



### Contest Winners

Prize packages will be delivered to your door in the next week.

**Overall Winner**  
Carla Cranmer  
10/11 points!

**Guessing Game**  
Jan Anders  
10/10 correct answers!

**Trivia Game**  
Jo Lyle  
10/10 correct answers!

**Writing Contest**  
Angela Gerena, 1st  
Polly Ferrell, 2nd  
Pam Oehme, 3rd

Answers to last week's games are listed on page 6. Thank you for joining in the fun to celebrate our anniversary virtually!

We'd love to hear what you enjoyed the most about the week's events—send a note to Sarah Duggan at [sguge@meadowlark.org](mailto:sguge@meadowlark.org) or give her a call at (785) 323-3878.

## Oh Lordy, Meadowlark's 40!

Enjoy the winning submission of the writing contest in today's issue!

### FIRST PLACE

### *We Are Meadowlark, by Angela Gerena*

Twelve years ago when I moved to Manhattan, if you had asked me what Meadowlark was, I would have most likely answered "Umm..A bird?" While attending K-State and looking into volunteer opportunities, while also getting my CNA certification, I came across Meadowlark. From the minute I walked in the door, I could tell that Meadowlark was different than any nursing home I had ever been in before, but little did I know then, just how much it would grow to mean to me.

Fast forward a couple years and I was officially hired as a CNA for Meadowlark in Collins House. I have always had a passion for people, and I grew quickly attached to the people I took care of, as well as the people I worked with. Through the years, even while changing positions, little has changed in what I value most about Meadowlark. They say that "Home is where the heart is", and with as much of my heart as I have put into my time here, I can honestly say that it has become a home to me. I have laughed, I have cried, and I have laughed until I cried. I have held the hands of

people as they are sick, scared or dying. I have held crying family

members in my arms, and cried along with them at the loss of their loved ones, whom I had also grown to love. I have played games, I have sang silly songs, and I have above all else, been here through thick and thin for people who sometimes have no one else. You see, Meadowlark's heart and soul is its people. Not just the people that live here, but also the people who work here. I can walk down the hall and get a good morning from everyone I pass. I get to celebrate momentous events and milestones with not just my own family, but with an entire building of "grandparents" and also coworkers who have become like family. Who knew that birthdays were still a thing when you turn 100? Who knew that when something big happens in MY life, it would be celebrated by even the people I am here to care for; where else in the world would the people being cared for also care so much about the staff?

The current lockdown due to Coronavirus has really taken a toll on me, and has been a cause of much reflection. The Meadowlark way of life has become so natural to me, and has been such a big part of why I work here, that when you take that away and put us all in separate

See WINNERS, Page 2



### COMMEMORATIVE MEADOWLARK T-SHIRTS

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](mailto:sguge@meadowlark.org). Adult tee sizes from small to 3XL are available.



## Happy Birthday, Helen!

Meadowlark resident, Helen Roser, will celebrate her birthday Friday, June 26!

*\*Editor apologizes for overlooking this listing from the May 28 Messenger.*

### WINNERS, Continued from Page 1

offices, and cancel in person events, and limit our interactions, what is my reason for still being here? I have clearly taken for granted all that I have here, and now more than ever realize the value of interaction, and relationships I have built. But even in the quiet, and without the normal hustle and bustle, and without being surrounded by all the people, I can still see it—we have found new ways of interacting and reaching each other through virtual meetings, our own TV channel, online activities and so much more. When I leave work and see residents sitting outside I love to smile and wave—it is SO GOOD to see even just a few of the people I have been missing. I have gotten to see new and different parts of Meadowlark that I've never seen before. I've walked out on the trails and just sat looking out over the campus from a bench overlooking the valley that I never knew existed. I've made friends with the wildlife; "Tom" the squirrel comes to sit on our window ledge often at our temporary office, and the birds are quite active. I have become now, more than ever before, the voice of the residents I serve, and their support system, while their loved ones can't be here themselves. I am still valued, I am essential (I even have a letter from HR saying so) and I am still a part of something bigger than myself.

We have all come together to do our part to keep the people safe that we value most. It is not easy being isolated, it is not easy to be apart from the heart and soul of what makes Meadowlark special to me, but in the end I know that "This too shall pass", and the day I see everyone again will make it all worthwhile. If the original people of Meadowlark from 40 years ago could see us now, what do you think they would say? I think they would say "Well done Meadowlark, look at how you have grown. Look at how you have gotten through this challenging time TOGETHER." We are still here. We are still strong. WE are MEADOWLARK.

Page 2

## SECOND PLACE

### *The Road to Meadowlark Hills* by Polly Ferrell

Growing up in a family of eight, I know the delights of someone always available to share life, but that scenario changed as I reached adulthood. First there was me—alone, as an excited single professional, then married for life—to the love of my life and then adding two children for the joy of my life. But, life changed and my love, Johnnie, was gone. Those children grew and flew to their own nests. Here I was—alone again. Soon I knew that was not how I wanted to live the rest of my life. I needed and wanted to be surrounded by people. So, when Meadowlark Hills Retirement Community opened its doors in 1980, I knew that was where my later years could continue to be filled with joy and activity of a wonderful family. The actual decision to move to Meadowlark Hills (MLH) came sooner than I expected.

In January 1998 I experienced a spinal fracture and was diagnosed with osteoporosis. It was time to begin preparations for my move to MLH—sometime in the future. By June 1998, my name was accepted into the Passport program. With my future in place I moved forward with the assurance of knowing there was a new home waiting for me.

The next decade was spent enjoying family and friends in several communities across Kansas. Each year I evaluated my readiness to move to MLH and in 2009 the time seemed right. My health was strong; I was mentally and physically active. I was ready to become acquainted with my new home and the myriad of opportunities available to me as a member of the MLH family. I walked through the door and I was home.

Now, ten plus years later, our Meadowlark Hills campus is closed because of the coronavirus pandemic; but it is still my home, overflowing with loving friends and caring staff. Life's journey continues to be filled with excitement and joy. Meadowlark Hills. Home sweet home.

## THIRD PLACE

### ***What Meadowlark Means to Me for Meadowlark's 40th Anniversary, by Pamela S. Oehme***

My “partnership” with Meadowlark has continued for four decades — from employee, to investor, to moving-in and visiting family members, to becoming an independent living resident, to becoming a Meadowlark Spirit Award Winner, to being elected as a Neighborhood Representative to the Independent Living Council, and most recently, being elected to the Board of Trustees... whew!

#### **Employment**

From the mid-1980's to the early 1990's, I worked as the second shift, nursing supervisor (2 PM to 10 PM.) Linda Frey, Director of Nursing, hired me. Linda continues to serve Meadowlark as a piano player for worship events. The following people were working at Meadowlark when I arrived and ARE STILL employed except, Shirley Escamilla, the housekeeping supervisor, who recently retired: Mike Davis, Maintenance Supervisor (his department was located where the Transportation Department now resides); Sherry Smith, assistant to Linda Frey, now Lyle House Coordinator; Vivian Dane, PT assistant, now working in Bramlage; and, Marsha Miller, a kitchen worker. Meadowlark was a 60-bed nursing home with open halls where Sloan, Honstead and the Administrative area are now housed. On the west side of the Administration Area were resident rooms; on the east side were the dining room and recreation room. I continue to remember, most fondly, many of the residents we cared for, and the nurses with whom I worked.

It was decided that those residents with dementia should live separately from those with mostly physical disabilities. It seemed disturbing to both populations to be housed together. Linda and I visited three dementia units to get an idea of how to design and manage Meadowlark's “Special Care” area. I wrote and presented the plan and... Ta Da...it came to fruition! It was located where Honstead house is, with a dinning room, living room, and patio located where the hall and elevators are, between Honstead and Lyle Houses. A CNA and I worked the evening shift in the unit for two years before I retired from my job at Meadowlark.

What did it mean to me to be an employee of Meadowlark Hills? It gave me a sense of pride for

how we genuinely and gently care for our residents - treating them with dignity and respect. It gave me a sense of accomplishment and fulfillment providing specialized care to a diverse population. It gave me camaraderie with people I enjoyed as friends and coworkers.

#### **Investor**

At some time, Meadowlark decided to expand. My husband and I purchased bonds to help with the funding. It was important to us to see Meadowlark succeed and expand. It meant success.

#### **Family members living at Meadowlark**

The first of my family to live at Meadowlark was my father, Reuben (Ben) Day. He and my mother moved to Manhattan in 1997. My father had dementia. Mom was struggling with his disease when, after years of begging, they moved from San Diego, CA to Manhattan, KS. Mom cried the whole way from there to here. She did not want to leave the Pacific Ocean and Southern California's idyllic weather to come to...what?...flat, humid, hot and cold Kansas. One day, while driving my parents through the Flint Hills, I asked, “Isn't it beautiful?” My mom, slowing turned her head from left to right, a full 180 degrees, looking very carefully, sighed and said, “But, there's NOTHING out there.” After about ten years, she began to appreciate our subtle beauty! Dad lived at Meadowlark two different times. He lived for a time in our 60 bed nursing home until some time during the construction of Lyle House. The noise was too disturbing for him. He returned to his home with my mom for awhile until his behavior was too difficult for her to handle. At that time, he moved into the area where Stolzer and Collins are now located. However, at that time, there was only one household; no division within that vast area. Mom decided it was best to move him to Leonardville Nursing Home where he died in 2001. I visited my Dad, almost daily, while he lived in Manhattan and at Meadowlark. I would floss his teeth, check on his care, and enjoy the staff who cared for him. Jerrie Rieck, who continues to work at Meadowlark, cared for my dad; gave him baths. To this day, when we meet, we hug each other fiercely and I thank her for the gentle care she provided him.

See WINNERS, Page 4

### **WINNERS, Continued from Page 3**

The next family member to move to Meadowlark was my aunt, Florence Day. My mother convinced her to move from San Diego, CA in 2000 to Meadowlark when she was NINETY-FIVE years old. She lived on the fourth floor until her death, five years later. (After brief stay, she died at Stoneybrook Nursing Home because Meadowlark did not have any available healthcare beds.) I visited her 2-3 times a week. She was a generous, financial supporter of Meadowlark. Her name is on a plaque, on the wall, to the west of the Community room.

The third family member to live at Meadowlark was my mother. She too developed dementia and moved into Tinklin House in April of 2009. I was so worried about moving her. Elaina, the household coordinator, took both my hands into hers, looked directly into my eyes and said, "This is the perfect place for your mother to live." This was very reassuring to me. I'll never forget the kindness she gave to Mom and me. Linda Frey and I interacted again. She was the clinical coordinator of Tinklin and Miller. Mom and I visited Tinklin many times and she stayed for some meals and visiting before moving into room 11. The move went smoothly and the care she received was truly outstanding. Mom and her cat enjoyed living there. I visited every day. In September of 2012, my mother was made to move to Collins. She died four months later, twenty-six days short of becoming ninety years old.

The fourth and fifth family members to live at Meadowlark were my husband, Fred Oehme, and me! We moved into 2212 Meadowlark Rd in June of 2011. I could wave to my mother from my living room window to her, standing in Tinklin's parlor window! Fred and I lived here until September of 2012. Fred fell, broke his hip, and lived in Wroten house until his death in April of 2018. Again, I visited Fred almost daily for five and one-half years. He was my sunshine. The staff at Wroten, Susan Meeker, Trish Reichart, Ebonie Christian and too many CNAs, CMAs and cooks to remember, took good care of Fred and became my friends.

Our cottage is the BEST residence on the Meadowlark Campus. Why? I am able to see gorgeous sunrises and sunsets. I see KSU cattle wondering on the Flint Hills and hear their bellowing when calves are born. I see residents,

hard at work, in our community garden. I have a beautiful, TALL, blue spruce that fills the view from my kitchen window. A beautiful honey locust tree shades our cottage from the hot, summer sun. I am able to see "all the goings-on" at the Tinklin/Miller entrance/exit. From our screened-in porch, I see native, tall and short, blue-stem grass, trees, bushes, birds, coyotes, deer, rabbits, opossums, prairie voles, squirrels, feral cats and an occasional, visiting dog. Mike Davis and his maintenance crew planned and remodeled our cottage to support Fred's decreasing mobility issues, our need for lots of eastern sunshine and protection from insects (hence we added a sunroom and screened-in porch) and, a walk-in tub for my skin condition and relaxation. I have seriously huge closet space and a garage that houses my car and even more storage. Although the square footage is too much for just me, this residence has been the perfect place for living and aging!

This article couldn't be long enough to express what these YEARS of visiting and living at Meadowlark has meant to me. I'm sure my soul will hover over Meadowlark for eternity. My DNA has been shed in every building, household, trail, sidewalk and street. I am part of Meadowlark.

### **Award and Elected Positions**

A few years ago, I was awarded the second, Margaret Wheat Spirit of Meadowlark Hills Award. Margaret Wheat was a nurse, a former resident and long-serving board member. Margaret and I met while she and I were working at, the then, Mercy Hospital. Her husband, John, was instrumental in creating the Community Garden. The Spirit Award "honors a resident who embodies the spirit and person-centered culture of Meadowlark." I was truly surprised upon being given this award. It meant that I was appreciated for being, and living, like an "ideal" contributor to the Meadowlark organization. It's heart warming to be appreciated!

Independent Living Residents are grouped into "neighborhoods". The purpose of neighborhoods is to promote fellowship and communication within smaller groups of people living at Meadowlark. Each "neighborhood" elects a representative to be their voice at the Independent Living Council and to be a fellowship leader. This person coordinates monthly

**See WINNERS, Page 5**

## WINNERS, Continued from Page 4

neighborhood meals and communicates information between the “neighborhood” and Meadowlark’s Independent Living Council. The Independent Living Council meets once a month and is comprised of Meadowlark’s CEO, the Resident Services Leader, the Support Services Director, each neighborhood representative (of which there are 10-11), the Independent Living Council President (an Independent Living resident), and one-three Board of Trustee members. This position meant I was a contributing fellowship and input into how our community works. This kind of contribution and responsibility is purposeful, fulfilling and fun.

Most recently, I have been elected by all Meadowlark Independent Living Residents to the Meadowlark Hills Board of Trustees. This body of individuals of Meadowlark residents, Meadowlark staff and the Manhattan Community, share the responsibility of creating Meadowlark’s image, deciding how money is “earned” and spent (with input from the Meadowlark Foundation Board), establishing policies and procedures and governing care in our care-households. Having been to only two meetings, I may be missing some important aspects of this Board. This position allows me to bring four decades of experience with: all departments and almost all households; the perspective of an independent living resident; the perspective of a Manhattan Community resident; and, the perspective of the professions of nursing and medicine to help lead Meadowlark Hills! I am proud to be able to bring this experience and perspective to an organization that I love.

## HONORABLE MENTION

### *Living at Meadowlark Hills, by Jeanne Lundin*

I am so glad I’m living at Meadowlark during this virus and so is my family. I have lived in Manhattan since 1943 and lived in my last house for 50 years before moving up here. When I was thinking where and what should I do when I left my home after my husband passed away, my eldest daughter said, “Mom you can move to any city where your family lives, but remember we are all still working and you would have to find your own friends and your way around.” My five children live coast to coast—Virginia, North Carolina, Dallas, Sacramento, and at the time Alaska, but she has since moved near Wamego. I said well this is where my friends are and I love my church. We all wish there was an airport they could fly into whereas Kansas City is the closest and they rent a car and drive up. They have to come see me now where I used to do the traveling.

I have lived at Meadowlark on second floor in a 2 bedroom 2 bath apartment on the south for 16 years now. When I first came I went on all the trips and took part in many activities but I just celebrated my 95th birthday so have slowed down. It has not been difficult staying home because of COVID-19 as I read, have a puzzle on the table, still cook and bake and I love to write on my computer and email. Also having a big balcony on the couth I have two hanging baskets and plants to care for.

Over the years more of my friends moved up here and I enjoy making new ones. I had a car when I first came but Meadowlark has such good transportation they will take you anywhere and they are so gracious. The exercise programs are outstanding. We are fortunate to have doctors and therapists on campus and so convenient for all. With our new dining room and kitchen it will be a pleasure to eat some of our meals downstairs. My family enjoys coming to visit me and know I am being well cared for. They are pleased and I am too that I wear a responder to signal for help if I fall. I may live alone but knowing that help is near, I am not afraid living here in Meadowlark Hills.

### **Outdoor Adventure**, *submitted by Sue Hunt*

If you are looking for a little adventure with your exercise take an early morning stroll to Leon’s Glen (the flower field on the way to the pond).

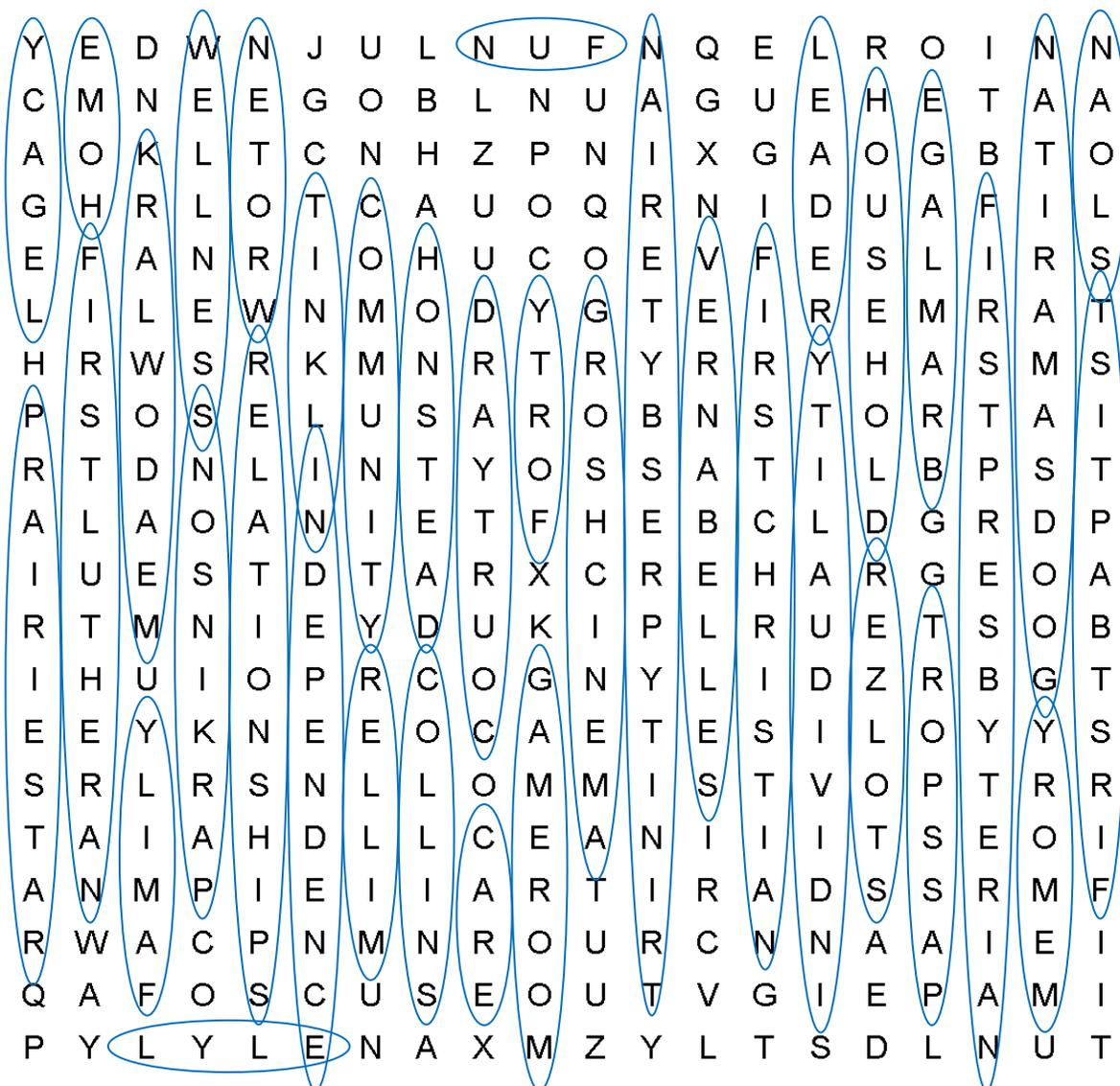
Early spring flowers are starting to bloom.

Looking into the tall Canada rye are butterfly week (orange bloom), a large stand of Penstomen (white flower spike), and there could be many more soon.

Then take the new path to the cemetery and enjoy a lot of various wild blooms. I have never seen a more beautiful display.

## How'd You Do? See below for answers to the 40th Anniversary activities.

### Meadowlark Word Search Answers



### Guessing Game Answers

1. Apple Computer (1976)
2. Enterprise Space Shuttle (1976)
3. Meadowlark (Chris Nelson—June 16, 1980)
4. Ashton Kutcher (1978)
5. Whatchamacallit (1978)
6. Meadowlark (Diet Coke—1982)
7. Meadowlark (Lean Cuisine—1981)
8. Meadowlark (Jessie's Girl—1981)
9. Meadowlark (Raiders of the Lost Ark Premiere—1982)
10. JAWS 2 Premiere (1978)

### Trivia Game Answers

1. 1977
2. Bayer Pond
3. 2008/2009
4. Christmas Carousel
5. Passport Program
6. Parkinson's Program / Memory Program
7. Marshall Schirer, Evans Roth, Howard McManis, Geraldine Mcmanis, Harry Nelson, Hal Deters, Alvin Zimmerman, John Buller, Kris Areheart, David Peterson, J.W. Taylor, Jim Morrison, Mary Border
8. Stillman Cemetery
9. Margaret Wheat
10. Ray Morrison

# June 14 is Flag Day!

Elizabeth Layton  
*Saluting the Flag*, 1984

Colored pencil and graphite on paper  
KSU, Marianna Kistler Beach Museum  
of Art, gift of Dorothy Nelson 1997.6



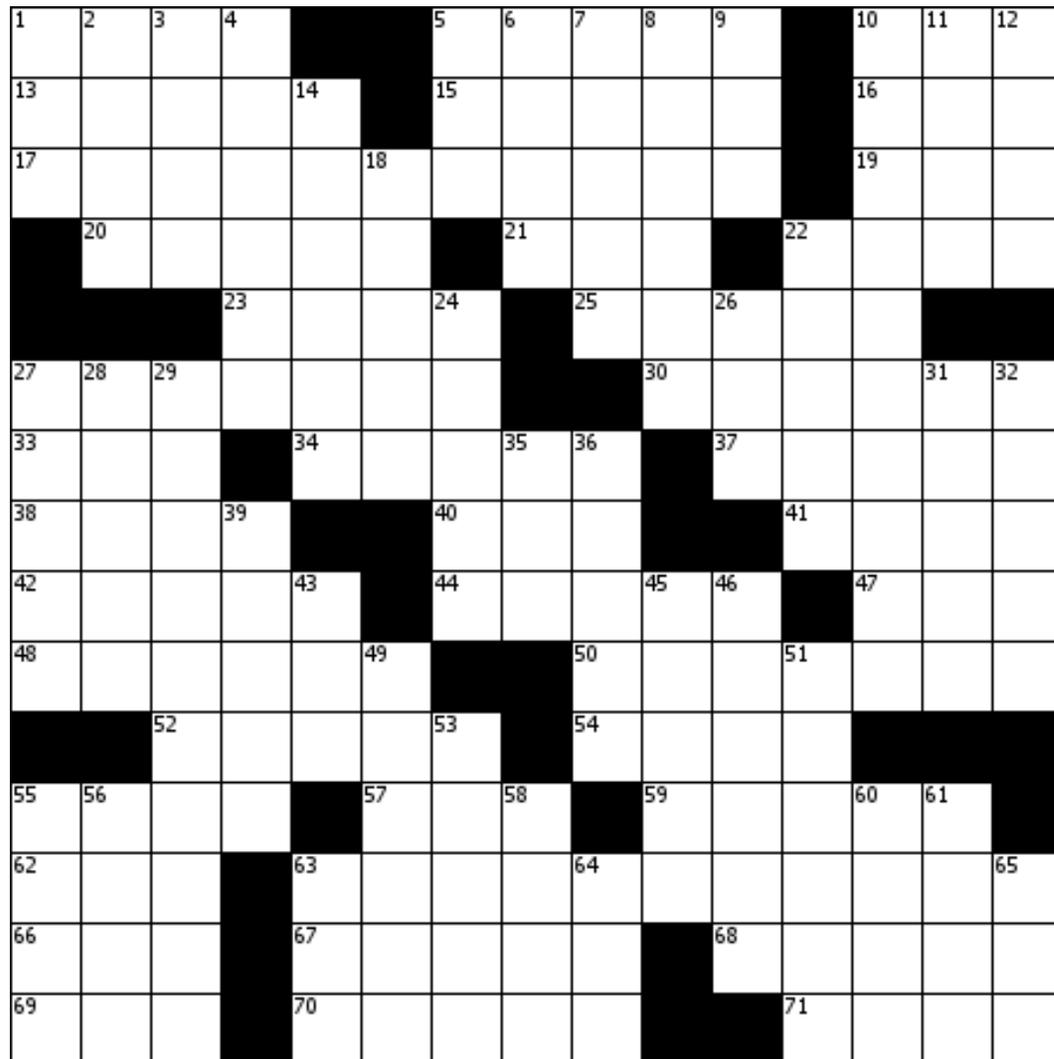
**On June 14, 1777**, the Second Continental Congress passed a resolution stating that, “the flag of the United States be 13 stripes, alternate red and white,” and that, “the Union be 13 stars, white in a blue field, representing a new constellation.”

It wasn't until 1912 when President Taft signed an executive order that we had some guidelines on what the flag should look like, including proportions of the flag, with a specific arrangement and orientation of the stars. Until then, there had been many different designs some of them using six and eight point stars. Celebrate this Flag Day by looking at some of the many designs prior to 1912 on this website: <https://www.ushistory.org/betsy/flagfact.html>.

# Work That Brain!

## Across

1. Kindergarten basics
5. Abs exercise
10. Quart parts: Abbr.
13. Piece of land
15. Caribbean resort island
16. Go bad, as fruit
17. Physical work
19. Neighbor of Wash.
20. New \_\_, India
21. Teachers' org.
22. Urban pollution
23. Engine noise
25. Michigan or Minnesota
27. Splash droplets on
30. Drinks noisily
33. Large coffee maker
34. Figure of speech
37. Game-show host
38. Lollobrigida of film
40. L-P link
41. Skin opening
42. Grownup
44. Copper or aluminum
47. Prepare to shoot
48. Broadcasts again
50. Bridge support
52. Cake section
54. Prefix for present
55. Six o'clock broadcast
57. Harbor boat
59. In first place
62. Gardner of Hollywood
63. Onetime NASA satellite launcher
66. Wooden pin
67. Watchful
68. Ancient Scandinavian
69. Before, in verse
70. Oregano and basil
71. Spouse



## Down

1. 24-hr. bank feature
2. Actor Pitt
3. 27 Down source
4. Carve, as a statue
5. Actor Mineo
6. Teheran's country
7. Toothpaste containers
8. WWII subs
9. \_\_ for the course
10. Painter's application
11. Fuss
12. Guys-only event
14. South Pacific island
18. Like notebook paper
22. Tree-trunk remainder
24. Fairy-tale writing brother
26. Stein contents
27. Coffee additive
28. \_\_ and joy
29. Yearly earnings
31. Danger
32. Teacher's request
35. Afternoon hour
36. Maxim
39. Fictitious name
43. Have a go at
45. Knight suit
46. One of the Beatles
49. Come to terms
51. "Cheers" or "Friends"
53. Measuring stick
55. Back of the neck
56. Hardly \_\_ (rarely)
58. Clothing
60. Gumbo veggie
61. Flea, e.g.
63. Sound of satisfaction
64. City roads: Abbr.
65. Golf platform

## Movies with One Word Titles

T	E	A	H	L	R	Y	K	C	O	R	H	S	N
L	N	O	D	D	E	G	A	M	R	A	A	E	E
B	G	T	H	J	I	O	J	O	M	C	N	R	M
R	A	R	O	E	H	A	G	A	A	E	C	A	H
A	W	H	E	O	D	A	C	J	W	E	O	G	C
V	T	J	O	A	T	A	I	I	U	S	C	O	T
E	S	W	U	N	S	S	L	K	N	N	K	N	A
H	E	E	I	M	R	E	I	I	O	A	O	W	W
E	W	V	V	L	A	O	A	E	E	I	T	I	C
A	A	N	I	E	I	N	N	C	I	N	O	I	N
R	S	J	N	T	N	G	J	L	L	J	S	E	T
T	A	Y	N	J	A	Y	H	I	M	G	O	H	E
A	A	D	C	W	A	M	V	T	S	W	I	E	O
O	V	M	E	N	E	E	W	O	L	L	A	H	A

JAWS  
 BRAVEHEART  
 TITANIC  
 ROCKY  
 ALIEN  
 WATCHMEN  
 JUMANJI  
 TWILIGHT  
 ARMAGEDDON  
 JUNO  
 SAW  
 HALLOWEEN  
 ERAGON  
 EVITA  
 SEVEN  
 TOOTSIE  
 GREASE  
 HANCOCK

	3	8		6				
	2				8			9
7	1		3	9	4	6		
	6		8					
5								7
					2		1	
		9	4	2	1		5	3
2			6				4	
				3		7	6	

**Sudoku** is played on a grid of 9x9 spaces. Each row, column, and square needs to be filled out with the numbers 1-9 without repeating any numbers within the row, column, or square.

Don't guess. If you don't know what number to put in a certain space, keep scanning the other areas of the grid until you see an opportunity to place a number.

**Why did the turkey cross the road twice?**

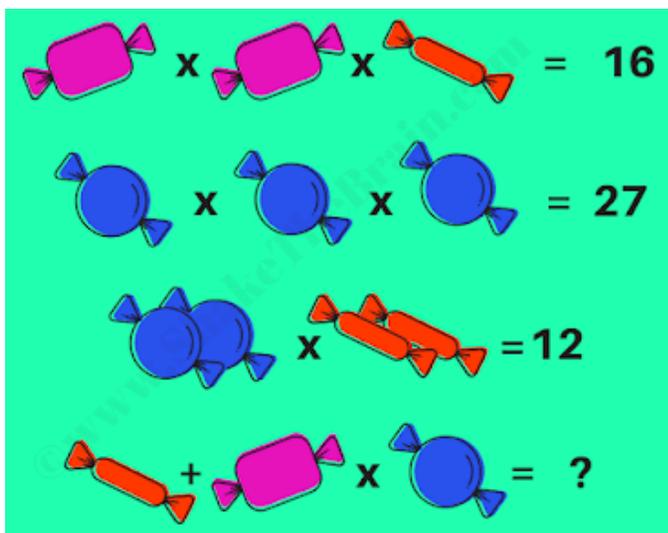
To prove he wasn't a chicken!



## MASKED MYSTERY!

*Who am I?* Take a guess at which Meadowlark employee is behind the mask. The answer will be revealed June 15 in the Monday Messenger!

*Solution to Math Picture Puzzle from 6/4*



Pink Candy = 4

Blue Candy = 3

Red Candy = 1

Mystery Equation:  $1 + 4 \times 3 = 1 + 12$

**Final Answer = 13**

Page 10

## New Programming: Channel 1960

### Update from Lonnie Baker, CEO

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

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

### Adele: Live Full Concert, 2020

*Channel 1960, June 12 @ 7 p.m.*

Tune into Channel 1960 at 7 p.m. Friday, June 12, to enjoy the live full concert from with Adele. This collection of live songs was made available on YouTube in January 2020. Adele is an award-winning English singer-songwriter.

### The World of Stonehenge: Episode 2

*Channel 1960, June 13, @ 10:05 a.m.*

Tune into Channel 1960 at 10:05 a.m. Saturday, June 13, and watch episode two of the 2018 BBC Documentary series, The World of Stonehenge.

Episode two is titled, *Age of Ancestors*. Neil Oliver continues the story of how today's Britain and its people were forged over thousands of years of ancient history. It's 4000 BC and the first farmers arrive from Europe, with seismic consequences for the local hunter-gathers.

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

*Channel 1960, June 13 @ 6 p.m.*

Before the official right to vote, these women found other ways to affect policy in public spheres dominated by men. The final class will premiere at 6 p.m. Saturday, June 13. A re-run episode will air at 9 a.m. Tuesday, June 16. No registration is required.

### Guided Meditation for Deep Positivity

*Channel 1960, June 14, @ 3 p.m.*

Spend 20 minutes with Guided Meditation for Deep Positivity at 3 p.m. Sunday, June 14, on Channel 1960. This relaxation opportunity infuses deep positivity by broadening your mind through the *Law of Attraction*. You will end the session with the option to wake from your relaxed state feeling refreshed and rejuvenated for your week ahead.



# Meadowlark Entertainment Guide

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

## Friday, June 12

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:45 a.m.	Project Update with BHS <i>Re-run episode from 6/9</i>
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
4:30 p.m.	Poetry Moment: "Change" <i>Re-run episode from 6/10</i>
4:45 p.m.	Project Update with BHS <i>Re-run episode from 6/9</i>
5:00 p.m.	Channel 1960 News <i>Re-run episode from Noon, 6/12</i>
5:30 p.m.	Update from Lonnie Baker, CEO <i>Re-run from 12:30 p.m. on 6/12</i>
7:00 p.m.	Friday Night Program: <i>Adele—Live Full Concert</i>

## Saturday, June 13

8:45 a.m.	Project Update with BHS <i>Re-run episode from 6/9</i>
9:00 a.m.	Comedy Club: Wake Up Funny <i>Re-run episode from 6/10</i>
9:15 a.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 6/12</i>
9:30 a.m.	Band Bust Exercise Class
10:05 a.m.	The World of Stonehenge, Episode 2: Age of Ancestors
2:00 p.m.	Band Bust Exercise Class
2:45 p.m.	Project Update with BHS <i>Re-run episode from 6/9</i>
3:00 p.m.	Comedy Club: Afternoon Funny <i>Re-run episode from 6/10</i>

## Saturday, June 13

3:15 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 6/12</i>
4:30 p.m.	Happy Hour with J-Mix: <i>Tropical Mango Sangria</i> <i>Re-run episode from 6/11</i>
6:00 p.m.	Osher Course: Seven Kansas Women Who Couldn't Vote, <i>Session Three</i>

## Sunday, June 14

9:00 a.m.	Change & Loss Group <i>Re-run episode from 6/9</i>
10:30 a.m.	Sunday Church Service with <i>Chaplain Patty Brown Barnett</i>
11:00 a.m.	Our Planet: Jungles <i>Re-run episode from 6/9</i>
12:00 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 6/12</i>
1:45 p.m.	Poetry Moment: "Change" <i>Re-run episode from 6/10</i>
2:00 p.m.	Sunday Church Service <i>Re-run episode from 10:30, 6/14</i>
3:00 p.m.	Guided Meditation for Deep <i>Positivity with Repeated Listening</i>

## Monday, June 15

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Cooking with Lisa: <i>Grilled Pineapple &amp; Steak</i>
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	The World of Stonehenge, Episode 2: Age of Ancestors <i>Re-run episode from 6/13</i>

# 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 14 ~ Lunch \$12	Dinner \$14
	Grilled BBQ Chicken Breast Au Gratin Potatoes Vegetable du Jour	Coconut Shrimp Roasted Red Potatoes Vegetable du Jour
MONDAY	June 15 ~ Lunch \$10	Dinner \$12
	Tater Tot Casserole Choice of Vegetable	Baked Ham <i>with Sugar Glaze</i> Mashed Sweet Potatoes Vegetable du Jour
TUESDAY	June 16 ~ Lunch \$10	Dinner \$12
	Pulled Pork Burrito <i>with Enchilada Sauce</i> Rice Refried Beans	Cajun Spiced Chicken Leg & Thigh Corn Pudding Red Beans & Rice
WED.	June 17 ~ Lunch \$10	Dinner \$11
	Italian Wedding Meatballs & Spaghetti Garlic Toast Choice of Vegetable	Meatloaf <i>with Glaze</i> Scalloped Potatoes Vegetable du Jour
THURS.	June 18 ~ Lunch \$10	Dinner \$13
	Brisket Panini <i>with Caramelized Red Onions, Horseradish, &amp; Swiss Cheese</i> French Fries & Coleslaw	Orange Teriyaki Pork Tenderloin Rice Vegetable du Jour
FRIDAY	June 19 ~ Lunch \$10	Dinner \$12
	Sautéed White Fish <i>with Orange Butter</i> Rice Pilaf Choice of Vegetable	BBQ Baby Back Ribs Baked Beans Corn on the Cob
SAT.	June 20 ~ Lunch \$10	Dinner \$14
	Fried Chicken Sandwich Sweet Potato Fries Choice of Vegetable	Grilled Salmon <i>with Dill Sauce</i> Baked Potato Vegetable du Jour