

Congratulations David!

Manhattan High School inducted new members to their Wall of Fame



by Michele Riter, Community Relations Assistant
Each year, Manhattan High School (MHS) recognizes individuals who have “made a name for themselves” in the Manhattan community and beyond. The Manhattan Alumni Association created a Wall of Fame. To be considered, a person must be a graduate of Manhattan High School.

The nominees are reviewed by a committee that is formed the year before the award is given. Each nominee is scored in various categories of criteria, including significant accomplishments contributed after their time at MHS and recognition beyond the local level.

Distinguished. Involved. Passionate. Dedicated. Accomplished. These words describe the type of person that would be a part of the Wall of Fame. David Fiser, a 1945 MHS graduate, 1952 K-State graduate, and Meadowlark Home Health employee, was inducted to the MHS Wall of Fame on Friday, Feb. 7.

If you’re familiar with Manhattan, you most likely have heard, seen, or read something about David

David with his family and wife, Kay, after his Wall of Fame induction at MHS.

Fiser. David has served the Manhattan community in many ways. He was an eight-year member and president of the Manhattan-Ogden Board of Education, member of the city commission, and served two terms as mayor.

As humble as he is, David was surprised by the news that he had received the honor. He has been nominated in previous years, but as humble as David is, he wasn’t expecting to be named an official Wall of Fame Alum.

The Wall of Fame is located at Manhattan High School’s West Campus. Lined with gold plaques, the display has a photo and description about each person.

In this spot, students are able to stop, look, and “hopefully be inspired or see something they are interested in and want to learn more about. All kinds of people, professions, diversities, and endeavors are represented,” David mentioned about the wall.

Prairie Star Restaurant Update

- Monday, March 2: The restaurant will be closed for full service all day. A Chef's Special dinner buffet will be served in the Game Room from 4:30 to 7 p.m.
- Tuesday, March 3: Fajita Bar lunch will be served in the Game Room. For dinner, full menu will be available. To-go orders only. There will be no charge for delivery.
- Wednesday, March 4: Lunch and dinner service will be available in the new Pub space.

Battle of the Bulge Anniversary

Saturday, Feb, 29, at 9 a.m.

The American Legion (114 McCall Rd. Manhattan, KS 66502) is hosting an anniversary reception in honor of the Battle of the Bulge from 9 a.m. to 2 p.m. Saturday, Feb. 29. This event is open to all for a day of remembrance of one of the most important battles in World War II. There will be a GI luncheon served. Veterans will be served lunch for free and the cost is \$10 per person for others.

Birthday Party for Dr. Mowry

Saturday, Feb. 29, at 5 p.m.

Dr. Gerald Mowry and his family invite you to join them as he celebrates a special day. Stop by the KSU Classroom from 5 to 7 p.m. Saturday, Feb. 29, to wish him a happy birthday!

Open Communion Service

Sunday, March 1, at 4 p.m.

An Open Communion Service will be celebrated at 4 p.m. Sunday, March 1, 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, March 1, at 7 p.m.

The Vespers service will be at 7 p.m. Sunday, March 1, in the Community Room. This week's service will be led by Rev. Sandra Moore from College Ave. Methodist Church. All are welcome.

March Town Meeting

Monday, March 2, 9:30 a.m.

You are invited to March's Town Meeting at 9:30 a.m. Monday, March 2, in the Community Room. Staff will give updates and announcements on current events and upcoming activities. All are welcome.

Change & Loss Support Group

Monday, March 2, 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, March 2, 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, March 3, at 10:30 a.m.

Spend your morning doing something good for your mind, body, and spirit! You're invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, March 3, 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. No prior experience or understanding of meditation is necessary.

Tap to Togetherness

Tuesday, March 3, at 11 a.m.

Join Meadowlark Special Programs for Tap to Togetherness from 11 to 11:30 a.m. Tuesday, March 3, in the Community Room.

Professor Julie L. Pentz from the K-State School of Music, Theatre, and Dance, and Janice Schroeder with Parents as Teachers formed this original dance program for families and young children. At Meadowlark, Tap To Togetherness Across Populations adds a new generation for connection and engagement through fun movement to foster healthy minds, bodies, and relationships.

No specific shoes or dance experience is required to attend. This activity does not require you to stand, you may sit in a chair if you choose. All are welcome.

Memory Makers Luncheon

Wednesday, March 4, at 11 a.m.

Join Meadowlark Memory Program for a relaxing lunch at 11 a.m. Wednesday, March 4, in the Manhattan Room. Those with memory changes and their caregivers are welcome to attend this monthly informal luncheon immediately after the

Memory Program activities. The cost is approximately \$10 per person. To RSVP, please sign up in the Blue Book at the Hospitality Desk or call (785) 323-3899.

Men's Club Luncheon

Wednesday, March 4, at 11:30 a.m.

Attention Meadowlark Men! Are you aware there is a monthly luncheon for the men of Meadowlark, residents and Passport members, held the first Wednesday of every month? This month's topic will be "Get Acquainted", meet your neighbors and fellow Meadowlark men.

The group will meet at 11:30 a.m. Wednesday, March 4, in the West Conference Room. Lunch will be served at noon. To sign up, contact Tom at the Hospitality Desk.

Parkinson's Education Group

Thursday, March 5, at 2 p.m.

Meadowlark Parkinson's Program is hosting their monthly Education Group from 2 to 3:30 p.m. Thursday, March 5, in the Community Room.

This month's presentation will be "*Be Prepared & Confident: Strategies to Help You Make the Most*

of Your Doctor Visits" by Mary Jo Eichman, RN, Meadowlark Medical Professionals and a panel of speakers.

This opportunity is for people with Parkinson's Disease, care partners, or anyone interested in education about the disease or building a connection with the program. All are welcome and no prior reservation is required.

Robert F. Rodriguez Trio

Friday, March 6, at 7 p.m.

Meadowlark, get ready to groove! The Robert F. Rodriguez Trio is performing at 7 p.m. Friday, March 6, in the Community Room.

The group made of various musicians around the Manhattan area including, Michael T. Brown, Coltone Jones and Robert F. Rodriguez. Robert has played with various artists such as Howard Johnson, Donny Most, Wayne Goins, Red State Blues Band, Thundering Cats Big Band, Ashlie Amber-Harris, December 63 and various others.

The group is going to play some old-school Jazz going back to the good old days of greats like Frank Sinatra.

It's never too early to make the changes that may prevent or delay the on-set of Alzheimer's disease or dementia.

TAKE THE LEAP TODAY!



Spring classes will meet weekly starting

Monday, March 30, 2020

from 6 to 7:30 p.m.

Lifestyle Empowerment for Alzheimer's Prevention is a program customized specifically for Meadowlark by the University of Kansas Alzheimer's Disease Center. Topics covered will include: physical activity, exercise, social/cognitive engagement, nutrition, sleep, and stress management.

Cost for six-week session & book is \$75 per person.



For questions or to register, contact Michelle Haub at (785) 323-3899.

Please register by March 24.

Happy Birthday!



Healthcare

3/2 Harold Couchman
 3/4 Janice Ruiz
 3/7 Carol Barnett
 3/10 Doris Givens
3/10 Helen Janes
 3/10 Helen Snell
 3/18 Barbara Harlan
3/19 Sherry Andres
 3/19 Barbara Green
 3/20 Norma Adams
 3/27 Emily Given
 3/29 Marilyn Vossman
 3/30 Ruby Silva

Assisted Living

3/7 Phyllis Deckert
 3/14 Penny Socolofsky
 3/17 Sally Lansdowne

Independent Living

3/1 Jean Beatty
 3/1 Vera Williams
 3/4 Verlyn Richards
 3/6 Vicky Auman
 3/7 Mike Flannigan
 3/9 Pat Hartman
 3/10 Darlene Reeves
 3/12 Charles Deyoe
 3/12 Sherry Reed
 3/17 Dennis Graham
 3/19 Steve Owens

Bold denotes a milestone birthday of 80, 90, 100 or 100+

3/20 Betty Braaten
 3/22 Sue Bayer
 3/23 Sandra Emley
 3/24 Marie Stanton
 3/25 Ruth Friedmann
 3/28 Jan Vanderbilt

Employees

3/2 Asa Bucker
 3/2 Brittany Puff
 3/2 Jeanette Wagner
 3/3 Will Gold
 3/3 Hannah Webber
 3/4 Ashley Boggs
 3/4 Vanessa Heit
 3/4 Taylor Koontz
 3/4 Lilihna Shena
 3/5 Marisa Dillard
 3/6 Ashley Aumann
 3/6 Brittany Ellermann
 3/7 Brianna Fronce
 3/7 Narwette Thorton
 3/7 Kashaya Zukowske
 3/8 Jaydin Coleman
 3/9 Kristin Ekholm
 3/9 Unique Melendez
 3/9 Daniel Rubio
 3/9 Sara Snell
 3/9 Tameka Wallace
 3/10 Kristen Martin
 3/10 Joy Underwood
 3/11 Anastasia Brown

3/11 Johnathan Dallman
 3/11 Litany Green
 3/11 Kylie Hentzler
 3/12 Teresa Berens
 3/12 Kanisha Jenkins
 3/14 Alexa Goforth
 3/16 Cassidy Crites
 3/16 Christina Gauthier
 3/16 Tera Hawes
 3/16 Kathy Ross
 3/16 Lori Uffman
 3/17 Courtney Jones
 3/17 Shannon Sak
 3/18 Madison Schmidt
 3/19 Mariah Childs
 3/19 Lynn Roberts
 3/20 Julia Burlingame
 3/20 Tanisha Moorman
 3/20 Mackenzie Ritter
 3/21 Paige Brown
 3/22 Joyceanne Scudder
 3/23 Lori Felice
 3/24 Heidi Hoff
 3/24 Torey Romero
 3/24 Conni Scherff
 3/26 Taylor Kaump
 3/26 Christina Wickersham
 3/28 Jon Bechtel
 3/28 Keana Davis
 3/28 Darian Harbaugh
 3/28 Taylor Mortsof
 3/31 Emma Wilson

And a Good Time Was Had by All

submitted by Wanda Fateley

Thanks to friends and neighbors who helped me celebrate my 90th birthday, Saturday, Feb. 22. Thanks to family who helped with planning, decorating, and hosting the event; particularly the Texas contingent who got off work and traveled 1000 miles (round trip) to be here!

The guest suite is a wonderful convenience. Thanks also to my son, Kevin, who worked with staff on the Meadowlark arrangements—thank you staff. The set-up was perfect and the cupcakes were DELICIOUS!

And I received a fantastic assortment of birthday cards, which I will treasure. Here's to the 90s!

goodbye
FEBRUARY

hello
MARCH

On Wired Thoughts

submitted by Helen Roser

Recent reports of a winner of a television game show winning a million dollars brought memories.

CBS had built their Television City in West Los Angeles. It had provision for doing live shows before a studio audience. This show I had been invited to be on was their first taped show.

It would be circulated to their subscribers for two years. In addition to the usual wires required for sound, there were special wires for voice on the tape. I was all wired up.

There were wires to the gadgets in front of me for me to signal I had an answer, then bet some of my points that my answer was right.

The grand prize, the M.C. proudly announced, was an electric dish washer. (That was some man's idea of what every woman would hope for.)

But not me. My kitchen was perfect. I'd have to have the dish washer set in the garage. Then I'd have to run an ad to sell it. Such a bother. Better that I didn't win the dish washer.

I had so many wires on me. Even through my hair, to get the mike near my mouth for the tape recording. I was sitting on a thick, lumpy one. I scooped around, trying to get comfortable. Suddenly the lumpy thick wire I was sitting on became two small wires. I may have been unhitched from someone, but I never learned who.

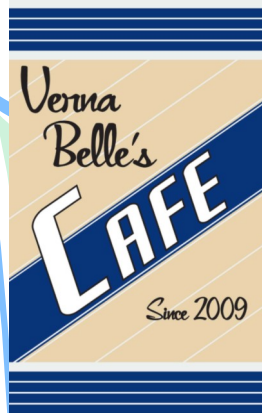
My concern was to not win the dish washer. So I bet all my points and gave a really dumb answer.

Somehow, the live studio audience liked my answer. Loud clapping and some cheers.

Thank goodness I didn't win the dish washer. I was sincerely happy when I was handed my clock radio, which we losers received.

My brother worked for a federal prison. They subscribed to CBS taped television shows. They received the tape I was on. My brother arranged for the residents to see the show. My brother told me the men liked me. I have always thought they told each other "Boy! He really has a dumb sister!"

But I had two things on my mind: Don't move around and make any wires fall off, and, don't win the dish washer!



LUNCH & BREAKFAST SPECIALS

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

Sunday, March 1

Breakfast: Omelets with Fruit

Monday, March 2

Breakfast: Biscuits & Gravy

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

Tuesday, March 3

Breakfast: Breakfast Sandwich with Fruit

Lunch: Tater Tot Casserole & Side ground beef, onions, cream of mushroom soup, & cheddar cheese mixed together topped with crispy tater tots ~\$6.50

Wednesday, March 4

Breakfast: Breakfast Burrito & Fruit

Lunch: BBQ Pork Sandwich & Side shredded pork with BBQ sauce on a butter-toasted bun ~\$6.50

Thursday, March 5

Breakfast: Biscuits & Gravy

Lunch: Tuna Noodle Casserole tuna, egg noodles, and peas mixed in a creamy sauce and baked ~\$6.50

Friday, March 6

Brunch: Waffle or Pancake

Lunch: Smothered Burrito & Side shredded chicken, tomatoes, corn, black beans, & shredded cheese wrapped in a flour tortilla topped with a creamy white queso ~\$6.50

Saturday, March 7

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	March 1 ~ Lunch \$12	Dinner \$12
	Roast Pork Loin Swiss & Green Onion Scalloped Potatoes Vegetable du Jour	Chicken Lasagna Garlic Toast Vegetable du Jour
MONDAY	March 2	Dinner \$10
	<i>Restaurant closed for full service.</i>	Chef's Special Buffet <i>Served in Game Room</i>
TUESDAY	March 3 ~ Lunch \$8	Dinner \$14
	Fajita Bar <i>(does not include drink, starter, or dessert)</i> <i>Served in Game Room.</i>	Shrimp Scampi Roasted Potatoes Vegetable du Jour
WED.	March 4 ~ Lunch \$10	Dinner \$12
	Chicken ala King Rice Choice of Vegetable	Ham Loaf Loaded Mashed Potatoes Vegetable du Jour
THURS.	March 5 ~ Lunch \$8	Dinner \$13
	Mac & Cheese Bar <i>(does not include drink, starter, or dessert)</i>	BBQ Brisket Au Gratin Potatoes Vegetable du Jour
FRIDAY	March 6 ~ Lunch \$10	Dinner \$12
	Penne Pasta & Meat Sauce Garlic Toast Choice of Vegetable	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour
SAT.	March 7 ~ Lunch \$10	Dinner \$15
	Tamale Pie Spanish Rice Black Beans	Steak Baked Potato Vegetable du Jour

DRINK SPECIAL | **Lemon Drop Martini**
Vodka, Lemon Juice, Simple Syrup with a Lemon Slice
\$3.75

Grosh Cinema Movies

Sunday, March 1, to Saturday, March 8, 2019

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

Sunday, March 1 — The Longshots (2008)

The true story of Jasmine Plummer who, at the age of eleven, became the first female to play in Pop Warner football tournament in its 56-year history.

Co-Starring: Ice Cube, Keke Palmer, & Tasha Smith

Rated: PG; 1 hr. 34 min. ~Biography/ Comedy

Monday, March 2 — Country Strong (2010)

A rising county-music songwriter works with a fallen star to work their way to fame, causing romantic complications along the way.

Co-Starring: Garrett Hedlund, Gwyneth Paltrow, & Leighton Meester

Rated PG-13; 1 hr. 57 min. ~Drama/Music

Tuesday, March 3 — Harriet (2019) **Resident Request*

The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.

Co-Starring: Cynthia Erivo, Leslie Odom Jr., & Jow Alwyn

Rated PG-13; 2 hr. 5 min. ~Action/Biography

Wednesday, March 4 — Dirty Harry (1971)

When a madman calling himself "the Scorpio Killer" menaces the city, tough as nails San Francisco Police Inspector "Dirty" Harry Callahan is assigned to track down and ferret out the crazed psychopath.

Co-Starring: Clint Eastwood, Andrew Robinson, & Harry Guardino

Rated R for violence and language; 1 hr. 42 min. ~Action

Thursday, March 5 — The Upside to Anger (2005) **Resident Request*

When her husband unexpectedly disappears, a sharp-witted suburban wife and her daughters juggle their mom's romantic dilemmas and family dynamics.

Co-Starring: Joan Allen, Kevin Costner, & Erika Christensen

Rated R for language and drug use; 1 hr. 58 min. ~Comedy

Friday, March 6 — Julie & Julia (2009)

Julia Child's story of her start in the cooking profession is intertwined with blogger Julie Powell's 2002 challenge to cook all the recipes in Child's first book.

Co-Starring: Amy Adams, Meryl Streep, & Chris Messina

Rated PG-13; 1 hr. 58 min. ~Biography/Drama

Saturday, March 7 — Downton Abbey (2019)

The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early twentieth century.

Co-Starring: Tuppence Middleton, Michelle Dockery, & Matthew Goode

Rated PG; 2 hr. 2 min. ~Drama/Romance

Weekly Opportunities Calendar *March 1 to March 7*

Sunday • March 1

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 by Rev. Sandra Moore, CR

Monday • March 2

Manhattan Room—no open seating

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR
- 8:30 a.m. ~ IL Resident Council, KSU CL
- 9:30 a.m. ~ Town Meeting, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 12:00 p.m. ~ Weights 101, 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, WCR
- 3:45 p.m. ~ Meadowlark Singers Practice, CR
- 5:30 p.m. ~ Tuttle Creek Supper, KSU CL
- 7:00 p.m. ~ Community Bingo, CR

Tuesday • March 3 *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
- 11:00 a.m. ~ Tap to Togetherness, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 2:00 p.m. ~ LifeStory Writing Group, FHR
- 3:00 p.m. ~ Coffee Corner, CR
- 3:30 p.m. ~ MLH Ambassadors Meeting, WCR
- 7:00 p.m. ~ Dominoes, GR

Wednesday • March 4

Manhattan Room—open seating at dinner only

- 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 Care Partner Supp. Grp, GC
- 10:00 a.m. ~ Memory Café, FHR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:00 a.m. ~ Memory Makers Luncheon, MR
- 11:30 a.m. ~ Men's Club Luncheon, WCR

12:00 p.m. ~ Yoga, CR

1:00 p.m. ~ Pitch, GR

1:15 p.m. ~ Dr. Tran's Foot Clinic, CR

3:00 p.m. ~ Rock Steady Boxing, CSC

3:00 p.m. ~ Rock Steady Boxing, CR

3:00 p.m. ~ Ice Cream Social, VB

3:00 p.m. ~ Hearing Aid Doctor, FHR

Thursday • March 5

Manhattan Room—open seating at lunch only

- 8:30 a.m. ~ Messenger Team, WCR
- 10:00 a.m. ~ Meadowlark Bible Study, FHR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 2:00 p.m. ~ Parkinson's Education Group, CR
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR
- 6:30 p.m. ~ Osher Class: Unlocking the Future, CR

Friday • March 6

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
- 12:30 p.m. ~ Mending Angel, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:30 p.m. ~ Catholic Mass, CR
- 7:00 p.m. ~ Robert F. Rodriguez Trio, CR

Saturday • March 7

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*