



MEADOWLARK

Messenger

June 25, 2020

Manhattan, Kansas

Messenger Editor: Sarah Duggan

A local not-for-profit focused on supporting people in living their best lives **even in the midst of a viral pandemic**



"Marked by Lidia," right, is one of several daylily varieties growing at the home of Jo Lyle, 2240 Meadowlark Road. "Angel Kim" is blooming, too. [left] Photos by Jo Lyle



Pretty posies brighten walks around Meadowlark campus

By Becky Fitzgerald, Development Director

Nearly every day since late March, Meadowlark resident Jo Lyle has posted a photo of a bloom of some sort on her Facebook page. A flowering crabapple and violets in April. Iris and peonies in May. June has brought photos of roses and daylilies.



"I've loved flowers my whole life," said Lyle, a member of the Flint Hills Daylily Society. "I've tried to do something positive because there is so much negative out there now."

Some of her photos were taken in exotic locations while she was on a cruise earlier this year, but lately, more and more photos have been taken at her own garden or as she's walking the sidewalks and trails of Meadowlark's campus. She and other flower gardeners invite their neighbors to appreciate the beauty that has been tended by their green thumbs and Mother Nature.

In addition to Lyle's flower beds at 2240 Meadowlark Road, here are some other suggested locations to visit:

~ **Community Garden**, at the corner of Meadowlark Road and Meadowlark Circle. John Schlender, also a Daylily Society member, has planted 30 varieties of daylilies in two rows in his space at the garden's northeast corner.

See FLOWER, Page 2

FLOWER, Continued from Page 1

Three varieties are blooming now with the arrival of the lilies' "mid-season", with the others on the way.

Harriette Janke has planted several perennials in her beds bordered by railroad ties at the garden's southeast corner. The Asiatic lilies bloomed earlier this month, but daylilies, daisies, and others are showing off for visitors now.

The brick-paved walkways among the garden plots make flower viewing accessible for many, Schlender said. Both he and Janke encourage visitors to see their flowers as well as those grown by Passport members Richard and Elisabeth Vanderlip, who tend a space at the northwest end.

~ **2230 Meadowlark Road**, home of Bob and Yvonne Crawford. Thirteen pots with colorful annuals from Kaw Valley Greenhouses are best viewed by walking along Meadowlark Circle, Bob Crawford said. Prior to the pandemic, Crawford worked two days weekly at Kaw Valley, which is owned by his son-in-law's family.

"Kaw Valley tests flowers before selling them, so I plant different flowers each year in my home test garden, checking how they react to sun, water, and fertilizer," Crawford explained.

Kaw Valley donated annuals to fill containers in the courtyard and on the Lyle House patio. Crawford planted these, and two other Meadowlark Bobs, Pulford and Snell, help Crawford water them. In the courtyard, there are two varieties of begonias, a pink petunia called "Bubblegum," and baby petunias known as calibrachoa (kala-bruh-ko-ah)

Strolling residents who see Crawford tending any of these pretty posies are welcome to ask questions, he said. Please keep to a social distance.

~ **1120 Meadowlark Circle**, home of Fred and Pat Freeman. Pat Freeman brought her love of daylilies and other flowers to their Meadowlark home, and she invites residents to "come up and take a look." A bed near their front door stretches toward their next door neighbor's side of the duplex, and other flowers may be viewed from the nature trail behind their home.

Freeman, one of the Daylily Society's earliest members, said she didn't keep track of which flowers were which when she planted them, and she's now doing research to recover their lost names.

~ **Bayer Pond Nature Area**. Wildflowers and flowering weeds, such as thistle, are visible now in several areas. (See Sue Hunt's Outdoor Adventures report on Page 3)



Photo by Jana Armfield

Bob Crawford plants calibrachoa at the Lyle House patio this spring.



Photos by Jo Lyle

[above] Clematis has been called "the queen of all vines." This purple beauty is growing at the home of Bob and Carla Cranmer, 2022 Meadowlark Road.

[above right] Commonly known as Poppy Mallow or Wine Cups, this wildflower is blooming at our Bayer Pond Nature Area.

On the Love Letter

submitted by Helen Roser

The County of Los Angeles, being the world's largest, sent out a multitude of stiff, correct letters. Occasionally, there was need for a less stiff letter that would smooth important ruffled feathers.

I had written one (never openly discussed, but the subject of whispers) that soothed the powerful judge. His wig had been blown off by our air conditioner as he toured with other VIPs.

Shortly after, a stranger came into my office. He was a medium-young man, short with a pudgy build and curly dark hair. He was holding a billfold in front. Clearly, he wanted to be sure I saw it.

In a barely audible voice, he said: "I have been told you write letters. Will you write one for me? I will pay you."

I said: "You don't need to pay me. I'll be glad to try to help you. What kind of letter do you need?"

He had told me his name was Frank, but he definitely was a Frankie. Frankie's eyes took on a dreamy glaze. He lifted his head with a far-away look. "Something romantic," Frankie said. "That says 'where were you' and 'moon and June'. Like that."

I thought Frankie's girl must be something else to have him this wrought up. I didn't think to ask her name, but I told Frankie I'd try to have a letter for him tomorrow if he would stop by.

That night, I thought of love-lorn Frankie and wrote a letter for him to send to his beloved. I don't remember the words. The letter was short and sweet and I hoped it represented sweet, gentle love-lorn Frankie. I typed it, put it in an envelope and sealed it.

Frankie came bright and early for his letter. He was excited and tried to pay me. I declined his money and told him: "Go someplace quiet and read it. If it doesn't work, let me know and I'll try again." He took his letter and left.

That afternoon, a woman who knew Frankie came to my office. Her eyes were twinkling and she was laughing as she told me: "Frank has told everyone you wrote a letter for him. He is in the Xerox room, making copies of your letter. He has a big stack of envelopes. I think he is sending the

letter to every girl he knows and everyone he would like to know!"

I never heard from Frankie, but about a year later, Frankie saw me in the grocery store. He came over to me, smiling broadly. He said: "I am married now! It is nice! My mother likes her a lot, too!" I told Frankie I was happy for him. I never saw him again.

Maybe one of the Xeroxed copies did the trick. I hope so.

Outdoor Adventures

submitted by Sue Hunt

On a cool, less humid morning trip to the pond was the week of Black-eye Susans and waves of white Fleabane and Hemlock (white lacy blossom). If you look a little closer to the ground at the north walk of Leon's Glen, small butterfly weed and a row of purple Vervain is almost ready to bloom. I stood still to see two white tail deer come out of the woods for breakfast.

On the walk (south) to the Gazebo at the bench halfway—across to the fence Beebalm (purple flowers) is in bloom. At the west Gazebo, Carolina Horse Nettle (white flower with yellow center). Thistles are frequent and the Poppy Mallow is still blooming strong.

Each day a different sight when you take the time to look into the field.

Sewing Machine Repairs

If you are in need of sewing machine repairs or cleaning, you may contact Harriette Janke at (785) 410-2150 and she will help arrange a pick up. Chuck from Wallace's Stitching Post in Emporia has been cleaning and/or repairing sewing machines for many years. He does Husquvarna Viking sewing machines and Berninas.

He will pick up my sewing machine at our Meadowlark checkpoint in a few days. There is also a place in Topeka for machine repairs and those are the only ones I know of in the area.

All we need to do is to put some of our sticky address labels or tags on all our items: cord, footfeed, carrying case, and machine and bring it to the front desk when we find out Chuck's arrival date.

Work That Brain!

Summer Sun June 20 was summer solstice, the official beginning of Summer and the longest day of the year for the Northern Hemisphere. We start to settle into long, hot, sun filled days. The sun's surface is around 9,932 degrees F. Many artists have tried to express this heat in their artwork.. As you look at the four images below which one do you think conveys the heat of the summer sun? What colors, shapes or lines did the artist use that you find successful? Do you find a common element used by all of the artist's?



[above] Paul Jenkins, *Phenomena*; 1970
Lithograph on paper. KSU, Marianna Kistler Beach Museum of Art 1985.64

[below] Preux, *La Ola Verde*, 1967 Block print on paper. KSU, Marianna Kistler Beach Museum of Art S3.2015



[above] Orval F. Hempler, *Solar*, 1966 Earthenware
KSU, Marianna Kistler Beach Museum of Art, bequest of Orval F. Hempler Estate 1994.15



[left] Gordon Roger Alexander Buchanan Parks, *Western Dawn*; ca. 1959 printed 2017
Chromogenic print
KSU, Marianna Kistler Beach Museum of Art, gift of Gordon Parks and the Gordon Parks Foundation 2017.402



DOWN

- 1. Apollo gave him the ears of an ass
- 2. No longer minor?
- 3. Conductor's pace
- 4. You receive it for free in every restaurant
- 5. Gossip fodder
- 6. Installed, as carpet
- 7. Creative endeavor
- 8. Spanish-style dancer José
- 9. Sugary liquids
- 10. Well-known surgeon?
- 11. Noted fratricide victim
- 12. Sweet-sounding Horne
- 13. Divorcees
- 18. It's often reviewed in newspapers
- 23. Kind of rock
- 25. Unemployed jester?
- 26. Summer outings
- 28. Magician's sound effect
- 30. First-rate

- 31. Spot for a patch
- 32. All ___ up (positive assurance)
- 33. Otis Campbell and Barney Gumble, e.g.
- 34. Black-tongued dog
- 35. Amonasro's daughter
- 37. Pueblo ceremonial chamber
- 41. Snapped, as a football
- 44. Unlikely sighting on Everest
- 48. Coins long before euros
- 50. Laotian's neighbor
- 52. Montmartre topper
- 54. Lower in prestige
- 55. Operatic legend
- 56. They can go to blazes
- 57. Tuck away
- 58. Sky bear
- 59. Top off
- 60. Later
- 64. An expert with schedules
- 65. Energy

ACROSS

- 1. Actor Dillon
- 5. Smelting leftovers
- 10. Barn bundle
- 14. Revelation
- 15. Transport
- 16. Overseas butter
- 17. Server who won't take tips?
- 19. Family tree substance
- 20. Avalanche site
- 21. Goal
- 22. Rooftop domes
- 24. Threw rocks at
- 26. Easy out
- 27. Animal with a striped butt
- 29. Underhanded so-and-sos
- 33. Striker's nemesis
- 36. It may be picked
- 38. 100 ore
- 39. Union joiner of 1803
- 40. Kind of barrier or boom
- 42. "Tomorrow is ___ day" (Emerson)
- 43. Winter quaff
- 45. High number?
- 46. Bar mitzvah attendee, certainly
- 47. Influenced
- 49. Section of a long poem
- 51. Some pencils
- 53. Convulse
- 57. Do
- 60. Social drink
- 61. Part of a speaker's intro, often
- 62. Troika
- 63. Neighboring podiatrists?
- 66. Capital near the inlet of the Skagerrak
- 67. Home of a brave, once
- 68. Ferry's destination, perhaps
- 69. It creates division in the home
- 70. Don't draw
- 71. Mare's nest

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| 69 | | | | | 70 | | | | | | 71 | | | |



Meadowlark T-shirts

Meadowlark is officially 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.

JULY BIRTHDAYS

Healthcare

- 7/5 Mary Gillete
- 7/6 Ellen Jantz
- 7/18 Dorothy Slimmer
- 7/22 Nancy Goy
- 7/31 Darlene Empson

Assisted Living

- 7/5 Jean Reynard
- 7/6 Tony Barnes

Independent Living

- 7/1 Karen Trail
- 7/5 Charlotte Kelly
- 7/7 Linda Hall
- 7/11 Oscar Larmer
- 7/12 Nyle Larson
- 7/21 Joan Strickler
- 7/25 Carla Cranmer
- 7/26 Enell Foerster
- 7/28 Orris Kelly
- 7/30 Nancy Prawl

Employees

- 7/1 Tara Price
- 7/2 Michael Davis
- 7/2 Peris Ngunjiri
- 7/3 Chloe McGee
- 7/3 Tearra Lynch
- 7/4 Julie Underwood
- 7/4 Addison Whitaker

- 7/4 Macy Pilgrim
- 7/6 Trisha Reichert
- 7/6 Kenia Vazquez
- 7/6 Ellie Hahn
- 7/7 Dave Zerfas
- 7/10 Brittany Johnson
- 7/11 Margaret Frost
- 7/11 Jayden Wren
- 7/12 Dena Van Horn
- 7/12 Anya Ginzburg
- 7/12 Rachel Dillard
- 7/13 Katelyn Coker
- 7/14 Georgia Stedman
- 7/15 Lisa Hawkins
- 7/16 Kyra Dettmer
- 7/16 Payton Gillen
- 7/18 Carol Holthaus
- 7/19 Audrey Swisher
- 7/19 Ashley Schafer
- 7/20 Nathisa Saul
- 7/20 Kallie Sorell
- 7/21 Mersades Wilson
- 7/23 Ashley Bilyeu
- 7/23 Synnamon Gottschalk
- 7/23 Kaitlynn Grimmett
- 7/25 Katie Schminke
- 7/25 Jaden Moon
- 7/26 Robyn Harris
- 7/26 Mika Trantham
- 7/26 Ryleigh Briner
- 7/31 Michele Riter

Memory & Engagement Opportunity for Wellness:

Challenge your brain this week as you work on word fluency by naming in categories. Name as many words as you can that start with the letters 'F', 'D', or 'G' in the specific categories below. Try to name at least three words per category!
(Use additional paper if needed.)

DESSERTS

DOG BREEDS

VEHICLES

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.

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|---------|---|---|
| SUNDAY | June 28 ~ Lunch \$12 | Dinner \$12 |
| | Meatloaf Smoked Gouda Scalloped Potatoes Vegetable du Jour | Chicken Lasagna Garlic toast Vegetable du Jour |
| MONDAY | June 29 ~ Lunch \$10 | Dinner \$13 |
| | Chicken Salad Melt Choice of Vegetable | Fried Catfish Hashbrown Casserole Vegetable du Jour |
| TUESDAY | June 30 ~ Lunch \$10 | Dinner \$12 |
| | Steamed Bratwurst French Fries Coleslaw | Roast Turkey <i>with Gravy</i> Sausage & Sage Cornbread Dressing Vegetable du Jour |
| WED. | July 1 ~ Lunch \$10 | Dinner \$14 |
| | BBQ Ribs Potato Salad French Fries | Shrimp Fettuccine Alfredo Garlic Toast Vegetable du Jour |
| THURS. | July 2 ~ Lunch \$10 | Dinner \$12 |
| | Spaghetti & Meat Sauce Garlic Toast Vegetable du Jour | Baked Ham <i>with Brown Sugar Glaze</i> Mashed Sweet Potatoes Vegetable du Jour |
| FRIDAY | July 3 ~ Lunch \$10 | Dinner \$12 |
| | Shrimp Po' Boy Pasta Salad Choice of Vegetable | Pork Tenderloin Piccata Risotto Vegetable du Jour |
| SAT. | July 4 ~ Lunch \$10 | Dinner \$13 |
| | BLT <i>with Avocado</i> Sweet Potato Fries Choice of Vegetable | Roast Brisket <i>with Mushroom Sauce</i> Potato Pancakes Vegetable du Jour |



Meadowlark Entertainment Guide

Friday, June 26

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|------------|--|
| 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 |
| 4:30 p.m. | Happy Hour with J-Mix |
| 5:00 p.m. | Channel 1960 News <i>Re-run episode from Noon, 6/26</i> |
| 5:30 p.m. | Update from Lonnie Baker, CEO <i>Re-run from 12:30 p.m. on 6/26</i> |
| 7:00 p.m. | At Home Special by Cirque du Soleil: Alegría, KOOZA, KÀ |

Saturday, June 27

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| 9:15 a.m. | Update from Lonnie Baker, CEO <i>Re-run episode from 6/26</i> |
| 9:30 a.m. | Band Bust Exercise Class |
| 10:05 a.m. | The World of Stonehenge, Episode 4: Age of Bronze |
| 2:00 p.m. | Band Bust Exercise Class |
| 3:15 p.m. | Update from Lonnie Baker, CEO <i>Re-run episode from 6/26</i> |
| 4:30 p.m. | Happy Hour with J-Mix <i>Re-run episode from 6/26</i> |

Sunday, June 28

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|------------|--|
| 9:00 a.m. | Change & Loss Group <i>Re-run episode from 6/23</i> |
| 10:30 a.m. | Sunday Church Service with Chaplain Patty Brown Barnett |
| 11:00 a.m. | Artist Discussion at The National Gallery: Caravaggio <i>Re-run episode from 6/23</i> |
| 12:15 p.m. | Update from Lonnie Baker, CEO <i>Re-run episode from 6/26</i> |
| 2:00 p.m. | Sunday Church Service <i>Re-run episode from 10:30, 6/28</i> |
| 3:00 p.m. | Relaxation: Guided Meditation |

Monday, June 29

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|------------|--|
| 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. | The World of Stonehenge, Episode 4: Age of Bronze <i>Re-run episode from 6/27</i> |

Solution from 6/18 Messenger

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