



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

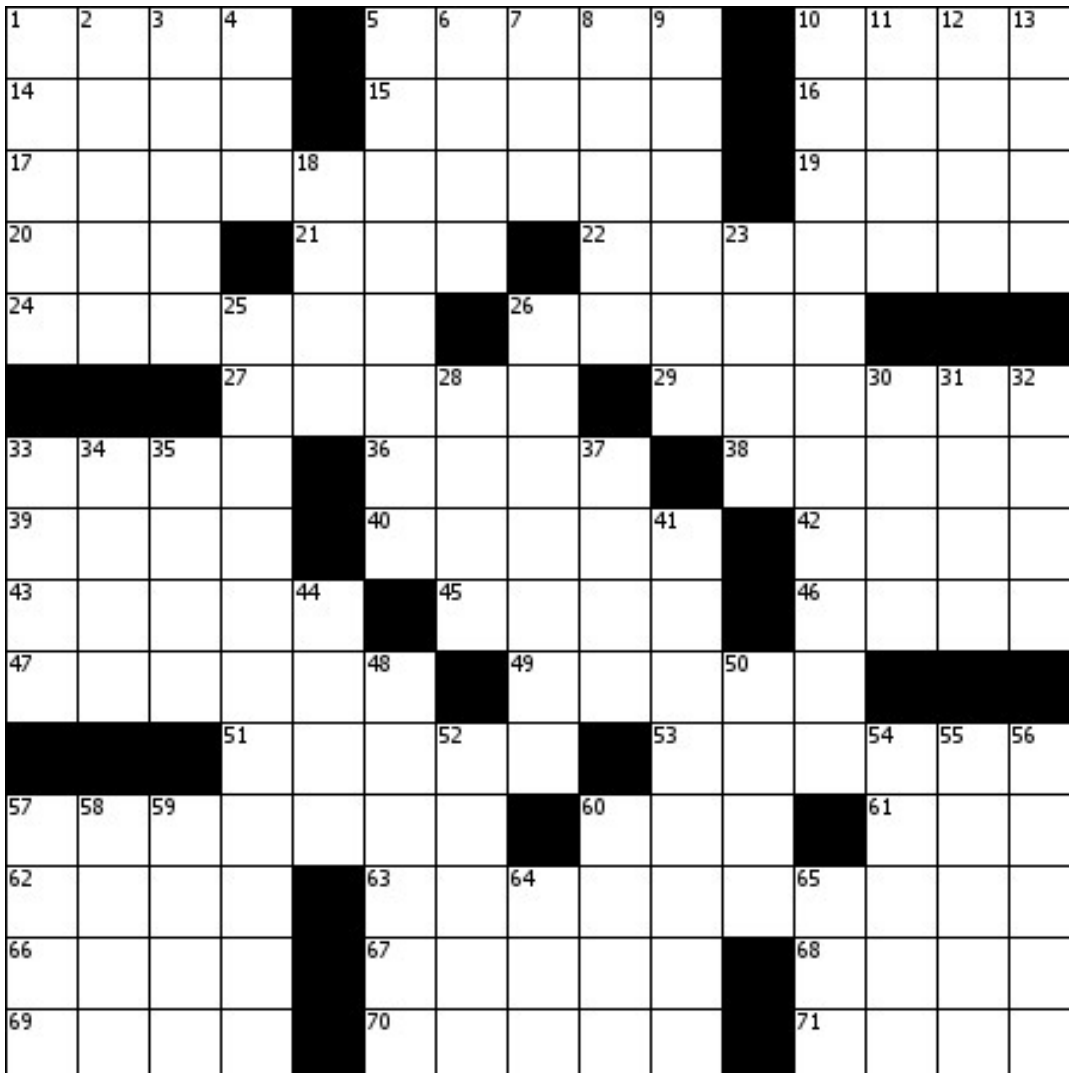
67. Home of a brave, once

68. Ferry's destination, perhaps

69. It creates division in the home

70. Don't draw

71. Mare's nest





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.

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 with Gravy 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 with Brown Sugar Glaze 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 with Avocado Sweet Potato Fries Choice of Vegetable	Roast Brisket with Mushroom Sauce Potato Pancakes Vegetable du Jour



Meadowlark Entertainment Guide

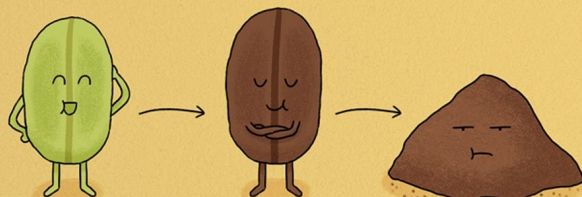
Friday, June 26

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
5:00 p.m.	Channel 1960 News <i>Re-run episode from Noon, 6/19</i>
5:30 p.m.	Update from Lonnie Baker, CEO <i>Re-run from 12:30 p.m. on 6/19</i>
7:00 p.m.	At Home Special by Cirque du Soleil: Alegria, KOOZA, KÀ

Saturday, June 27

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>

The different life stages of a coffee bean.



1. Still green at this

2. Bean there, done that

3. Has-bean

Sunday, June 28

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 6/19</i>
2:00 p.m.	Sunday Church Service <i>Re-run episode from 10:30, 6/21</i>
3:00 p.m.	Relaxation: Guided Meditation

Monday, June 29

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

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