

Outdoor Encounters: Mother Earth

submitted by Nathan Bolls

I recently received from a friend and was intrigued by “12 Truths I Learned from Life and Writing” by syndicated columnist, Anne Lamott. A sample follows:

Number One: The first and truest thing is that all truth is a paradox. Life is both a precious, unfathomably beautiful gift, and it’s impossible here, on the incarnational side of things. It’s been a very bad match for those of us who were born sensitive. It’s so hard and weird that we sometimes wonder if we’re being punked. It’s filled simultaneously with heartbreaking sweetness and beauty, desperate poverty, floods and babies and acne and Mozart, all swirled together. I don’t think it’s an ideal system.

Number Two: Almost everything will work again if you unplug it for a few minutes—including you.

Number Five: Chocolate with 75 percent cacao is not actually a food. Its best use is as bait in snake traps or to balance the legs of wobbly chairs.

Number Eight: Families. Families are hard, hard, hard, no matter how cherished and astonishing they may also be. Again, see number one.

At family gatherings where you suddenly feel homicidal or suicidal—remember that in all cases, it’s a miracle that any of us, specifically, were conceived and born. Earth is forgiveness school. It begins with forgiving yourself, and you might as well begin at the dinner table. That way, you can do this work in comfortable pants.

Leaving Lamott behind, I’ll bet that each one of you is itching to add a couple of truths that you’ve learned while living your life. After all, we at MLH represent *en toto* [wholly] a vast collection of educations, travels, experiences, heart breaks, and triumphs. In fact, I call for some MLH resident to take up a most worthy project: to solicit from each resident one truth they have come to believe (and why) as a result of their journey through life. What a magnificent trove of wisdom to be bound and placed in our MLH library—and given to family members!

My turn: and my main passion has previously been fairly well established in this column.

Number One: The countless parts and particles of our biological world, upon which we depend, are intricately woven together—and this delicate machinery did fairly well to maintain a workable balance for allowing the survival of species—before humans began to exert excessive hubris in attempting to dominate, destroy, and use up the Natural World.

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Chiefs' Andy Reid & Pat Mahomes with the Lamar Hunt AFC Championship trophy

50 Years Later....

Poem by Monte Spiller, Resident Services Leader

It was a beautiful Sunday evening, in the Miami heat

The Chiefs were losing, many expecting defeat

Ten minutes left and ten points down

There was no way, they could turn this around

Momentum had sided, with the team from the bay

I guess it wasn't meant, to be Kansas City's day

But little did they know, the team left for dead

Still had a heart beat and hailed from arrowhead

Mahomes with a smile, as he entered the game

Looked at the boys and calmly explained

The time is now, and they don't have a clue
When the clock hits zero, they all will be blue.

Mahomes, Hill and that Kansas City D,
Took control, as it was meant to be.

Andy Reid, such a great man,

And who couldn't be, a Lamar Hunt fan

As we start off February, which is the Month of Love
Congrats to the Chiefs, and the RED KINGDOM!

Osher Registration reminder

Osher's spring catalog includes off-site classes at the Riley County Senior' Service Center. These courses have a registration fee. However, classes held at Meadowlark are free for residents and Passport Members. For registration, please call (913) 897-8530.

Vespers Service

Sunday, Feb. 9, at 7 p.m.

The Vespers service will be at 7 p.m. Sunday, Feb. 9, in the Community Room. This week's service will be led by Rev. Glenn Fogo from First United Methodist. All are welcome.

ARTful Making

Monday, Feb. 10, at 11 a.m.

Education Specialists from the Marianna Kistler Beach Museum of Art will be leading ARTful Making at 11 a.m. Monday, Feb. 10, in the KSU Classroom. This session is open to ALL with the desire to spend time each month having fun!

Engaging in a creative activity offers a multitude of health benefits and most importantly, gives you a chance to express your imagination. All supplies are provided free of charge and no prior art experience is required. This activity is hosted by Meadowlark Memory Program.

Coffee Corner

Tuesday, Feb. 11 at 3 p.m.

Join us for a weekly social hour at 3 p.m. Tuesday, Feb. 11, in the Community Room. Enjoy a featured dessert from Verna Belle's Café. All are welcome!

Alzheimer's Assoc. Webinar

Wednesday, Feb. 12, at 1 p.m.

Meadowlark Memory Program is hosting a webinar series from the Alzheimer's Association at 1 p.m. Wednesday, Feb. 12, in the KSU Classroom. The topic for this live video presentation is "Dementia Conversations (doctor visits, driving, legal, etc.)."

Card Making with Michelle

Wednesday, Feb. 12, at 1:30 p.m.

Join Michelle Lehmer, Housekeeping and Laundry staff member, at 1:30 p.m. Wednesday, Feb. 12, in the Flint Hills Room to create hand-made, decorated cards. Supplies are provided.

Ice Cream Social

Wednesday, Feb. 12, at 3 p.m.

For this week, our Ice Cream Social will be moved to the Game Room. All are welcome to join for a sweet treat each Wednesday at 3 p.m.

Meadowlark Ladies Luncheon

Thursday, Feb. 13, at Noon

"Happy to Meet You" will be the theme for February's Meadowlark Ladies Luncheon. Join the group for lunch at noon Thursday, Feb. 13, in the KSU Classroom. All Meadowlark ladies are invited by hostess Marilyn Martin and Janet Anders.

Celebrate Valentine's Day and make a new friend! The menu will include spinach and bacon quiche, asparagus, butter-toasted baguettes, and a cherry crisp for dessert. Please sign up in the Blue Book at the Hospitality Desk if you would like to attend.

Meadowlark Singers Concert

Friday, Feb. 14, at 7 p.m.

The Meadowlark Singers have prepared a special Valentine's Day concert! Join us for a performance of beautiful love songs at 7 p.m. Friday, Feb. 14, in the Community Room. All are welcome to attend.

Depart for Hale Concert

Friday, Feb. 14, at 7 p.m.

The next Hale Concert performance is at 7:30 p.m. Friday, Feb. 14, at St. Isidore's Church.

The cost of the concert is \$30 per person. Tickets can be purchased by calling Darchell Martin at (785) 532-7442.

Meadowlark transportation is provided at no cost. The bus will depart from the Village Entrance at 7 p.m. Please sign up in the Blue Book at the Hospitality Desk for transportation.

The performers for the concert are Slawomir Dobrzanski on piano, and the Brass Quintet. The quintet members include Paul Hunt, John Kilgore, Craig Parker, Jackie Fassler-Kerstetter, and Steve Maxwell. There will be a wine and dessert reception following the concert.

Shuffleboard Tournament

Wednesday, Feb. 19, at 1:30 p.m.

Members from the K-State Women's Soccer Team are coming back to Meadowlark for another exciting and competitive game of shuffleboard. The tournament will be from 1:30 to 3 p.m.

Wednesday, Feb. 19, in the Game Room. You will team up with one of the student athletes and compete in rounds of shuffleboard. The top three teams will receive a special prize!

If you are interested in being part of the tournament, please sign up in the Blue Book at the Hospitality Desk. The first ten residents to sign up will secure a spot and partner. The sign up will close Monday, Feb. 17. If you have any questions, please contact Jana at (785) 323-3890.

Welsh Day & Heritage Project

Sunday, Feb. 23, at 2 p.m.

Riley County Genealogy Society welcomes you to attend "Welsh Day and the Great Plains Welsh Heritage Project" by Gwen Colgrove from 2 to 3 p.m. Sunday, Feb. 23, in the Community Room. This program is free and open to the public.

Projects and programs at The Great Plains Welsh Heritage Project in Wymore, Nebraska are centered on Welsh settlement in the Great Plains region. At this presentation you will have the opportunity to learn about Wales and the Welsh legacy here in the Midwest, as well as the fantastic resource we have at the Great Plains Welsh Heritage Centre in Wymore.

Become a Pen Pal with MHS!

Are you interested in making a connection with students in the community? If so, consider being a Pen Pal! Last semester, interested residents and Passport members were paired with students at Manhattan High School. It was a wonderful opportunity, for students and residents alike, where meaningful relationships and connections were formed! Students taking part in this project are in a reading comprehension class.

Residents and/or Passport members are paired with a student. Each month, the student and their Pen Pal will write to one another, until the semester wraps up in May. If you are interested in becoming a Pen Pal please contact Jana Armfield, Volunteer Engagement Specialist, at (785) 323-3890, by Monday, Feb. 10.

Outdoor Connections

submitted by Sue Hunt

On a lovely Saturday walk down to the pond area, I discovered a total of five large piles of dog waste, all in the middle of the walk way. A responsible owner would know to have a plastic pick-up bag.

Or it would be polite to at least push the debris off the walk way into the grass.

I also noted some other trash that had found its way into the water. There are several large trash containers available.

Editor's note: Thank you Sue for these reminders! As warmer weather approaches and more outdoor activities occur, please be aware of your personal items and "don't trash the trail" as some would say.

If there is something out of the ordinary, misplaced, or broken on our trails and outdoor recreational spaces, please notify a staff member.

Valentine's Dinner

APPETIZER
Wild Mushroom Strudel

STARTER
Choice of Soup or Salad

ENTREE

Roasted Beef Tenderloin and Crab Cake
Roasted Red Potatoes
Fresh Green Bean

DESSERT
Chocolate and Caramel Eclair

Reserve your spot at the Host Stand **\$20**

Earth, from page 1

Number Two: The same is true for the physical world that also surrounds and supports us.

Number Three: World over-population, greed, and the great inequities in accessibility to goods and services have become moral issues. No! Just think of the polluted water, deprivation, pain, starvation, and death that can be laid at the feet of these conditions.

Number Four: We're never far from family. If Momma ain't happy, there ain't nobody happy! And Momma Earth ain't happy; thus, we'll see Earth's children become more-and-more unhappy as the near future rolls by. And this definitely includes us! Oh, at some future point, a few isolated pockets of insects, molds, bacteria, and (perhaps) a few deep-ocean creatures might still be around. But even they will lead increasingly tenuous lives as their food supplies become more-and-more undependable.

Number Five: Humans are notoriously slow in reacting intelligently to slowly-building crises. Politicians think in four-year re-election cycles, and they know that most voters vote both selfishly and in the now. So, why should any politician champion a long-term project that takes the voters' thoughts away from all of the great things that particular politician promises for the near future? Yeah! Heard all of that pie-in-the-sky stuff before. And most voters don't want to think about having to sacrifice anything from their comfortable lives, even for a cause as essential as stemming the widespread, and most likely disastrous, ecological crisis bearing down upon us.

We do need someone that can wake us up and make **us** believe—finally—that not a single one of us will get out of this mess without having to give up something. It's kinda like the auto mechanic's dictum: you can pay me little-by-little to keep your vehicle tuned up and running, and, probably, to head off some major problem, or you can pay me later, big time!

Number Six: Momma Earth becomes unhappier each day—and the kids won't help with dishes.

Town Meeting Notes

Notes from Town Meeting led by Monte Spiller, Resident Services Leader, on Feb. 3.

Welcome & Introduction Monte welcomed the meeting attendees and introduced new Meadowlark Valley resident, Noel and Marie Stanton.

Campus Update Lonnie let the group know that the restaurant expansion and kitchen renovation may fall behind by two weeks for the completion of Phase One. This is currently slated to be finished by the end of February, however, there has been a delay in the materials needed for the new exterior door. The BHS crew is working on options to keep the project on schedule. The Monarch and future Wellness Center are in the design development phase. We expect this phase of refining and tweaking to last through April.

Community Relations Update Sarah Duggan, Community shared with the meeting attendees about the various ways Meadowlark has been involved in the local and state community in December and January. This included Chamber events, a Rotary Club presentation, and involvement in the Kansas Alzheimer's Disease Task Force.

Events/Announcements Monte gave updates about upcoming February events. More details will be published in the Messenger.

IL Resident Council Minutes, Jan. 6, 2020

Members present: Pat Vogt, Bob Crawford, Nyle Larson, Bob Kruh, Elaine Manges, Charlotte Kelly, Leo Lake, Jan Vanderbilt, Larry Parsons, Steve Owens, and Carolyn Pulford.

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

General Update Lonnie shared that progress continues to be made with the current projects and we were fortunate not to have any major slowdown during the holidays.

We are getting close to signing a contract with K-State to lease some land that will allow us to add approximately 86 to 90 parking stalls, which

will be utilized primarily by staff. This project will free up several existing parking spaces that are closer to the main building for residents and visitors. Once the contract is signed, Meadowlark will put out bids to get a cost estimate for the project.

Support Services Update Jayme reminded everyone that she currently helping in Verna Belle's Café while the interview process for new leadership and café team members continues. The café is working on keeping things standardized including a menu that is planned in advanced and will cycle it every five weeks.

The Third Floor art project was completed in December with all the art being rehung and it is looking good. Lastly, all Christmas decorations will be taken down this week and stored until next season.

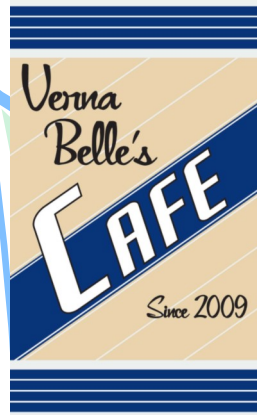
Approval of December Minutes: Motion to approve minutes was passed.

New Business Charlotte Kelly explained that another resident presented her with the idea of a "Resident overnight wellness system." The system would be totally voluntary and would serve as an additional means for neighbors or friends to check on one another with the use of a door hanger overnight, if they happen to be feeling a little uneasy or not so well. It was encouraged during the meeting that if this is something each floor wanted to do, it should be presented during their next floor supper with more specific details. It was also shared that there was a similar system in years past that was in place, but eventually went away due to lack of usage.

Old Business There was no old business to discuss.

Additional Discussion Topics It was expressed that the New Year's Eve Dinner was excellent!

Meeting adjourned



LUNCH & BREAKFAST SPECIALS

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

Sunday, Feb. 9

Breakfast: Omelets with Fruit

Monday, Feb. 10

Breakfast: Biscuits & Gravy

Lunch: Baked Ziti & Garlic Bread

penne pasta with Italian sausage in marinara sauce topped with cheese & a piece of garlic bread~\$6.50

Tuesday, Feb. 11

Breakfast: Breakfast Sandwich with Fruit

Lunch: French Onion Burger & Side

grilled hamburger topped with Swiss cheese & sautéed onions on a butter-toasted bun ~\$6.50

Wednesday, Feb. 12 *closing at 1:30 p.m.

Breakfast: Breakfast Burrito & Fruit

Lunch: Street Tacos & Side

shredded pulled pork topped with cheddar cheese, cilantro lime slaw & creamy avocado sauce in a mini flour tortilla ~\$6.50

Thursday, Feb. 13

Breakfast: Biscuits & Gravy

Lunch: Meatloaf & Garlic Mashed Potatoes

ground beef, bread crumbs, & onions together in a bacon wrapped slice. Served with buttery garlic mashed potatoes ~\$6.50

Friday, Feb. 14

Brunch: Waffle or Pancake

Lunch: Chicken Pot Pie & Side

shredded chicken, onions, carrots, celery, & peas in a creamy gravy topped with a flaky biscuit~\$6.50

Saturday, Feb. 15

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	Feb. 9 ~ Lunch \$13	Dinner \$11
	Braised Short Rib Green Chili Mashed Potatoes Vegetable du Jour	White Chili Cornbread Vegetable du Jour
MONDAY	Feb. 10 ~ Lunch \$10	Dinner \$12
	Philly Beef Sandwich Potato Salad Choice of Vegetable	Meatloaf Au Gratin Potatoes Vegetable du Jour
TUESDAY	Feb. 11 ~ Lunch \$7	Dinner \$14
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Grilled Shrimp Pesto Linguini Vegetable du Jour
WED.	Feb. 12 ~ Lunch \$10	Dinner \$13
	BBQ Pulled Pork Sandwich Coleslaw French Fries	Chicken Cordon Bleu <i>with Supreme Sauce</i> Wild Rice Vegetable du Jour
THURS.	Feb. 13 ~ Lunch \$7	Dinner \$12
	Hamburger & Hotdog Bar <i>(does not include drink, starter, or dessert)</i>	Grilled Pork Chop Homemade Applesauce Hashbrown Casserole Vegetable du Jour
FRIDAY	Feb. 14 ~ Lunch \$10	Dinner \$20
	Fish & Chips Coleslaw	Valentine's Dinner <i>Details on page 3</i> <i>Regular menu available</i>
SAT.	Feb. 15 ~ Lunch \$10	Dinner \$14
	Beef Pot Pie Vegetable du Jour	Grilled Salmon <i>with Sun-dried Tomato Sauce</i> Roasted Fingerling Potatoes Vegetable du Jour

**DRINK
SPECIAL**

Cupid's Kiss Cocktail

1 oz. Vodka, 1/2 oz. Amaretto, 2 oz. Cranberry Juice, & 1 oz. Orange Juice
\$3.75

Grosh Cinema Movies

Sunday, Feb. 9, to Saturday, Feb. 15, 2019
Show Times: 1, 4 and 7 p.m., Monday – Saturday / 2 and 6 p.m., Sunday

Sunday, Feb. 9 — Hairspray (2007)

- Pleasantly plump teenager Tracy Turnblad teaches 1962 Baltimore a thing or two about integration after landing a spot on a local TV dance show.
- Co-Starring: John Travolta, Queen Latifah, & Nikki Blonsky
- Rated: PG; 1 hr. 57 min. ~Comedy/Musical

Monday, Feb. 10 — The Natural (1984)

- An unknown comes seemingly out of nowhere to become a legendary player with almost divine talent.
- Co-Starring: Robert Redford, Robert Duvall, & Glenn Close
- Rated PG; 2 hr. 18 min. ~ Sports Drama

Tuesday, Feb. 11 — Cover Girl (1944) *Resident Request

- Rusty Parker wins a contest and becomes a celebrated cover girl; this endangers her romance with dancing mentor Danny.
- Co-Starring: Rita Hayworth, Gene Kelly, & Lee Bowman
- Rated Approved; 1 hr. 47 min. ~Romantic Comedy

Wednesday, Feb. 12 — Robin Hood: Prince of Thieves (1991)

- When Robin and his Moorish companion come to England and the tyranny of the Sheriff of Nottingham, he decides to fight back as an outlaw.
- Co-Starring: Kevin Costner, Morgan Freeman, & Mary Elizabeth Mastrantonio
- Rated PG-13; 2 hr. 23 min. ~Action

Thursday, Feb. 13 — Zero Dark Thirty (2012) *Resident Request

- A chronicle of the decades-long hunt for al-Qaeda terrorist leader Osama bin Laden after the September 2001 attacks, and his death at the hands of the Navy S.E.A.L.s Team 6 in May 2011.
- Co-Starring: Jessica Chastain, Joel Edgerton, & Chris Pratt
- Rated R for strong violence and language; 2 hr. 37 min. ~Drama

Friday, Feb. 14 — Dear John (2010)

- A romantic drama about a soldier who falls for a conservative college student while he's home on leave.
- Co-Starring: Channing Tatum, Amanda Seyfried, & Richard Jenkins
- Rated PG-13; 1 hr. 48 min. ~Drama

Saturday, Feb. 15 — Dinner for Schmucks (2010)

- When he finds out that his work superiors host a dinner celebrating the idocy of their guests, a rising executive questions it when he's invited, just as he befriends a man who would be the perfect guest.
- Co-Starring: Steve Carell, Paul Rudd, & Stephanie Szostak
- Rated PG-13; 1 hr. 54 min. ~Comedy

Weekly Opportunities Calendar *Feb. 9 to Feb. 15*

Sunday • Feb. 9

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 Rev. Glenn Fogo, CR

Monday • Feb. 10

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
- 1:45 p.m. ~ Parkinson's Voice Class, CR
- 3:45 p.m. ~ Meadowlark Singers Practice, CR
- 5:30 p.m. ~ Tuttle Creek Supper, MR
- 7:00 p.m. ~ Community Bingo, *moved to KSU CL

Tuesday • Feb. 11 *Trash & recycling pick-up*

Manhattan Room—open seating at dinner only

- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Seven Dolers Book Discussion, MR
- 3:00 p.m. ~ Coffee Corner, CR
- 7:00 p.m. ~ Dominoes, GR

Wednesday • Feb. 12

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
- 10:20 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
- 1:00 p.m. ~ Alzheimer's Assoc. Webinar, KSU CL
- 1:30 p.m. ~ Card Making with Michelle, FHR
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:00 p.m. ~ Rock Steady Boxing, CR

- 3:00 p.m. ~ Ice Cream Social, *moved to GR
- 5:30 p.m. ~ Eastside Supper, MR
- 6:30 p.m. ~ Osher Class: Bleeding Kansas, CR

Thursday • Feb. 13

Manhattan Room—open seating at lunch & dinner

- 8:30 a.m. ~ Messenger Team, WCR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Meadowlark Ladies Luncheon, KSU CL
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 4:00 p.m. ~ Great Decisions, FHR

Friday • Feb. 14

Manhattan Room—open seating at lunch only

- 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 Partner Supp. Grp, FHR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 5:00 p.m. ~ Valentine's Day Dinner, PS
**prior reservations required*
- 7:00 p.m. ~ Meadowlark Singers Concert, CR
- 7:00 p.m. ~ Depart for Hale Concert, VE

Saturday • Feb. 15

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*