

Meet Your Neighbors!



Leon Coup



John and Janet Walters pose in front of the Matterhorn while touring in Switzerland in 2010.



Karen Halderson

Meadowlark attracts residents despite COVID-19 crisis

By Becky Fitzgerald, Development Director

Over the past several months, the Independent Living roster has been boosted by the arrival of 10 residents. These arrivals are noteworthy because all but one of the moves have occurred during a global pandemic, and this number is just one shy of the total new IL residents during the same period in 2019. Kudos to our sales team!

Because of our virus precautions, especially the need to wear masks in public and a halt to larger gatherings, these individuals may still be a mystery to their neighbors.

The following new residents agreed to be introduced by sharing biographical information. We look forward to one day meeting them face to face.

LEON COUP, Apt. 207

Leon Coup, pronounced "cope," is the only one of

our newbies to experience Meadowlark before COVID-19 interrupted our usual way of life. He moved in mid-February, so he was able to dine at Prairie Star and interact with other residents at distances less than 6 feet. In fact, he moved next door to his college roommate, Verlyn Richards, and a cousin, Jeanne Lundin, also lives on 2nd floor.

Coup moved to Meadowlark from Hope, Kan., where he retired as president of First National Bank. Born and raised in Hope, he met Richards as a freshman at Kansas State in 1952. He earned a bachelor's degree in business administration and finance and returned to Hope. He met and married a vocal music teacher, and they had many happy years together before she died of cancer three years ago.

Coup has two grown children, a boy and a girl who live in Herington, and three grandchildren. His older granddaughter serves in the U.S. Air

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Force with a goal to be a pilot.

Another granddaughter is studying pre-medicine at K-State, and his grandson is a high school junior in Herington.

Coup learned about Meadowlark from Richards, and said he was enticed to leave the familiarity of Hope for the opportunities of a bigger city.

“Meadowlark seemed like a nice facility, and Manhattan has more entertainment and restaurants,” he said.

The men didn’t plan to live next door to each other. It just happened that an apartment the size Coup was seeking opened near his longtime friend.

In addition to entertaining guests, Coup lists reading as a hobby, but he’s spent more time with books lately than he would prefer.

“I’ve read more books since I’ve been here than I’ve read in my whole life!” He looks forward to eating with friends off a plate in a restaurant rather than out of a box in his apartment.

KAREN HALDERSON, Apt. 339

The pursuit of a career as a dietician and later a certified diabetes educator led Karen Halderson, a Delphos, Kan., native, to several states. After earning a bachelor’s degree at K-State, she graduated from Tulane University in New Orleans with a master’s in public health and nutrition. She’s worked on Indian reservations in Oregon and Arizona, and also worked in Anchorage, Alaska.

She most recently made her home in Albuquerque, N.M. before moving to Meadowlark in May. She has a sister and brother-in-law, Karla and Steve Fisher, in Manhattan, and two of Karla’s three daughters and their families also call Manhattan home.

“It’s ironic that I moved to Manhattan to be close to family, and I haven’t gotten to see them,” she said with a chuckle. “I knew I would end up in Manhattan, and I wanted to move when I am still relatively healthy.”

Halderson is happy with her apartment — “I had a wonderful view of fireworks on the 4th of July.” — and she said Meadowlark’s library has been a lifesaver during these quiet past few months. She reads the daily newspapers and enjoys mystery novels.

Future guests to her apartment will see artwork by Native Americans, and pieces she purchased while in Alaska. She likes to stay physically fit, and is anxious to meet someone who shares her interest in walking for exercise.

JOHN and JANET WALTERS, 1220 Meadowlark Circle

The Walterses moved to Meadowlark in May from California, but their connection to our community runs deeper than their previous address might suggest.

Both and Manhattan natives and both had parents who lived at Meadowlark. John’s late parents, Charles “Phil” and Esther Walters lived in the duplex now occupied by Meadowlark Medical Professionals. His former in-laws were also Meadowlark residents: Vernon and Helen Toburen. John was married to their daughter Karen.

Janet’s parents, Wilfred and Bea Pine, were residents as well, living in a cottage on Meadowlark Road. In fact, when Wilfred needed to move to healthcare, Bea relocated to Apt. 308, which was later occupied by the Toburens. It’s a small world!

The couple knew each other from their younger days at Manhattan High and at K-State, but they did not reconnect until after Karen’s death in the spring of 2007. John and Janet, sharing mutual interests in hiking, gardening, and genealogy, married in November of that year.

Janet served eight years as a library technician in an elementary school before also joining the U.S Navy Reserves. She said she did “double duty” for another 20 years.

John worked in research for Phillips Petroleum and Amoco before retiring from American Fibers and Yarns.

Between them, the couple have four children. John’s children, who live in Texas and South Carolina, suggested he and Janet move closer to them. The Walterses looked at retirement communities in California and in the south, but both were familiar the quality of Meadowlark.

“We knew this place, and knew it is good,” John Walters said. “It costs half as much as the place in California, and is just as good.”

Unpacking boxes kept them busy for a time, and John was able to plant tomatoes and green beans

at the Community Garden.

They look forward to exploring local trails and exercising at the fitness center when it opens again. They say their children are eager to visit when it is safe to do so.

Editor's note: Additional new residents will be featured in upcoming issues.

Outdoor Adventures

submitted by Sue Hunt

A trip to the pond on July 1, found the Glen bursting with color like a blast of fireworks. The Blackeye Susan still in bloom along with a large patch of Bee Balm (a tall flower with a fluffy purple bloom). Further south on the glen walk, a line up of Blue Vervain are in bloom on a spiky stem.

The south bank on the way to the pond has been mowed! So it is brown and ugly. But across from the East Gazebo is a patch of gray-eyed Coneflowers and Purple Prairie Clover.



Pig Out for Parkinson's Shirt

We have been Piggin' Out for Parkinson's for 10 years! This year's Pig Out for Parkinson's will be Thursday, Aug. 13, at Cox Bros. BBQ. More event details to come! To show your support of Meadowlark Parkinson's Program, order a 10th anniversary shirt today!

Style options include a short sleeve t-shirt and long sleeve t-shirt. Short-sleeve shirts are available in adult small to 3X-large, as well as youth sizes. Long-sleeve shirts are available in adult sizes only, small to 2X-large. Short-sleeve shirts are \$18 for adult and \$13 for youth sizes. Long-sleeve shirts are \$22. If you would like to order a shirt, please contact Michele Riter by calling (785) 323-3832 or email at mr iter@meadowlark.org.



Work That Brain!

Musical Terms

G	I	O	T	C	O	A	T	O	N	A	L	E	S
G	A	C	C	E	R	N	C	T	C	H	R	D	U
I	A	D	A	A	V	O	A	A	L	D	C	I	R
E	R	C	F	D	D	T	M	L	E	R	O	S	O
A	O	A	N	A	E	A	E	I	F	A	N	S	H
Z	V	L	N	U	L	N	G	L	E	I	C	O	C
N	I	L	D	R	C	S	C	I	I	L	E	N	L
E	S	E	E	M	D	A	E	E	O	L	R	A	C
D	S	G	T	S	E	Y	V	T	Z	A	T	N	H
A	E	R	E	A	I	Z	E	A	T	G	O	C	O
C	R	O	T	I	A	C	Z	L	T	O	C	E	R
T	P	L	E	G	A	T	O	O	D	I	A	E	D
E	S	B	A	R	O	Q	U	E	E	E	N	S	E
G	E	A	P	O	G	O	L	V	N	O	M	A	C

CADENCE
CAVATINA
ALLEGRO
CADENZA
BAROQUE
ADAGIO
ATONAL
MEZZO
GALLIARD
ESPRESSIVO
CONCERTO
MEDLEY
FALSETTO
CHORD
DISSONANCE
CLEF
DUET
CHORUS
LEGATO

Begin & End: Answers from 7/9

A continent on the South Pole: *Antarctica*

Payment to stockholders: *Dividends*

A word used by magicians: *Abracadabra*

Physical exertion done for fitness: *Exercise*

One television show in a series: *Episode*

One who reviews and gives judgements: *Critic*

A brief advertisement: *Blurb*

A place for performers: *Arena*

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



Compare and Contrast

It is always enjoyable to spend time just looking at an artwork. That exercise can be enhanced when looking with a purpose.

As you enjoy these two pieces what do you find that is the same or different. One is a print and one is a drawing. Enjoy!

[left]

Emmi Whitehorse
***Pollination*, 2011**

Monotype on paper
KSU, Marianna Kistler Beach Museum of Art,
Friends Kansas Art Fund, 2012.144



Robert James Hunt

***Night Cats*, 20th C.** Ink on paper; KSU, Marianna Kistler Beach Museum of Art, gift of the Jim Hunt Estate and the Mulvane Art Museum, 1997.100

Verna Belle's Cafe

Breakfast Specials

Mon. ~ Biscuits & Gravy
Tues. ~ Breakfast Sandwich & Fruit
Wed. ~ Breakfast Burrito & Fruit
Thurs. ~ Biscuits & Gravy
Fri. ~ Waffle or Pancake
Weekends ~ A la carte menu

A la carte menu items can be ordered any day of the week and include: Egg (cooked to order), Omelet, Bacon, Sausage, Toast, Fruit, etc.

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A woman with blonde, wavy hair is wearing a white, pleated face mask that covers her nose and mouth. She is looking directly at the camera. She is wearing a green shirt with a black leopard print pattern. The background is an indoor setting with a white shelf and a framed picture on the wall.

Who am I?
Can you guess the masked staff member correctly? The answer will be revealed in Monday's Messenger!

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

Step inside the minds of the most innovative designers in a variety of disciplines and learn how design impacts every aspect of life. On Tuesday, July 21, see the second installment of the series featuring Tinker Hatfield and Footwear Design. His background in architecture and athletics sparked his game-changing shoe design for Nike, including the iconic Air Jordan series.

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	July 19 ~ Lunch \$13	Dinner \$10
	Grilled Ranch Pork Chop Hashbrown Casserole Vegetable du Jour	Steamed Bratwurst Potato Chips Coleslaw
MONDAY	July 20 ~ Lunch \$10	Dinner \$12
	Pesto Chicken Sandwich <i>with Provolone & Sliced Tomatoes</i> Baby Bakers Three Bean Salad	BBQ Baby Back Ribs Baked Beans Vegetable du Jour
TUESDAY	July 21 ~ Lunch \$10	Dinner \$14
	Fried Chicken Wings Macaroni & Cheese Choice of Vegetable	Sautéed Orange Roughy Wild Rice Vegetable du Jour
WED.	July 22 ~ Lunch \$10	Dinner \$12
	Bacon, Swiss & Spinach Quiche Rice Pilaf Choice of Vegetable	Herb-Crusted Pork Tenderloin <i>with Red Wine Vinaigrette</i> Risotto Vegetable du Jour
THURS.	July 23 ~ Lunch \$10	Dinner \$14
	Tater Tot Casserole Choice of Vegetable	London Broil Twice Baked Potato Vegetable du Jour
FRIDAY	July 24 ~ Lunch \$10	Dinner \$13
	Catfish Po'Boy French Fries Coleslaw	Chicken Fried Steak Mashed Potatoes Vegetable du Jour
SAT.	July 25 ~ Lunch \$10	Dinner \$15
	Grilled Chicken Parmesan Sandwich Sweet Potato Fries Choice of Vegetable	Steak Baked Potato Vegetable du Jour



Meadowlark Entertainment Guide

Friday, July 17

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:45 a.m.	Cooking with Lisa: <i>Pina Colada Lush</i> , Re-run from 7/13
12:00 p.m.	Channel 1960 News
12:30 p.m.	Update from Lonnie Baker, CEO
12:45 p.m.	Happy Hour: Greatest Hits
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, 7/17</i>
5:30 p.m.	Update from Lonnie Baker, CEO <i>Re-run from 12:30 p.m., 7/17</i>
5:45 p.m.	Happy Hour: Greatest Hits <i>Re-run from 12:45 p.m., 7/17</i>
7:00 p.m.	Friday Night Program Rachmaninoff: <i>Piano Concerto No. 2</i> with Anna Fedorova

Saturday, July 18

9:00 a.m.	Comedy Club: Wake Up Funny <i>Re-run from 7/15</i>
9:15 a.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 7/17</i>
9:30 a.m.	Band Bust Exercise Class
10:05 a.m.	The Celts, Episode Three: <i>Sacred Groves</i>
12:00p.m.	Happy Hour: Greatest Hits <i>Re-run episode from 7/17</i>
2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny <i>Re-run episode from 7/15</i>
3:15 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 7/17</i>

Saturday, July 18

4:30 p.m.	Happy Hour with J-Mix <i>Re-run episode from 7/16</i>
6:00 p.m.	Osher Class: STEM Projects

Sunday, July 19

9:00 a.m.	Sweat It Out Aerobics Exercise
10:30 a.m.	Sunday Church Service with Chaplain Patty Brown Barnett
11:00 a.m.	Abstract: The Art of Design Christoph Niemann, <i>Illustration</i> <i>Re-run episode from 7/14</i>
12:00 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 7/10</i>
2:00 p.m.	Sunday Church Service <i>Re-run episode from 10:30, 7/19</i>
3:00 p.m.	Relaxation: Visit Costa Rica

Monday, July 20

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Crazy Cooks: <i>Sweet Fruit Kabobs</i>
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	The Celts: <i>Sacred Groves</i> <i>Re-run episode from 7/18</i>

Tuesday, July 21

9:00 a.m.	Osher Class: STEM Projects <i>Re-run episode from 7/18</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Aerobic Exercise
2:00 p.m.	Steady Yourself Exercise Class
2:45 p.m.	Crazy Cooks: <i>Sweet Fruit Kabobs</i> <i>Re-run episode from 7/20</i>
3:00 p.m.	MEOW (Memory Program)
7:00 p.m.	Abstract: The Art of Design Tinker Hatfield— <i>Footwear Design</i>