



MEADOWLARK

Messenger

February 13, 2020

Manhattan, Kansas

Messenger Editor: Sarah Duggan

A local not-for-profit focused on supporting people in living their best lives

Falls Prevention

Stepping On is a seven-week evidence based fall prevention program that has been shown to reduce falls by 30%. This program covers lifestyle choices and home hazards for people still living independently.

The next workshop has a few open spots available and will be held from March 19 through April 30. The workshop is offered by Jeff Heidbreder, Meadowlark Fitness Services Leader and Jason Fox, the Regional Director of SummitCare Therapy. Participants will also hear from an Optometrist, Pharmacist, Registered Dietitian and a Police Officer.

Classes will meet each Thursday afternoon from 2 to 4 p.m. in the KSU Classroom. Thanks to generous donations, this class is free to participate in.

To get signed up or ask questions, please contact Jeff Heidbreder at (785) 341-2995 or by email at jheidbreder@meadowlark.org.



Languages of Love

submitted by Michele Riter, Community Relations Asst.

“Love is more than just a game for two,” a classic lyric by Frank Sinatra in his song dedicated all to L-O-V-E. When you think about it, is it true to say that love IS more than a game. It takes effort to love another person.

One dynamic part of loving someone is communication. Whether the relationship is romantic or platonic, communication is more than just words. It includes expression and experiences too. We can learn this by observing the things they like, how they react to certain situations, even the things they complain about.

These expressions and experiences have been titled “Love Languages.” In theory, there are five different love languages and each person has one primary and one secondary love language.

They are Words of Affirmation, Acts of Service, Receiving Gifts, Quality Time, and Physical Touch. By assumption and answering a few questions, you can decide which ones. There are plenty of quizzes that can tell you too.

Do you like people complimenting you? Or do you find it nice when someone does you a favor? Maybe a new diamond necklace is the way to your heart? Do you enjoy time together without being interrupted? Or are hugs the best thing you could ever receive?

As each person has different hobbies, personality traits, etc., each person expresses love and needs love in different ways. Knowing these differences can help you be mindful about what love is to you and how better to love another.

MARDI GRAS PARTY

FEBRUARY 25TH

5:30 P.M.

Reserve your spot at the
Prairie Star Host Stand

\$22

Construction Update

On Friday, Feb. 14, and into the week of Feb. 17, a trim carpenter will be working in the main Community Center hallway completing the work on the new restaurant walls.

As long as Mother Nature keeps her word and we have nice weather on Friday, Feb. 14, the concrete crew will be on campus to pour the new sidewalk along the new event space and to the new exterior door of the restaurant. This work may go beyond 5 p.m., however, noise will be minimal at that late in the day.

Prairie Star Restaurant announcement

On Tuesday, Feb. 18, Prairie Star Restaurant will be closed for full service orders at lunch due to construction. The lunch buffet will be served in the Game Room. Noise from construction work will continue throughout the day.

Osher Registration reminder

Osher's spring catalog includes off-site classes at the Riley County Senior's 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.

Love Songs

Saturday, Feb. 15, at 11 a.m.

The Tau Beta Sigma Sorority is excited to visit Meadowlark to sing some short and sweet Valentine's songs. They will perform from 11 a.m. to noon Saturday, Feb. 15, in the Community Room.

Vespers Service

Sunday, Feb. 16, at 7 p.m.

The Vespers service will be at 7 p.m. Sunday, Feb. 16, in the Community Room. This week's service will be led by Rev. Ben Duerfeldt from First Christian Church. All are welcome.

Blood Drive

Monday, Feb. 17, at 10:30 a.m.

Meadowlark is hosting a blood drive by the American Red Cross Monday, Feb. 17, in the KSU Classroom. Donation times are from 10:30 a.m. to 4:30 p.m. To schedule a time, contact Jayme

Minton at (785) 313-0454 or visit www.redcrossblood.org/give.html/donation-time. Walk-ins are welcome.

Change & Loss Support Group

Monday, Feb. 17, at 2 p.m.

Join Bridget Larkin, LMSW, Kathleen Spearman, LMWS, and Chaplain Patty Brown-Barnett as they lead the Change and Loss Support Group at 2 p.m. Monday, Feb. 17, in the Flint Hills Room. This opportunity is open to all who wish to work through life changes and loss in a supportive environment.

Guided Meditation

Tuesday, Feb. 18, at 10:30 a.m.

Take a few moments to do something good for your mind, body, and spirit! You're invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, Feb. 18, in the Grosh Cinema.

Meditation, in general, can be beneficial in reducing stress, anxiety, depression, and even pain and tremors. The meditation classes help elicit support for blocking out external forces and one's negative thoughts to focus on relaxed breathing and calmed senses. It can be a tool you use to help you live well. No prior experience or understanding of meditation is necessary.

Visually Impaired Persons Book Club

Tuesday, Feb. 18, at 1 p.m.

The Visually Impaired Persons (VIP) Group will meet for a monthly book club group at 1 p.m. Tuesday, Feb. 18, in the West Conference Room. This opportunity is open to all who would like to participate in an engaging conversation. All are welcome to join.

The book for February is *Good Riddance* by Elinor Lipman. An audio book is available with the code: DB 93881. March's book discussion will be on *Dust Bowl Girls: The Inspiring Story of the Team that Barnstormed Its Way to Basketball Glory* by Lydia Reeder, code: DB 89622.

For assistance with registering or ordering Kansas Library Talking Books, please contact Maggie Witte at 1-800-362-0699, ext. 1.

Visually Impaired Persons Support Group

Tuesday, Feb. 18, at 2 p.m.

The Visually Impaired Persons (VIP) Support Group will meet at 2 p.m. Tuesday, Feb. 18, in the

West Conference Room. Wandean Rivers, from the Manhattan Public Library's Tech Training Department, will be the guest speaker. Wandean provides assistance for the use of adaptive technology for those with disabilities and their advocates.

Wandean will be able to answer questions you may have about assistive devices, such as readers, phone apps, and magnifiers. If you have a portable device that you need assistance with, please bring it with you.

All who are interested or would like to receive more information, resources, and social support are welcome! For questions about the group, please contact Michele Riter, at (785) 323-3832.

Coffee Corner

Tuesday, Feb. 18 at 3 p.m.

Join us for a weekly social hour at 3 p.m. Tuesday, Feb. 18, in the Community Room. Enjoy a featured dessert from Verna Belle's Café. All are welcome!

Paparazzi Jewelry Party

Wednesday, Feb. 19, at 11:30 a.m.

What is Paparazzi Jewelry? It's fabulous fashion for just \$5! Angela Wisinger is excited to have a pop-up shop at Meadowlark from 11:30 a.m. to 2 p.m. Wednesday, Feb. 19, in the Flint Hills Room.

Paparazzi products are lead-free and nickel-free, featuring one-of-a-kind original design and style. This is a come and go event. All are welcome.

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. Residents signed up to play will be paired with a student athlete to form a team. 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 sign up will close Monday, Feb. 17. If you have any questions, please contact Jana at (785) 323-3890.

All are welcome to watch and cheer on the teams! After the games, join the soccer team for the Ice Cream Social at 3 p.m. in Verna Belle's.

Parkinson's Program Webinar

Thursday, Feb. 20, at 11 a.m.

Join Meadowlark Parkinson's Program as they host a webinar at 11 a.m. Thursday, Feb. 20, in the West Conference Room.

This video presentation by the Michael J. Fox Foundation will be "Sex, Love, and Parkinson's." They will discuss sexual changes in those with Parkinson's, how the disease and its impact affects intimate relationships, and strategies to help.

Veteran's Group Meeting

Friday, Feb. 21, at 9:30 a.m.

The Meadowlark Veteran's Group will meet at 9:30 a.m. Friday, Feb. 21, in the Grosh Cinema. This is an opportunity to meet with other Veteran's for discussions and engagement. If you would like to be added to the Meadowlark Veteran's listing or have questions about the group, please contact Sara Snell at (785) 323-3862.

Fellowship Hour

Saturday, Feb. 22, at 10:30 a.m.

Come join Jerry and Naketa Lawrence, Meadowlark volunteers, for Fellowship Hour from 10:30 to 11:30 a.m. Saturday, Feb. 22, in the KSU Classroom.

This will be a time of fellowship, singing, and the reading of the Psalms. You can also sing along with them as they sing hymns! All are welcome. Refreshments will be served.

Gab & Games with 4-H

Saturday, Feb. 22, at 3:30 p.m.

Members from the Strong Satellites 4-H Club will be coming back for their monthly visit for Gab & Games from 3:30 to 4:30 p.m. Saturday, Feb. 22. They will be playing board games such as scrabble and checkers, and are interested in learning how to play card games from residents such as Hang & Foot and Pinochle. Games will be hosted in the KSU Classroom.

The goal of this group is to meet new people and learn new games, while enjoying the company of others. All are welcome to attend! Please contact Jana, Volunteer Engagement Specialist, for questions at (785) 323-3890.



Birthday Party for Wanda Fateley
Saturday, Feb. 22, at 2 p.m.
 Party! Party! Join Wanda Fateley and her family to celebrate her 90th birthday! All are welcome for a reception from 2 to 4 p.m. Saturday, Feb. 22, in the Community Room. No presents, please, but cards are welcome!

Lunch at Red Lobster

Wednesday, Feb. 26, at 10:45 a.m.
 Since we had to cancel last month's trip due to weather, the trip to Red Lobster in Topeka has been rescheduled!
 Join us for a tasty lunch at Red Lobster Wednesday, Feb. 26. Transportation will depart from the Village Entrance at 10:45 a.m. The cost for transportation is \$6 per person and lunch will be the responsibility of each individual. Please sign up in the Blue Book at the Hospitality Desk if you would like to go.

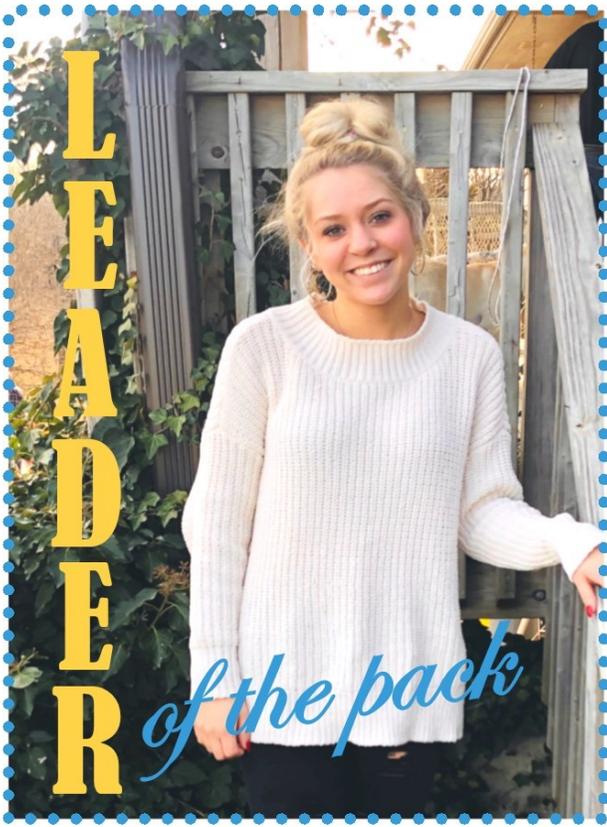
Welsh Day & Heritage Project

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.

The 100th Day of School

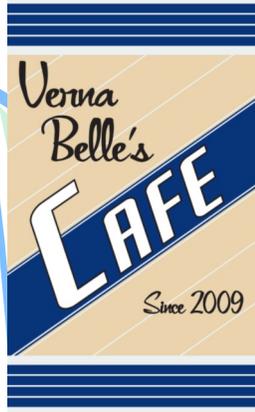
During the month of February, schools marked their calendars for the 100th day of school! For some, this started the countdown to summer break.
 To celebrate this noteworthy day, Bluemont Elementary School invited Meadowlark residents, Lois and Evelyn to speak to students in Kindergarten and First Grade [pictured below]. Lois and Evelyn, both approaching their 100th birthday, were asked questions about their lives growing up.
 They found similarities with the students, like their favorite colors, favorite foods, and some of the games they like to play. One big shock to the students was learning that Lois and Evelyn did not grow up with a TV and not everyone had cars.
 One student asked the question we all want to know: How have you lived for this long? Lois responded with, "Keep on doing those things you are taught to be healthy. Get sleep, exercise and eat good food."





Congratulations to our February Leader of the Pack, Tori Lamb! Tori is a CNA in Honstead House. Staff and residents agree that Tori is truly an asset to the team! She is a natural leader for other staff members and motivated to help anyone.

Tori is genuine in her care for residents, going above and beyond to meet their individual needs. Thank you Tori for all your hard work at Meadowlark!



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. 16

Breakfast: Omelets with Fruit

Monday, Feb. 17

Breakfast: Biscuits & Gravy

Lunch: Caesar Steak Wrap & Side strips of grilled steak, parmesan cheese, romaine lettuce, & Caesar dressing in a tortilla ~\$6.50

Tuesday, Feb. 18

Breakfast: Breakfast Sandwich with Fruit

Lunch: Turkey Cranberry Croissant & Side turkey, cranberry sauce, & Swiss cheese on a buttery croissant ~\$6.50

Wednesday, Feb. 19

Breakfast: Breakfast Burrito & Fruit

Lunch: Chicken Noodles over Mashed Potatoes shredded chicken, noodles, carrots, celery, & onions stewed together in chicken broth served over mashed potatoes ~\$6.50

Thursday, Feb. 20

Breakfast: Biscuits & Gravy

Lunch: Chili Verde Pork Enchiladas & Side shredded pork, cream cheese, & green chili sauce wrapped in flour tortillas topped with cheddar cheese ~\$6.50

Friday, Feb. 21

Brunch: Waffle or Pancake

Lunch: Chicken Bacon Ranch Pasta & Garlic Bread chicken, bacon, & penne pasta mixed with ranch dressing & alfredo sauce topped with mozzarella cheese; served with buttery garlic bread ~\$6.50

Saturday, Feb. 22

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. 16 ~ Lunch \$12	Dinner \$13
	BBQ Chicken Baked Beans Coleslaw	Sautéed Orange Roughy with Lemon Butter Sauce Roasted Red Potatoes Vegetable du Jour
MONDAY	Feb. 17 ~ Lunch \$10	Dinner \$12
	Meatball Sub French Fries Choice of Vegetable	Beef & Italian Sausage Lasagna Garlic Toast Vegetable du Jour
TUESDAY	Feb. 18 ~ Lunch \$8	Dinner \$12
	Fajita Bar served in Game Room <i>Restaurant closed for full service.</i>	Steamed Polish Sausage German Potato Salad Vegetable du Jour
WED.	Feb. 19 ~ Lunch \$10	Dinner \$13
	Chicken Stir Fry Chinese Noodles Choice of Vegetable	Swiss Steak Mashed Potatoes & Gravy Vegetable du Jour
THURS.	Feb. 20 ~ Lunch \$8	Dinner \$13
	Baked Potato Bar <i>(does not include drink, starter, or dessert)</i>	Pork Tenderloin with Cajun Cornbread Dressing & Andouille Sausage Gravy Red Beans & Rice Vegetable du Jour
FRIDAY	Feb. 21 ~ Lunch \$10	Dinner \$12
	Fried Chicken Sandwich Pasta Salad Choice of Vegetable	Sautéed Chicken Breast with Brie Sauce Wild Rice Vegetable du Jour
SAT.	Feb. 22 ~ Lunch \$10	Dinner \$15
	Chili Dog French Fries Choice of Vegetable	Steak Baked Potato Vegetable du Jour

**DRINK
SPECIAL**

Frostbite

1 oz. Tequila, 1/2 oz. Crème de Cacao, 1 oz. Blue Curacao & Cream
\$3.75

Grosh Cinema Movies

Sunday, Feb. 16, to Saturday, Feb. 22, 2019
Show Times: 1, 4 and 7 p.m., Monday - Saturday / 2 and 6 p.m., Sunday

Sunday, Feb. 16 — A Little Princess (1995)

- When her father enlists to fight for the Brits during World War I, she goes to attend boarding school, where she clashes with an overbearing headmistress who attempts to stifle her sense of self-worth.
- Co-Starring: Liesel Matthews, Eleanor Bron, & Liam Cunningham
- Rated: G; 1 hr. 37 min. ~Family Drama

Monday, Feb. 17 — War Room (2015) *Resident Request

- From the outside, the family appears perfect, but their marriage is in shambles. After seeking counsel from a wise older woman, they realize a deep commitment to prayer will help them.
- Co-Starring: Alex Kendrick, Priscilla Evans Shirer, & T.C. Stallings
- Rated PG; 2 hr. ~Drama

Tuesday, Feb. 18 — Rocketman (2019)

- This one-of-a-kind musical biopic embarks on the spectacular journey of Elton John in his rise to fame.
- With incredible performances of Elton's most beloved songs, discover how a small-town boy became one of the most iconic figures in rock & roll.
- Co-Starring: Taron Egerton, Jamie Bell, & Bryce Dallas Howard
- Rated R for language, drug use, & sexual content; 2 hr. 1 min. ~Musical/Biography

Wednesday, Feb. 19 — Angel & the Badman (1947)

- Quirt Evans, an all round bad guy, is nursed back to health and sought after by Penelope Worth, a Quaker girl. He eventually finds himself having to choose between his world and hers.
- Co-Starring: John Wayne, Gail Russell, & Harry Carey
- Rated Approved; 1 hr. 40 min. ~Western

Thursday, Feb. 20 — The Devil Wears Prada (2006)

- A smart but sensible new graduate lands a job as an assistant to Miranda Priestly, the demanding editor-in-chief of a high fashion magazine.
- Co-Starring: Anne Hathaway, Meryl Streep, & Adrian Grenier
- Rated PG-13; 1 hr. 49 min. ~Comedy

Friday, Feb. 21 — Golden Eye (1995)

- With his sophisticated gadgets and signature Aston Martin, Bond investigates the destruction of a Russian satellite weapons base with help from the massacre's sole survivor.
- Co-Starring: Pierce Brosnan, Sean Bean, & Izabella Scorupco
- Rated PG-13; 2 hr. 10 min. ~Action

Saturday, Feb. 22 — The Prize Winner of Defiance, Ohio (2005)

- With ten children to feed, a postwar housewife has gotten used to being resourceful. But when clipping coupons won't cut it, she's forced to rely on her creativity.
- Co-Starring: Julianne Moore, Woody Harrelson, & Laura Dern
- Rated PG-13; 1 hr. 39 min. ~Comedy

Weekly Opportunities Calendar *Feb. 16 to Feb. 22*

Sunday • Feb. 16

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. Ben Duerfeldt, CR

Monday • Feb. 17

Manhattan Room—no open seating available

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR
- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 10:30 a.m. ~ Blood Drive, KSU CL
- 11:00 a.m. ~ Sit & Be Fit, CR
- 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. ~ Change & Loss Support Group, FHR
- 3:45 p.m. ~ Meadowlark Singers Practice, CR
- 5:30 p.m. ~ 5th Floor Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

Tuesday • Feb. 18 *Trash & recycling pick-up*

Manhattan Room—open seating at dinner only

- 10:30 a.m. ~ Guided Meditation, GC
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 11:30 a.m. ~ 4th Floor Supper, FHR
- 1:00 p.m. ~ VIPersons Book Club, WCR
- 2:00 p.m. ~ VIPersons Support Group, WCR
- 2:00 p.m. ~ LifeStory Writing Group, FHR
- 3:00 p.m. ~ Coffee Corner, CR
- 5:30 p.m. ~ 2nd Floor Supper, CR
- 7:00 p.m. ~ Dominoes, GR

Wednesday • Feb. 19

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, WCR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:30 a.m. ~ Papparazzi Jewelry Party, FHR
- 12:00 p.m. ~ Yoga, CR
- 1:00 p.m. ~ Pitch, VB

- 1:00 p.m. ~ Shuffleboard Tournament, 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
- 6:30 p.m. ~ Osher Class: Bleeding Kansas, CR

Thursday • Feb. 20

Manhattan Room—open seating at lunch only

- 8:30 a.m. ~ Messenger Team, WCR
- 10:00 a.m. ~ Meadowlark Bible Study, FHR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:00 a.m. ~ Parkinson's Program Webinar, WCR
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR
- 6:30 p.m. ~ Osher Class: Unlocking the Future, CR

Friday • Feb. 21

Manhattan Room—open seating at lunch & dinner

- 9:30 a.m. ~ Veteran's Group Meeting, GC
- 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. ~ Hand & Foot Card Games, GR
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:30 p.m. ~ Catholic Rosary, CR

Saturday • Feb. 22

Manhattan Room—open seating at lunch & dinner

- 9:30 a.m. ~ Painting for Fun, MCR
- 10:30 a.m. ~ Fellowship Hour, KSU CL
- 2:00 p.m. ~ Birthday Party for Wanda Fateley, CR
- 3:30 p.m. ~ Gab & Games with 4-H, KSU CL

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*