetizers, mingling, and great entertainment. All residents, staff, friends and family are invited - guys and dolls!

Feel free to dress your best, ritzy or swanky, in 1920s attire. In the restaurant, there will be live music by the jazzy duo, Wayne Goins and Rick Smith. Performances by Trio of Lars Quincke on piano, Matthew Meals on bass, and Brandon Colins on the drums in the Community Room.

No RSVP is required. For questions about the event, please contact Sara Snell at (785) 323-3862 or Brook Marcotte at (785) 323-3821.

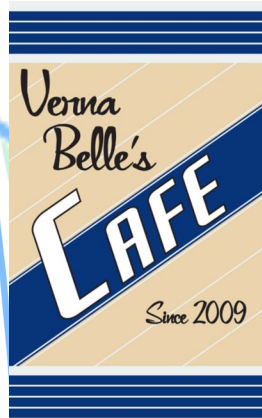
Hats Off to the Maintenance Crew

submitted by Kay Shanks

As I got up this morning and heard the tractors scraping our streets and sidewalks, I was thankful again for this — one of their many jobs around here keeping me safe and comfortable. Along with feeling thankful, there came a memory that made me smile. Many of you had the privilege of knowing Roger before his death.

I shared this memory with our daughter this morning: "The Meadowlark crews are out scraping what I'm guessing is ice. I can hear your father saying, *I haven't shoveled snow since I came to Meadowlark.*"

He held that appreciation until the very end of his learning to live with memory loss. Of course his lifelong philosophy for snow and falling leaves in the fall was always, "the Lord giveth and the Lord taketh away." That didn't keep him from being thankful to that Lord for the guys who did the work here on the ground. Thanks Maintenance Crew. You are appreciated.



LUNCH & BREAKFAST SPECIALS

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

Sunday, Jan. 26

Breakfast: Omelets with Fruit

Monday, Jan. 27

Breakfast: Biscuits & Gravy

Lunch: Everything Bagel Sandwich & Side ham, turkey, & Swiss cheese on an everything bagel topped with a honey mustard glaze ~\$4.50/\$6.50

Tuesday, Jan. 28

Breakfast: Breakfast Sandwich with Fruit

Lunch: Chili & a Cinnamon Roll ground beef, chili beans, onions, & diced tomatoes in a hearty stew served with a warm cinnamon roll on the side ~\$4.50/\$6.50

Wednesday, Jan. 29

Breakfast: Breakfast Burrito & Fruit

Lunch: BBQ Pork Sandwich & Side shredded pork with BBQ sauce on a butter-toasted bun served with your choice of side ~\$4.50/\$6.50

Thursday, Jan. 30

Breakfast: Biscuits & Gravy

Lunch: Tuna Noodle Casserole & Side cream of mushroom soup sauce mixed with tuna, egg noodles, & peas topped with a crunchy bread crumb & baked ~\$4.50/\$6.50

Friday, Jan. 31

Brunch: Waffle or Pancake

Lunch: Smothered Burritos & Side shredded chicken, tomatoes, corn, black beans, & shredded cheddar cheese topped with a creamy white queso ~\$4.50/\$6.50

Saturday, Feb. 1

Breakfast: A la carte

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	Jan. 26 ~ Lunch \$12	Dinner \$14
	BBQ Chicken Au Gratin Potatoes Vegetable du Jour	Coconut Shrimp Rice Pilaf Vegetable du Jour
MONDAY	Jan. 27 ~ Lunch \$10	Dinner \$12
	Ham & Cheese Quiche Rice Pilaf Choice of Vegetable	Chicken Normandy Rice Pilaf Vegetable du Jour
TUESDAY	Jan. 28 ~ Lunch \$7	Dinner \$13
	<i>Restaurant closed for full service.</i> Taco Bar Served in the Game Room <i>(does not include drink, starter, or dessert)</i>	Chicken Roulades <i>with Wild Mushrooms & Sherry Sage Sauce</i> Wild Rice Vegetable du Jour
WED.	Jan. 29 ~ Lunch \$10	Dinner \$13
	Turkey Reuben Sweet Potato Fries Choice of Vegetable	Beef Stroganoff & Noodles Vegetable du Jour
THURS.	Jan. 30 ~ Lunch \$9	Dinner \$12
	Mac & Cheese Bar <i>(does not include drink, starter, or dessert)</i>	Baked Ham <i>with Honey Glaze</i> Swiss & Green Onion Scalloped Potatoes Vegetable du Jour
FRIDAY	Jan. 31 ~ Lunch	Dinner
	<i>Restaurant closed for full service.</i> Chef's Special Buffet Served in the Game Room	<i>Restaurant closed for full service.</i> Winter Ball
SAT.	Feb. 1 ~ Lunch \$10	Dinner \$14
	Beef & Italian Sausage Fettuccini Garlic Toast Choice of Vegetable	Shrimp & Crab Cakes Roasted Red Potatoes Vegetable du Jour

DRINK SPECIAL | **Winter Blues**
1 oz. Vodka, 1 oz. Blue Curacao with Lemonade
\$3.75

Grosh Cinema Movies

Sunday, Jan. 26, to Saturday, Feb. 1, 2019

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

Sunday, Jan. 26 — Snow Day (2000)

■ When a school in upstate New York is snowed in, a group of students hi-jack a plow to keep the school closed.

■ Co-Starring: Chevy Chase, Mark Webber, & Schuyler Fisk

■ Rated: PG; 1 hr. 29 min.; Comedy

Monday, Jan. 27 — Catch Me If You Can (2002)

■ A seasoned FBI agent pursues Frank Abagnale Jr. who, before his 19th birthday, successfully forged millions of dollars' worth of checks while posing as a Pan Am pilot, a doctor, and a legal prosecutor.

■ Co-Starring: Leonardo DiCaprio, Tom Hanks, & Christopher Walken

■ Rated PG-13; 2 hr. 21 min.; Drama

Tuesday, Jan. 28 — Yes Man (2008)

■ Stuck in a rut with his negative ways, he goes to a self-help seminar and learns to unleash the power of yes. He challenges himself to say "yes" to everything for an entire year.

■ Co-Starring: Jim Carrey, Zooey Deschanel, & Bradley Cooper

■ Rated PG-13; 1 hr. 44 min.; Comedy

Wednesday, Jan. 29 — I Confess (1953) *Resident Request

■ A priest, who comes under suspicion for murder, cannot clear his name without breaking the seal of the confessional.

■ Co-Starring: Montgomery Clift, Anne Baxter, & Karl Malden

■ Rated Approved; 1 hr. 35 min.; Classic Thriller

Thursday, Jan. 30 — Collette (2018) *Resident Request

■ Colette is pushed by her husband to write novels under his name. Upon their success, she fights to make her talents known, challenging gender norms.

■ Co-Starring: Keira Knightley, Fiona Shaw, & Dominic West

■ Rated R for some sexuality/nudity; 1 hr. 51 min.; Biographical Drama

Friday, Jan. 31 — No Movie Showing

Saturday, Feb. 1 — The Intern (2015) *Resident Request

■ Seventy-year-old widower Ben Whittaker has discovered that retirement isn't all it's cracked up to be.

■ Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin.

■ Co-Starring: Robert De Niro, Anne Hathaway, & Rene Russo

■ Rated PG-13; 2 hr. 1 min.; Comedy

Weekly Opportunities Calendar *Jan. 26 to Feb. 1*

Sunday • Jan. 26

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
 7:00 p.m. ~ Vespers with Sarah Diamond, CR

Monday • Jan. 27

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
 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
 1:45 p.m. ~ Parkinson's Voice Class, CR
 3:45 p.m. ~ Meadowlark Singers Practice, CR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Jan. 28 *Trash & recycling pick-up*

Manhattan Room—open seating at lunch & dinner

10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 3:00 p.m. ~ Coffee Corner, CR
 5:15 p.m. ~ Mindful Connections, VB
 5:30 p.m. ~ 3rd Floor Supper, CR
 7:00 p.m. ~ Dominoes, GR

Wednesday • Jan. 29

Manhattan Room—open seating at lunch & dinner

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, FHR
 10:00 a.m. ~ Memory Care Partners Supp. Grp., GC
 10:45 a.m. ~ Depart for Lunch at Red Lobster, VE
 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. ~ Family Caregiver Alliance Webinar, WCR

1:00 p.m. ~ Pitch, GR
 3:00 p.m. ~ Rock Steady Boxing, CSC
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Ice Cream Social, VB

Thursday • Jan. 30

Manhattan Room—open seating at lunch & dinner

8:30 a.m. ~ Messenger Team, WCR
 10:00 a.m. ~ Meadowlark Bible Study, FHR
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR

Friday • Jan. 31

Manhattan Room—no open seating available

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
 6:00 p.m. ~ Winter Ball, CR/PS/MR

Saturday • Feb. 1

Manhattan Room—open seating at lunch & dinner

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

Room Abbreviations

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	HD, Hospitality Desk
KR, Kansas Room (Pub)	KSU CL, KSU Classroom
MFR, Miller Friendship Rm	MR, Manhattan Room
PS, Prairie Star Restaurant	VE, Village Entrance
VB, Verna Belle's	CY, Courtyard

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