



Polly Ferrell



Dennis Mullin



Jim Reed



Kay Shanks

And the winners are ...

Manhattan business leader, Meadowlark residents earn recognition

By Becky Fitzgerald, Development Director

The Meadowlark family is blessed to include the four individuals pictured above. Polly Ferrell, Dennis Mullin, Jim Reed, and Kay Shanks have spent much of their lives putting service before self, and their communities have been richer because of their desire to lead and cheerlead, share and succeed.

One day, Meadowlark Foundation will publicly acknowledge the many contributions of these three Meadowlark residents and a local business man and philanthropist with an award ceremony. Until then, we recognize their achievements on paper rather than in person.

Each winner boasts a long list of qualifications for their respective award. A description of these awards, usually given by Meadowlark Foundation at the annual Legacy Society Banquet, follows, along with some of the reasons the honorees caught the attention of Meadowlark staff and the Foundation's Board of Directors.

Legacy Award

Persons receiving this award are recognized for their long-standing commitment to and support of Manhattan and/or Meadowlark, demonstrated by generosity in service, leadership and/or philanthropy.

“Manhattan is an easy community to give back to because we care about people.”

~ Dennis Mullin

2020 Winner, Dennis Mullin

Mullin moved to the area in 1971 when his last U.S. Army assignment was at Fort Riley. He was a part-time bookkeeper at Manhattan Truck Sales in 1972 when Jack Goldstein, the late owner of Steel and Pipe Supply, hired Mullin to implement and operate the company's new computer system.

In 1995 Mullin was named President of Steel and Pipe Supply, followed by CEO in 1999. He became Chairman in 2009. During Dennis's decades of leadership with SPS, the company experienced unprecedented growth through diversification and innovation.

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Mullin's successful business practices and his desire to mentor others are assets in his service to numerous Kansas State, professional, and charitable organizations. He helped start the Flint Hills Breadbasket, the Boys and Girls Club of Manhattan, and assisted the Flint Hills Christian School's transition to independence.

In more recent years, he served as the chair and vice chair for the Kansas Board of Regents, and in 2016 was chair of K-State's presidential search committee.

Mullin is an executive board member with the Goldstein Foundation, and in that role has been able to support the efforts of local non-profits, such as Sunset Zoo, Big Lakes Development Center, and Meadowlark. For example, Goldstein Fund dollars helped to pave the trail near Bayer Pond, supported the current Prairie Star renovation project, and for the past two years, have benefited Meadowlark Memory Program through Art Mingle.

"Jack left me the greatest gift of his trust, and it's wonderful to give back to the community through his dollars," Mullin said.

Mullin and his wife, Rhonda, have two daughters and four grandchildren. His mother, Bea, and Rhonda's parents, Jim and Peggy Finley, lived at Meadowlark prior to their deaths. Mullin has continued to be interested in Meadowlark and has been a trusted advisor to its leadership.

Good Samaritan Award

The Good Samaritan Award is given to individuals for donations of their time, talent and resources to Meadowlark Hills and for support of the Good Samaritan Fund.

2020 Winner, Pauline W. "Polly" Ferrell

Ferrell moved to Meadowlark's 4th floor in 2009, but her devotion to the Good Samaritan Fund began in 2004 with a memorial gift. Since then, she's supported the Fund more than 130 times, usually contributing when a friend passes away.

"It's important to help people so they continue to live here," Ferrell said. She said she appreciates that long-term care is given at Meadowlark despite one's inability to pay for daily services.

Ferrell has also initiated or championed other Meadowlark fundraising projects. In 2016, she solicited donations to purchase small grocery carts,

which have proven to be a convenient way for residents in the east and west towers to transport items from vehicles to apartments.

In 2017, she suggested a "shower" to benefit Verna Belle's Café, recognizing that not all donors could give at the level necessary to fund the renovation and expansion. This event attracted many additional donors whose gifts purchased chairs, plates, glassware, etc.

Ferrell's charitable ideas have also benefited Manhattan. Last year, she proposed a Happy Feet for Christmas project, which raised enough money to buy 80 pairs of festive socks with non-slip soles to give to Manhattan Emergency Shelter and Crisis Center clients.

A former K-State Research and Extension home economist, public high school teacher, and motivational speaker, Ferrell often wears her servant's heart on her sleeve. She's taught a multi-week knitting class for employees, plans a yearly program or project to celebrate Kansas Day, and is a former district president of United Methodist Women.

Margaret Wheat

Spirit of Meadowlark Hills Award

Named for its first recipient, Margaret Wheat, a former resident and long-serving board member, this award honors a resident who embodies the spirit and person-centered culture of Meadowlark.

2020 Winner, Jim Reed

Jim Reed and his wife, Sherry, selected a Meadowlark apartment at a younger age than many others have made a similar moves, and the couple do not regret it.

"I can't think of a time that we questioned our decision," said Jim Reed, a retired Methodist minister. Reed's mother, Winifred, thrived and quickly found friends during her days on the Meadowlark campus, and now he and Sherry are embracing "senior living."

"We wanted to get a head start on a community like this, getting to know more people," Reed said. "Mother had the same love for this place as I do."

If Reed doesn't know a neighbor's name, he asks. "Your name means everything. If someone can call you by your name, you become more than furniture."

Responding to requests from residents, Reed approached Meadowlark staff last year about organizing and leading a discussion group. "Contemporary God Talk" meets every Monday, attracting residents, Passport members and others regardless of his/her religious and political beliefs. Reed reports these are challenging and open discussions based on different literature and topics.

He also helps facilitate and created the United Methodist Retired Clergy group that meets weekly at Meadowlark. Members from Frankfort, Riley, and Wamego join local members.

The Reeds were early financial supporters and champions of the courtyard project, particularly the bocce ball court. Jim approached staff soon after the courtyard opened, suggesting that Thundering Cats Big Band perform in there. That idea became "Burgers & Jazz," which occurred last October. Reed plays trombone and manages the band.

No, his community involvement didn't end when he and Sherry became Meadowlark residents in 2017. He serves the United Methodist Foundation at Kansas State, and travels to religious conferences in the region, saying he's one of the few retirees who attend.

When the threat of COVID-19 has eased, the couple again will enjoy the camaraderie of Taco Tuesdays and large gatherings.

"Town Meeting illustrates the transparency of Meadowlark," Reed observed. "You don't have to be on the board to know what's going on."

Johanna Lyle Excellence in Service Award

The Johanna Lyle Excellence in Service Award is named for its first recipient, Jo Lyle, former board president. This award recognizes individuals who have contributed leadership, resources, time and task to the Meadowlark Hills mission to serve elders.

2020 Winner, Kay Shanks

Kay Shanks believes she naturally comes by her desire help others. She was raised by service-oriented parents and married to a former minister.

"I do it because I get something out of it," Shanks said. "We don't do anything that doesn't meet a need."

Her list of volunteer duties reads as follows:

~ Meadowlark Memory Program leadership team member. A former

caregiver to her late spouse, who had dementia, Shanks has shared her experiences, insight, and knowledge related to memory loss at Mindful Connections and other memory program opportunities.

She also accompanies program participants to program activities, ensuring that their lives are enhanced with mental and social stimulation.

~ Meadowlark Ambassador

Shanks generously participates during clothing drives, Welcome Breakfasts for new residents and Passport members, and Art Mingle. She "adopted" the Lyle House patio, so regularly tidies the area.

~ Meadowlark Market

In addition to greeting and assisting customers at monthly

sales, she packs small donated items for transport to the Market.

~ League of Women Voters member, who assists residents with voter registration and invites elected officials to meet with voters.

~ Lay visitor with First United Methodist Church, who speaks regularly with three female congregation members.

During last month's mask-making frenzy, Shanks joined an assembly line-style resident team to create dozens of fabric face coverings for Meadowlark employees.

Shanks' giving to Meadowlark Foundation is a diverse as her volunteerism. She's supported the Good Samaritan Fund, the Helping Hands Fund, which assists employees experiencing a crisis, the memory and Parkinson's programs, and capital projects.

She summarizes her motivation to contribute in a few words: "I like to be useful."



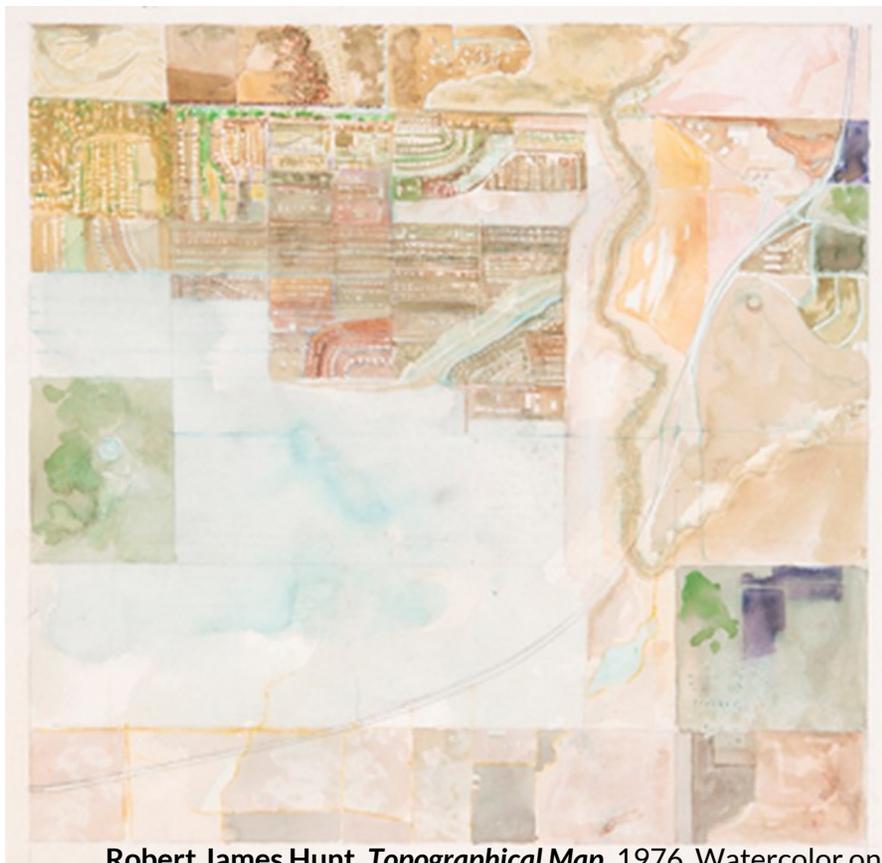
Kay Shanks plants flowers on the Prairie Star patio during a campus clean-up effort several years ago.

Work That Brain!

Compare and contrast! These two works on paper show us the land from a different perspective. As you take our time looking at each artwork, what do you see that looks the same and/or different?



Thomas B. Allen, *A Table So Big...* 1993, Pastel on paper, KSU, Marianna Kistler Beach Museum of Art, G. E. Johnson Art Acquisition Fund, 2003.4



Robert James Hunt, *Topographical Map*, 1976, Watercolor on paper, KSU, Marianna Kistler Beach Museum of Art, gift of the Jim Hunt Estate, and the Mulvane Art Museum, 1997.85

Memory Engagement Opportunity for Wellness: Follow-Up Activity

1. Write down six to ten items in your living room.
2. Put them in alphabetical order (This addresses attention, working memory, and organization.)
3. Draw the items.
4. Give your self from time away from this activity as a distraction, and then ...
5. Write the same words (objects) from memory.
6. Draw the items with your non-dominant hand.

What did one hat say to the other?

You stay here.
I'll go on ahead.

Pizazz Salon re-opening process

Pizazz Salon will open Monday, June 1, by appointment only. Please understand that the salon will not be operating with the previous appointment schedule. Because of healthcare regulations, the salon will be available only for independent living residents at this time.

Shannon and Kathy will be calling clients to schedule appointments starting next week. You do not need to call the salon or the Hospitality Desk to make appointments.

For everyone's health and safety there are a few guidelines, we'd like everyone to remember:

- A face mask is required. If you need one, please contact the Hospitality Desk.
- Most appointments will be scheduled with just one client at a time. We also may ask that those living in the same residence schedule appointments together.
- Please wait for your appointment in the Village Entrance lobby and do not enter the salon until staff has notified you. We will require some time between clients to disinfect the salon and equipment.
- The check-out process will be contactless, as we will not require a signature on any tickets.

New Programming: Channel 1960

Chopin Piano Concerto

Channel 1960, May 22, @ 7 p.m.

Tune in at 7 p.m. Friday, May 22, for a performance of Chopin's Piano Concerto No. 1. It was composed by Chopin in 1830. It consists of a solo piano, pairs of flutes, oboes, clarinets, and bassoons, four horns, two trumpets, tenor trombone, timpani, and strings.

This performance is from the Israel Philharmonic Orchestra's 75th anniversary gala concert which took place in Tel Aviv, in 2011.

Documentary: Secrets of the Museum

Channel 1960, May 23, @ 10:05 p.m.

Tune into Channel 1960 at 10:05 a.m. Saturday, May 23, and watch episode one of the 2020 BBC Documentary series, Secrets of the Museum. Inside every museum is a hidden world. Now for the first time, cameras have been allowed behind the scenes at the Victoria and Albert Museum, home to more than two million wonders of art, design, and performance.

Only a small part of the collection is on display at the London museum, which is the largest museum of applied and decorative arts and design, as well as sculpture. The museum was founded in 1852 and named after Queen Victoria and Prince Albert.

Sound of Music: Full Stage Show

Channel 1960, May 23, @ 6 p.m.

Enjoy Rogers and Hammerstein's timeless musical classic *The Sound of Music* at 6 p.m. Saturday, May 23, on Channel 1960. Grammy Award-winning music superstar Carrie Underwood stars in the full stage show. Definitely not one you want to miss!

Relaxation: Rainforest Canopy Walk

Channel 1960, May 24, @ 3 p.m.

Take 20 minutes to relax at 3 p.m. Sunday, May 24, by tuning into Channel 1960 and enjoying a virtual walk through the rainforest canopy. The zen and tranquil walk provides a view of the rainforest from the treetops at a height of 115 feet and extending for one-third of a mile.

Memorial Day Commemorative Program

Channel 1960, May 25, at 11:30 a.m.

At 11:30 a.m. and 4:30 p.m. Monday, May 25, on Channel 1960, join representatives of the Colonial Williamsburg Foundation and the Sons of the American Revolution Williamsburg Chapter, as we pay homage to the courageous Americans who died in active military service throughout our nation's history. In a brief virtual ceremony, presented at the Colonial Williamsburg site where 156 men and two women of military age were buried in 1781, participants will reflect on the meaning of duty and sacrifice through word and song.



Meadowlark Entertainment Guide

All programs air on Meadowlark Channel 1960...
Your window to the world!

Friday, May 22

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Channel 1960 News
1:00 p.m.	Parkinson's Exercise Class
1:45 p.m.	Dance Performance: <i>Walking on Sunshine</i> Re-run from 5/16
2:00 p.m.	Weights 101 Exercise Class
5:00 p.m.	Channel 1960 News Re-run episode from Noon, 5/22
5:30 p.m.	Dance Performance: <i>Walking on Sunshine</i> Re-run from 5/16
7:00 p.m.	Friday Night Program: <i>Chopin Piano Concerto</i>

Saturday, May 23

9:00 a.m.	Comedy Club: Wake Up Funny Re-run episode from 5/20
9:30 a.m.	Band Bust Exercise Class
10:05 a.m.	Secrets of the Museum: Episode 1
11:00 a.m.	Cooking with Lisa: <i>Chocolate Mug Cake</i> Re-run episode from 5/18
2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny Re-run episode from 5/20
4:30 p.m.	Happy Hour with J-Mix: <i>Orange Creamsicle Delight</i> Re-run episode from 5/21
6:00 p.m.	The Sound of Music: Full Stage Performance

Sunday, May 24

9:00 a.m.	Change & Loss Group Re-run episode from 5/19
10:30 a.m.	Sunday Church Service with Chaplain Patty Brown Barnett
11:00 a.m.	Our Planet, One Planet Re-run from 5/19
1:00 p.m.	Cooking with Lisa: <i>Chocolate Mug Cake</i> Re-run episode from 5/18
2:00 p.m.	Sunday Church Service Re-run episode from 10:30, 5/24
3:00 p.m.	Virtual Tour for Relaxation: <i>Rainforest Canopy Walk</i>

Monday, May 25

9:30 a.m.	Seated Strength Exercise
10:15 a.m.	Nutrition with Lisa: <i>Fun with Fiber</i>
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Memorial Day Commemorative Program
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Secrets of the Museum: <i>Episode 1</i> Re-run from 5/23
4:00 p.m.	Cooking with Lisa: <i>Sheet Pan</i> <i>Shrimp, Sausage, & Veggies</i>
4:30 p.m.	Memorial Day Commemorative Program, Re-run from 11:30 a.m. 5/25

PRAIRIE STAR RESTAURANT

Restaurant Hours

Breakfast is available from 7 to 10 a.m.
Monday to Saturday, 10:30 a.m. to 7 p.m.
Sunday, 10:30 a.m. to 7 p.m.

CALL (785) 323-3820 FOR MEAL & GROCERY ORDERS.

Delivery fee has been waived. All specials include beverage, starter and dessert.

Lunch specials without a starter or dessert can be requested and will cost \$7 each.

Refreshments will not be offered in the Game Room. Coffee by the cup will be available for delivery.

Alcohol also will be available for delivery if purchased by the bottle.

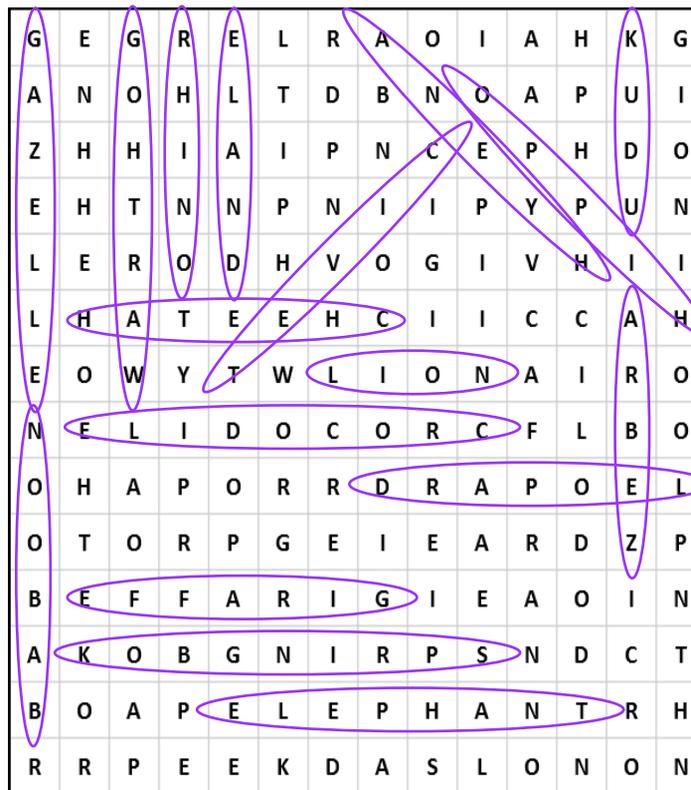
SUNDAY	May 24 ~ Lunch \$12	Dinner \$12
	Grilled Raspberry Chicken Breasts Wild Rice Vegetable du Jour	Sausage Lasagna Garlic Toast Vegetable du Jour
MONDAY	May 25 ~ Lunch \$10	Dinner \$13
	Swedish Meatballs Noodles Choice of Vegetable	Artichoke-Stuffed Chicken Breast <i>with Roasted Red Pepper Sauce</i> Wild Rice Vegetable du Jour
TUESDAY	May 26 ~ Lunch \$10	Dinner \$12
	Taco Salad	Chili-Rubbed Pork Chop Swiss & Green Onion Scalloped Potatoes Vegetable du Jour
WED.	May 27 ~ Lunch \$10	Dinner \$11
	Italian Panini <i>with Salami, Pepperoni, Provolone & Tomatoes</i> Pasta Salad Steamed Zucchini	Meatloaf Mashed Potatoes & Gravy Vegetable du Jour
THURS.	May 28 ~ Lunch \$10	Dinner \$13
	Pulled Pork Sandwich Beaked Beans Coleslaw	Beef Stroganoff Noodles Vegetable du Jour
FRIDAY	May 29 ~ Lunch \$10	Dinner \$13
	Fish & Chips Coleslaw	Salmon Farfalle <i>with Sun-dried Tomato Sauce</i> Garlic Toast Vegetable du Jour
SAT.	May 30 ~ Lunch \$10	Dinner \$15
	Turkey Rueben Sweet Potato Fries Choice of Vegetable	Steak Baked Potato Vegetable du Jour

Masked Mystery!

Who am I? Take a guess at which Meadowlark employee is behind the mask. The answer will be revealed May 25 in the Monday Messenger!



Word search puzzle solution from 5/7.



WE WEAR OUR MASKS FOR MEADOWLARK



WHO DO YOU WEAR YOUR MASK FOR?