

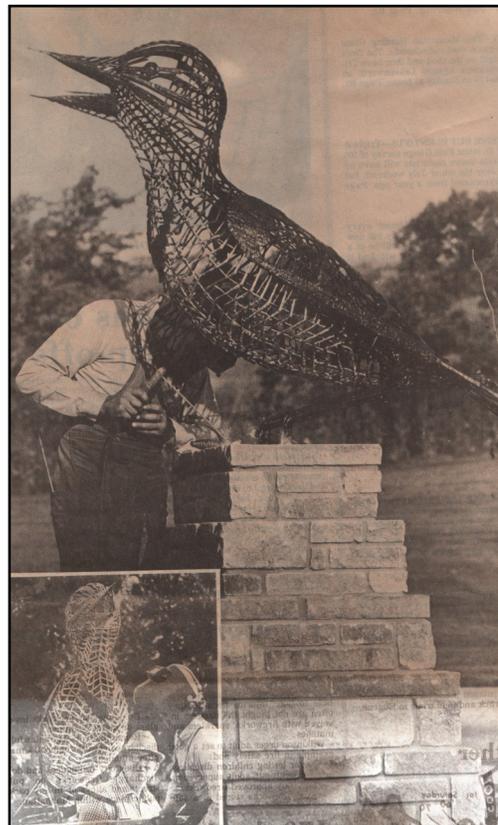
Meadowlark: The Early Years

Success stories plentiful in newsletters from 1980s

Compiled by Becky Fitzgerald
In early April, Meadowlark received a timely gift from a former employee. Susan Davis, who served as the first social worker at Meadowlark Hills Retirement Center from 1980 to early 1983, mailed four Meadowlark Hills newsletters she found while looking through old scrapbooks. How appropriate that we received these “blasts from the past” as we were preparing to celebrate Meadowlark’s 40th anniversary. (Davis worked at Meadowlark again from 1995 until her retirement in 2011.)

Fans of history and friends of Meadowlark may find it intriguing to learn the origins of a few Meadowlark amenities and programs, see that the motivations to move to Meadowlark in 1980 are similar to those today, and discover the definitions of success for a new non-profit organization.

Here are some excerpts from the first newsletter, published in the Fall of 1980, and some encouraging



words from 1981 and 1982, as well. In a few instances, information from two news items on the same topic were combined.

BIRD IS SINGING!

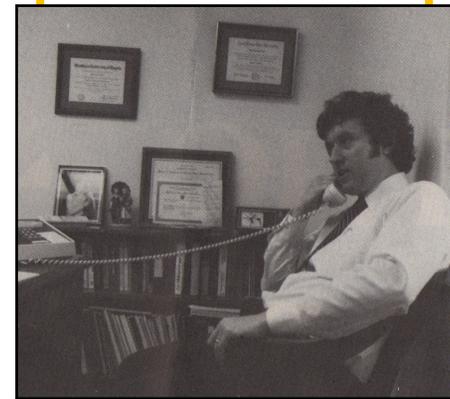
Fall 1980
This Meadowlark (left) was created and designed by local artist Mr. Ray Morrison of Manhattan. Six months in the making, the bird

is over six feet in length and stands four feet high.

Morrison proudly states, “It gives me great joy and pleasure to hear residents and visitors have found the Meadowlark a source of conversation and acclaim. I receive satisfaction in knowing that my work is enjoyed by so many.”

Meadowlarks like visibility when they sing – on a fence wire, telephone wire, shrub or tree. The beautiful Meadowlark which welcomes residents and visitors to Meadowlark Hills is in singing stance.

See MEADOWLARK, Page 2



GRACEFULLY SPEAKING ...

By John Grace,
Administrator

Oct. 5 marks the eight-month anniversary of successful operation of Meadowlark Hills. **Fall 1980**

“Successful” is defined as reaching 90% occupancy of the apartments, 30% occupancy of the Health Care Center, and 95% satisfaction from the people we serve. I have yet to run across one of the over 120 people who have entered Meadowlark Hills who says that the move to Meadowlark was a bad decision. On the contrary, here is a sample of just a few comments from satisfied residents:

~ “I no longer worry

See GRACE, Page 3

MEADOWLARK, Continued from Page 1

Note: Ray Morrison (1918-1993) was married to former resident Norma Morrison. Their son, Jim, is a local attorney and served as Meadowlark's first Board president. is a local attorney and served as Meadowlark's first Board president.

MEADOWLARK HILLS: A BIG BUSINESS

Fall 1980

An annual operating budget of over one million dollars... Over 65 full- and part-time employees... Monthly local purchasing of over \$10,000...

Sounds like big business! We seldom stop of think about just how much the Meadowlark Hills Retirement Center contributes to the local economy of Manhattan.

Meadowlark Hills is one of the largest employers to begin operation in Manhattan during the last few years. Besides pumping thousands of dollars into the local economy, Meadowlark Hills has kept over 100 citizens of Manhattan in their hometown, many of whom would have otherwise moved to Topeka, Newton, Arizona or Florida.

NEW LIBRARY, Winter 1981

Meadowlark Hills has recently acquired a circulating library, due to the combined efforts of residents, the Manhattan Public Library, and a regional library.

Stacks located in the Recreation Room were bought by a combination of gifts from residents and Meadowlark Hills funds. Books in "ordinary print" are supplied by the Manhattan Library in accordance with preferences for types of reading matter as expressed by residents in a poll. Large print books especially suited to the needs of many residents are furnished by North Central Kansas Library.

There is a small permanent collection limited to books of continuing interest, such as books about Kansas history or books by Kansans about Kansans, etc. A variety of current periodicals are available from residents who give their copies to the library when they have finished. There is also a collection of maps and an unabridged dictionary given by Fred and Doris Fenton.

Note: The Recreation Room was located in space now occupied by Grosh Cinema.

GOOD GARDEN YEAR, Fall 1981

Gardening was a most rewarding avocation for many Meadowlark Hills residents in 1981, with the "rewards," in many cases, being shared by the entire community.



This photo from the first Meadowlark Hills newsletter shows the Kimball Ave. entrance prior to the addition of the metal meadowlark.

Meadowlark gardening is carried on chiefly in two areas. One is a substantial tract north and east of the main building, in which any resident may claim a garden plot – small or large according to individual preference and ambition. The other area is west of Meadowlark Road and north of Kimball Avenue, surrounding the six one-story cottages (two multiplex apartment buildings and two duplex apartment buildings), which include 16 of the 92 apartments in Meadowlark Hills.

The 1980 gardening year, Meadowlark's first, was somewhat discouraging because of prolonged drought, hot winds, and previously untilled soils better adapted to their traditional use as pasture than to crops requiring considerable fertility and cultivation.

A further 1980 problem for those using the northeast plots was that water had to be carried by hand for a considerable distance.

1981 has been different. The maintenance staff provided a handy water faucet, and the northeast plots were plowed prior to rototilling. Among this year's crops were green beans, cantaloupes, tomatoes, squash, watermelon, okra, corn, cucumbers and flowers.

VOLUNTEER PROGRAM, Summer 1982

Early this spring, efforts were made to begin a substantial, ongoing Volunteer Program at Meadowlark Hills to be used specifically for the Health Care Center. It was decided to concentrate initial efforts upon the six sponsoring churches of Meadowlark: Blue Valley United Methodist, First Baptist, First Christian, First Lutheran, First Presbyterian and Trinity Presbyterian. Volunteers from other churches or

See MEADOWLARK, Page 3

MEADOWLARK, Continued from Page 2

organizations are most welcome. Some specific volunteer duties suggested are working with individuals and/ or groups of residents on craft projects, cooking classes, or woodworking projects. Others were writing letters for residents, reading to them, attending programs with them, visiting on a frequent basis, going for walks; in many ways, simply being a good friend.

After many meetings, a list of prospective volunteers was obtained. The “pulling together” of these people is still in progress. One person has already started volunteering here. Another avenue for volunteers is recruiting students from the Introduction to Social Work class at Kansas State University.

Meadowlark residents make outstanding contributions as volunteers. Many serve on various committees within the facility, and others contribute by answering the telephone at the front office or in the Health Care Center, assisting at various activities, such as Koffee Klatch, providing transportation to those who may need it, and assisting some residents in the Health Care Center at mealtimes. There are over 50 residents who serve as volunteers.

GRACE, Continued from Page 1

about mowing the yard or calling the plumber...I sleep like a baby at night.”

~ “The meals are great, the staff warm, and my apartment is larger and roomier than I expected.”

~ “Knowing that a nurse is only a few minutes away gives me a great sense of security.”

~ “Living in my home all alone? Here at Meadowlark Hills, I have friends down the hall, and there is always fellowship.”

The success of our program is due to the warmth and friendliness of our staff. From the receptionist at the main desk to the valuable nurses aide in the Care Center, each displays a feeling of caring and concern. We feel that residents come first at Meadowlark.

Now that the community is open and operating, our coming months will be concentrated on filling our Care Center. We believe the services and care offered in our Health Unit far exceed the normal or typical long-term care facility.

Town Meeting Notes, June 1

presented by Lonnie Baker on Channel 1960

Lonnie started with an update on various areas affected by COVID-19 and some data. We know it takes a week to ten days for COVID-19 symptoms to show up and we will have to wait and see the effects of Memorial Day gatherings have on case numbers.

Soon we will be able to understand more about COVID-19 with data and collected information. Meadowlark will continue to plan and be prepared as the community continues to open up.

This week, Meadowlark celebrates its 40th Anniversary! Even though we can not celebrate all together in person, there are still ways to join in. Check the Messengers each week on Monday and Thursday for updates on activities and opportunities to celebrate with us!

Lonnie shared some exciting news about the Kitchen Renovation and Restaurant Expansion Project—we are in the final phase! Construction on the new kitchen has been completed. Kitchen staff have been utilizing the new equipment and larger space the past couple of weeks.

Lonnie addressed common questions we have been receiving at this time.

When do we go back to normal? “I don’t know.” There are still so many uncertainties with COVID-19 to be able to make any final decisions.

When is the salon opening? “Right now!” As of Monday, June 1, Pizazz Salon has reopened for independent living residents. There will be one stylist and one client at a time. If things change, Meadowlark will to have modify steps for safety.

What can I do? “Nothing different than a month ago.” There have been no changes in Meadowlark’s procedures or protocols. This is a critical time to continue following the safety measures put in place as more stores are opening and people are gathering.

Why no visitors at all? “We are following the rules.” According to CMS regulations for continuing care retirement communities, Meadowlark has to consider the entire campus a nursing facility including independent and assisted living areas.

Lonnie shared several reminders: wash your hands, use hand sanitizer, wear a mask, socially distance yourself, make sure you are leaving campus only for necessary reasons, and be safe!

Outdoor Encounters

submitted by Nathan Bolls

During a long hike on our campus perimeter trails on 18 May, I happened upon a cottontail rabbit that was, seemingly, sunning itself right on the trail. I approached slowly, being allowed to within about fifteen feet. My binoculars allowed me something I've seen here-or-there several times before: big alert eyes pulsing with the fire of life—in this case, the rabbit's life!

That experience reminded me of an essay entitled "Thinking like a Mountain" in Aldo Leopold's famous book, *A Sand County Almanac*. Leopold writes of the first time he saw a wolf die. Early in his career as national forest ranger, conservationist, and professor of wildlife management, and hunting in rimrock country deep in the southwestern mountains, he and his partners had fired on a group of wolves crossing a stream below them:

We reached the old wolf in time to watch a fierce green fire dying in her eyes. I realized then, and have known ever since, that there was something new to me in those eyes—something known only to her and to the mountain.

The same could be said of those of us who consider ourselves to be sons and daughters of the Flint Hills. Our eyes burn with something known only to us and these beautiful Tallgrass-covered hills. The same is true of anyone who finds themselves back in a place that causes their hearts, minds, and eyes to burn with that special sense of knowing.

Most of us have known a deep and abiding love. And, we've been blessed by looking deeply enough into our Beloved's eyes to realize that something there burns that is known only to the two of us: the mystery, the promise, the sacred fire of life and love, that very great depth of hope and resilience that flows from committed hearts.

Looking deeply into the eyes of a dear friend, whether long-term or no, can bring much of that same feeling. And, in our current situation, with more free hours than usual on the clock, we have the perfect time to look deeply into the eyes of others, to sharpen our skills at checking on each other, doing for each other, visiting (properly spaced, of course) with each other—for "saying hello in there." For saying we are all in this

Page 4

together, and I care about you.

It also is the perfect time to go outside more, or at least to make looking out the window a common practice. We must reacquaint ourselves also with our wild brothers and sisters. We must care for them by providing their four basic requirements for life: water, food, shelter, and space. They have pretty much figured out how to do whatever else is needed to grow their next generations. If we keep the crust of our Earth safe for them, it also remains safe for us.

Just as among ourselves, we must learn to appreciate the mystery in the lives and natural history of our wild fellow travelers on Spaceship Earth. Just as among ourselves, we must learn to appreciate the right of the wild ones to live out their natural lives—some of which are quite long and others quite short. Some giant tortoises can live over two hundred years, but the adult life of some local mayflies is just 2-4 days. Some mayfly adult lives are measured in hours. However, that does not mean these creatures lack importance in the ecological scheme of things nor that they lack the thread of the Divine that more-and-more people, including scholars of religions and spirituality, accord to all living creatures.

All Divine creatures are in this mess together, must face and endure the many serious challenges still ahead, and correct the many mistakes we humans already have made. Members of all species must come to think of themselves as—or be allowed to act as if they are--part of a deeply interconnected sisterhood and brotherhood—as in Commonhood.

But, an explanatory note from "Our Common Memory," one of the hundreds of poems published by my dear, late wife, Imogene. She wrote, 'Not common as in usual, not common as in plain, but common as in **mutual** . . .'

And further, to paraphrase part of a poem by Galway Kinnell, a top-rank American poet of the middle and latter parts of the 20th Century: If you want to light a fire under some people to start a crusade, you also have to jump into the flame.

To avoid a fate no crystal ball can disavow, the task requires all of us. We can be fed by the fire of life in each other's eyes, be lifted up by each other's spirit, be emboldened by seeing those around us stand up to answer the call—the call to engage what must be done if the crust of this beautiful Earth is to remain habitable for the human species. Let us begin—for real.

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	June 7 ~ Lunch \$12	Dinner \$12
	Chicken Fried Steak Mashed Potatoes & Gravy Vegetable du Jour	Spaghetti & Meat Sauce Garlic Toast Vegetable du Jour
MONDAY	June 8 ~ Lunch \$10	Dinner \$12
	Cheddar & Salami Panini <i>with Caramelized Red Onion & Tomato</i> Pasta Salad Choice of Vegetable	Homemade Fried Chicken Tenders Macaroni & Cheese Coleslaw
TUESDAY	June 9 ~ Lunch \$10	Dinner \$12
	Egg & Bacon Salad Croissant Sandwich Potato Chips Choice of Vegetable	Roast Turkey <i>with Dressing</i> Mashed Potatoes & Gravy Vegetable du Jour
WED.	June 10 ~ Lunch \$10	Dinner \$13
	BBQ Brisket Sandwich Coleslaw Baked Beans	London Broil Loaded Mashed Potatoes Vegetable du Jour
THURS.	June 11 ~ Lunch \$10	Dinner \$12
	Chicken ala King Rice Choice of Vegetable	Fried Pork Cutlet Mashed Potatoes & Gravy Vegetable du Jour
FRIDAY	June 12 ~ Lunch \$10	Dinner \$13
	Beef Tips Noodles Choice of Vegetable	Brisket Lasagna <i>with White Cheese Sauce</i> Garlic Toast Vegetable du Jour
SAT.	June 13 ~ Lunch \$10	Dinner \$15
	Fried Chicken Wings Macaroni & Cheese Choice of Vegetable	Steak Baked Potato Vegetable du Jour

Parade of Families

In the next few days and into the coming weeks, Meadowlark will be scheduling parades for loved ones to drive through and wave to and see residents from their vehicles. These will be organized by living area beginning with the healthcare households and assisted living.

Meadowlark is continually exploring everything that we can safely accomplish within the current regulatory requirements. Parades are a way that we can create a controlled environment with appropriate social distancing without traditional visitation.

A parade for loved ones of independent living residents will be scheduled. Communication about this opportunity will be shared once it is finalized.

Masked Mystery!

Take a guess at which Meadowlark employee is behind the mask. The answer will be revealed in the Monday Messenger!



Word search answer from 5/28.



New Programming: Channel 1960

Update from Lonnie Baker, CEO

Channel 1960, June 5, at 12:30 p.m.

Hear from Meadowlark CEO Lonnie Baker about the organization's most updated information regarding COVID-19 precautions and campus happenings. This message will follow the regularly scheduled Channel 1960 News with Sarah Duggan.

Doobie Brothers: Full Concert

Channel 1960, June 5 @ 7 p.m.

Tune into Channel 1960 at 7 p.m. Friday, June 5, to enjoy a live full concert with The Doobie Brothers. This hour-long live concert was originally performed in Santa Barbara, California, in 1982.

Secrets of the Museum: Episode Two

Channel 1960, June 6, @ 10:05 p.m.

Tune into Channel 1960 at 10:05 a.m. Saturday, June 6, and watch episode two of the 2020 BBC Documentary series, Secrets of the Museum. Cameras have been allowed behind the scenes at the Victoria and Albert Museum in London.

Osher Course: Seven Kansas Women Who Couldn't Vote, Session Two

Channel 1960, June 6 @ 6 p.m.

Before the official right to vote, these women found other ways to affect policy in public spheres dominated by men. The three-part class is led by Jerry Harper, an adjunct instructor at the University of Kansas School of Law and Western Civilizations.

The Osher Institute has made these three sessions available through recordings. The second class will premiere at 6 p.m. Saturday, June 6. A re-run episode will air at 9 a.m. Tuesday, June 9. No registration is required.

Virtual Forest Walk for Relaxation

Channel 1960, June 7, @ 3 p.m.

Enjoy 30 minutes of relaxation at 3 p.m. Sunday, June 7, by tuning into Channel 1960 and enjoying a virtual forest walk with soothing music. This calming opportunity takes you on a scenic walk in Johnston Canyon located in Alberta, Canada.

As Johnson Creek approaches the Bow River, it flows through a large canyon formed by erosion over thousands of years. The creek has cut through the limestone rock to form sheer canyon walls, as well as waterfalls, tunnels, and pools.



Meadowlark Entertainment Guide

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

Friday, June 5

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Channel 1960 News
12:30 p.m.	Update from Lonnie Baker, CEO
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
3:30 p.m.	Meadowlark Trivia Challenge <i>Answer form will be printed in the June 4 Meadowlark Messenger</i>
5:00 p.m.	Channel 1960 News <i>Re-run episode from Noon, 5/29</i>
5:30 p.m.	Update from Lonnie Baker, CEO <i>Re-run from 12:30 p.m. on 6/5</i>
7:00 p.m.	Friday Night Program: <i>Doobie Brothers, 1982 Concert</i>

Saturday, June 6

9:00 a.m.	Comedy Club: Wake Up Funny <i>Re-run episode from 6/3</i>
9:15 a.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 6/5</i>
9:30 a.m.	Band Bust Exercise Class
10:05 a.m.	Secrets of the Museum: Episode 2
12:00 p.m.	Cooking with Lisa: <i>BBQ Chicken Foil Packet, Re-run from 6/1</i>
12:45 p.m.	Cooking with Lisa: <i>Pudding Pops</i>
1:00 p.m.	Sweat It Out Aerobics Class <i>Happy 40th Meadowlark!</i>
2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny <i>Re-run episode from 6/3</i>
3:15 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 6/5</i>

Saturday, June 6

4:30 p.m.	Happy Hour with J-Mix: <i>Spike Jell-O Mold</i> <i>Re-run episode from 6/4</i>
6:00 p.m.	Osher Course: Seven Kansas Women Who Couldn't Vote, <i>Session Two</i>

Sunday, June 7

10:30 a.m.	Sunday Church Service with <i>Chaplain Patty Brown Barnett</i>
11:00 a.m.	Our Planet: Coastal Seas <i>Re-run from 6/2</i>
12:00 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 6/5</i>
12:45 p.m.	Cooking with Lisa: <i>Pudding Pops</i>
1:00 p.m.	Sweat It Out Aerobics Class <i>Happy 40th Meadowlark!</i>
2:00 p.m.	Sunday Church Service <i>Re-run episode from 10:30, 6/7</i>
3:00 p.m.	Virtual Forest Walk for Relaxation: <i>Johnston Canyon,</i> <i>Banff, Alberta, Canada</i>

Monday, June 8

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Secrets of the Museum: Episode 2, <i>Re-run from 6/7</i>
4:00 p.m.	Cooking with Lisa: <i>Pudding Pops, Re-run from 6/7</i>

Weekly Ice Cream Treat! Substitute the weekly ice cream treat for your dessert at lunch or dinner or order it any time for \$2! This week's flavor is a **Nuttin Better Bar**.



Happy 40th Anniversary, Meadowlark!

Meadowlark Anniversary Celebration opportunities are listed below!
 Some of these will earn you points toward winning one of the
 available prizes and individual contests could earn you even more!
 All contest answers and winners will be printed in the June 11 Messenger.

DATE	ACTIVITY
Friday, 6/5	Meadowlark Trivia Challenge at 3:30 p.m. on Channel 1960
6/ _____	Cooking with Lisa: Pudding Pops on Channel 1960 <i>(During Channel 1960 News 6/5 at Noon or 5 p.m. or Saturday and Sunday at 12:45 p.m.)</i>
Saturday, 6/6	Sweat It Out: 80s Aerobic Exercise @ 1 p.m. on Channel 1960
Sunday, 6/7	Sweat It Out: 80s Aerobic Exercise @ 1 p.m. on Channel 1960



COMMEMORATIVE MEADOWLARK T-SHIRTS: CELEBRATING 40 YEARS!



Meadowlark is officially turning 40! Get your limited edition t-shirt for just \$20 by calling Sarah Duggan at (785) 323-3878 or sending an e-mail to sguge@meadowlark.org. Adult tee sizes from small to 3XL are available.

Meadowlark 40th Anniversary:

Trivia Challenge
 Friday, June 5, @ 3:30 p.m.

Tune into Channel 1960 for trivia questions. Cut out and submit this answer sheet to the Hospitality Desk by 10 p.m. Monday, June 8. Call the Hospitality Desk at (785) 323-3847 to have a staff member pick up your answer sheet. Answers will be published in the June 11th edition of the Meadowlark Messenger. If you need an extra answer sheet, contact the Hospitality Desk

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Name: _____