

Messenger

April 22, 2021 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**

Happy National Volunteer Week!

by Jana Armfield, Volunteer Engagement Specialist
Did you know this week (April 18-24) is National
Volunteer Week? Meadowlark is blessed to have an
amazing team of volunteers whom we are thrilled to
have back on campus and have greatly missed! We
want to take time this week to thank them and
recognize their time and talents!

Meadowlark had 126 dedicated volunteers,

including residents and community members, between September 2019 through February of 2020. During that time, a total of 1,206 hours were served. This equates to \$30,682.56, according to *Independent Sector.org*, which places the value of a volunteer in 2019 at \$25.43 per hour. The generosity of our volunteers is truly inspiring, and we appreciate all they do!







[top left] Sylvia Campbell and Mary Hughes, Meadowlark Volunteers, are photographed serving Mary Jo Griffith at Coffee Corner. [above] Messenger Folding Team: front row (from left to right) John Trail and Margaret Carlson; back row (from left to right) Karen Trail, Irma Sjo, Karen Halderson, and Donna Alexander. [left] Puzzle Time! Dotty Blacker is photographed with Liz Rogers, Meadowlark Volunteer.



What's New? Prairie Star Restaurant and our Chef team are busy creating our new culinary menu that will be released in June 2021. To support the creative efforts and endeavors, Prairie Star will be utilizing a reduced menu featuring our favorites items. A daily lunch and dinner special will continue to be offered until the new menu is released. See Page 8 for the updated restaurant menu, signature drink list, pub pricing, and new breakfast specials.

EVENTS & OPPORTUNITIES

Pig Out for Parkinson's: next week! Thursday, April 29, from 11 a.m. to 10 p.m.

Pig Out for Parkinson's is set for 11 a.m. to 10 p.m. Thursday, April 29, just west of the KSU Foundation building at Rockin K's, 1880 Kimball Ave. Long-time Pig Out supporters Bud and Bobby Cox have joined forces with Rockin K's owner Scott Sieben to



sponsor this 11th annual event at a new location. A portion of the day's sales, including dine-in and carry-out meals and beverages, benefit Meadowlark Parkinson's Program.

Parkinson's Program leaders and participants are excited to see you at Rockin K's next Thursday, but if you're not able to attend in person, you may still participate by purchasing a meal or meals, using the order form included in today's Messenger. Meadowlark Ambassadors Janice Parsons and Kay Shanks have volunteered to pick up your orders and deliver to Meadowlark, where additional volunteers will sort and deliver the packaged meals to your door. Lunch orders are expected to arrive at your home between 11:45 a.m. and noon. Dinner orders are expected to arrive between 5:45 and 6 p.m. There is no fee for this service!

New to Pig Out is a specialty cocktail named for Parker, the Pig Out mascot. Parker's Punch, a delicious concoction of citrus vodka, cranberry juice and pink lemonade, is available when dining at Rockin K's, or may be ordered to-go with either lunch or dinner. Find it on the order form under the dinner option. Cost is just \$5. Parker's Punch will arrive with delivered meals in a capped plastic bottle, so some or all may be enjoyed at a later time.

Please return your completed form to the Hospitality Desk by noon on Tuesday, April 27. If you place an order using this form, there is no need to go to Rockin K's to pick up your meal. Our Ambassadors have got you covered!

Thank you for considering this opportunity! For more information about this event or Meadowlark Parkinson's Program, please contact Michelle Haub, Special Programs Leader, at 323-3899.

2021 Symphony in the Flint Hills *Saturday*, *June* 12

The Symphony in the Flint Hills announced plans to Salute the Santa Fe Trail with world–class music and nature at this year's annual prairie gathering near the historic trail town of Council Grove. This year's event is scheduled for Saturday, June 12, featuring a sunset concert by the 80-piece Kansas City Symphony at North Lakeview Pasture, along with activities highlighting the Santa Fe Trail bicentennial.

Travel to the Symphony with Meadowlark! The cost of the trip is \$130, which includes the ticket to the event, reserved seating with chair back, and transportation from Meadowlark. Sign up for the trip in the Blue Book at the Hospitality Desk. No refunds can be issued once the tickets are purchased. In the event of weather postponement on June 12, the event will take place on the rain date of June 13. If weather cancels the weekend events completely, general admission ticket holders will be eligible for a refund. If you are interested, please sign up or contact Monte Spiller, Resident Services Leader, at 323-3801.

Why do bees have sticky hair?

Because they use honeycombs.

On Blanch Gets Married

by Helen Roser

The wedding, when Blanch got married to Eddie, was a top-drawer, fancy affair. The gang who Eddie hardly ever saw anymore, were not invited.

Of course that called for a joke. Once again, sisters of the gang helped. They baked a really awful looking cake. It was lop-sided, with icing missing in parts.

The plan was that the gang, who weren't invited, would crawl in Blanch's wedding place and steal the big fancy wedding cake. They would put the lop-sided mess in its place.

Blanch's father thought she should have invited the gang. Not only because they were Eddie's friends, but because he had a feeling the gang would do something awful because they weren't invited.

But Blanch wouldn't take her father's advice and invite the gang.

So, just when the big event was going on, Blanch's father caught the gang just as they were getting ready to take the fancy cake out the window and bring the awful one in.

The gang apologized. Blanch's father said he understood. He invited the gang to come in later and have some cake. They weren't dressed up, but they went anyway.

Eddie was so glad to see them. His new father-in -law was really nice to Eddie and his friends.

Florence Hope Schwab, former resident

Florence (Oberg) Schwab, age 90, passed away peacefully at Lakewood Reserve Senior Living in Lakewood, Colo. on March 31, 2021, with family by her side.

Florence's family expressed gratitude for the many good years she had living at Meadowlark. When she moved to Meadowlark, Florence was still driving her favorite Sebring convertible, and dressing in glamorous colorful clothes. Her signature red lipstick, red furniture, and flare for decorating was well known. She began writing poetry and essays while at Meadowlark, which her family will treasure.

The Schwab family also shared their sincere thanks and love to the many caregivers involved in Florence's care. Florence wished to be cremated, and her remains will be laid to rest at Manhattan Sunrise Cemetery during a small graveside service in Manhattan, Kan. No date has been determined at this time.





WHO AM IP



Throwback Thursday!

Do you know the Meadowlark resident featured in this image? If you have a guess, send it to Sarah at sguge@meadowlark.org or submit your guess to the Hospitality Desk. Check out next week's Messenger to learn more!



returns to the Meadowlark campus!

Shop* 10 a.m. to 3 p.m. Friday, April 23, and Saturday, April 24 2 to 4 p.m. on Sunday, April 25



1217 Meadowlark Circle • Manhattan, Kansas

Nine rooms of antiques, brand name furniture, small appliances, collectibles, dishware, and décor items!

April features: New Ladies Shoes, Patio Furniture *Face masks required while shopping.



Good Samaritan Fund.

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Lifetime Learning

Meadowlark & UFM partner to offer classes for Summer 2021

Classes are now open for enrollment. For the learning opportunities at Meadowlark, call UFM at (785) 539-8763 and let them know you want to register. If the office is not open, leave a message and staff will call you back. Class size for Meadowlark courses is limited to 50 people.

Passport members may attend with a 20-percent discount.

Meadowlark residents may attend all Meadowlark-sponsored courses at no cost.

Summer Birdwatching

with Ted Cable, Professor Emeritus of Park Management & Conservation at KSU June 8, 9, & 10; 9 to 10:30 a.m. / Fee: \$30 (PPM cost \$24)

Participants will be introduced to birds that spend their summers nesting in Kansas. This course will include both classroom sessions and walking field trips to observe local birds at local birding spots.

Bird walks will be leisurely with frequent stopping to look or listen to the birds.

Language Change in Kansas

with Dr. Mary Kohn, Assoc. Prof. in English & Director of Rural Studies at KSU Tuesday, June 22, 2 to 3 p.m. / Fee: \$10 (PPM cost \$8)

Language has changed quite a bit in the last hundred years. How have these changes affected speech in Kansas? Dr. Mary Kohn traces language change in Kansas using archival and contemporary recordings, which reveal that present day Kansas language is intimately tied to our immigrant past.

Art Appreciation: Exploring Sculpture

with Kim Richards, Education Dept., Marianna Kistler Beach Museum of Art Monday, June 28, 1 to 2:30 p.m. / Fee: \$10 (PPM cost \$8)

Have you ever walked by a sculpture on the sidewalk, in a park, or in a building atrium and wondered what it was about? Learn a few ways to approach looking at public art, including sculpture. Attendees will practice the techniques and learn tools to help you look on your own.

E-mail & Phone Security with Brent Morrill

Tuesday, July 13, 6:30 to 7:30 p.m. / Fee: \$10 (PPM cost \$8) E-mail and phone scams are everywhere and we run into them daily. Learn the script that many scams use so you can spot them easily and what steps you should take after a scam occurs.

Military History

with Dr. Robert Smith, Director for Fort Riley Museums Complex Wednesday, July 14, 21, & 28, 6:30 to 8 p.m. / Fee: \$30 (PPM cost \$24)

This three-session class will examine the evolution of tactics and command by focusing on six Civil War battles, three in the eastern theater and three in the western theater.





Work That Brain!

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Outdoor Activities

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PARKS SWIMMING **PAINTING** COMPUTERS **HORSEBACK** BASEBALL **GAMES** HIKING WALKING MUSEUMS RIDING SHOPPING **TENNIS PETS** SKIING CAMPING ANIMALS PICNIC ARTS RUNNING

Art Engagement from the Beach Museum of Art

Emphasis is a principle of design that artists use to draw the viewer's attention to the focal point or main subject of the artwork. An artist may use several techniques to accomplish emphasis. The strategic placement or size of the object would bring attention to it. The use of contrast in color, value or texture can also heighten the viewer's awareness of a focal point. Repetition is another element the artist might employ to bring emphasis to an object. Any one or all of these elements can be used in a single composition.

As you enjoy this print from our collection what is the focal point of the piece? What techniques did the artist use to bring emphasis to the object?



Herschel C. Logan, *Apple Blossoms*, 1927, Woodcut on paper KSU, Marianna Kistler Beach Museum of Art, gift of Peggy L. Sondergard & Samuel H. Logan, 2002.35



Restaurant Favorites Menu, starting April 25 Chicken Wontons

Cranberry Feta & Roasted Walnut Salad Cobb Salad

Pineapple Chicken Salad Fruit Plate
Club Sandwich, & choice of side
Reuben Sandwich, & choice of side
Chicken Club Wrap, & choice of side
Grilled Cheese Sandwich, & choice of side
Café Burger or Cheeseburger, & side
Fried Shrimp, & choice of two sides
Grilled Salmon, & choice of two sides
Chicken Strips, & choice of two sides
Grilled Chicken, & choice of two sides
Sides: French Fries, Sweet Potato Fries,
Mashed Potatoes, Green Beans, Broccoli

NEW BREAKFAST SPECIALS

Daily, 7 a.m. to 10 a.m.

Monday, April 26

Biscuits & Gravy ~ \$2.50 / \$4.50

Tuesday, April 27

Eggs Benedict with Fruit ~ \$4.50 / \$6.50

Wednesday, April 28

Sweet Potato Hash with Egg & Toast ~ \$4.50 / \$6.50 Fresh Donuts ~ \$1

Thursday, April 29

Biscuits & Gravy ~ \$2.50 / \$4.50

Friday, April 30

Breakfast Tacos with Fruit ~ \$2.50 / \$4.50

Saturday, May 1, & Sunday, May 2

A la carte menu options

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

SIGNATURE **SLINGS**

Bee's Knees

Wild Turkey American Honey Whiskey, lime juice, ginger beer & Meadowlark Honey, \$6.50

Meadowlark Honey is harvested by the SAVE Farm from bee hives on Meadowlark's campus. Honey bottles available for purchase.

Konza Sunrise

Skyy Vanilla Bean Vodka, Amaretto, pineapple juice, & grenadine, \$6

Not-So-Old Fashioned

Bulliet Bourbon, bitters, & simply syrup served with muddled blueberries & blackberries, \$6.50

The Little Apple

Vodka, Green Apple Pucker, & lemon-lime soda, \$6

Purple Power

Vodka, Blue Curacao, sweet & sour mix, grenadine, & lemon-lime soda, \$6

Home on the Range

Buffalo Trace Bourbon, sweet vermouth, & maraschino liqueur, \$6

Kansas Summer Beer

Boulevard Wheat beer, vodka, & lemonade, \$5.50

Beach Belly

Malibu Rum, dark rum, sweet & sour mix, & pineapple juice, \$5

Prairie Pucker

Patron Silver Tequila, grapefruit soda, lime juice, & grenadine, \$5.50

Wine, \$5/glass
Domestic Cans, \$2
Craft beer, \$4

Well cocktails, \$5 Premium Cocktails, \$5.50 Top Shelf Cocktails, \$6



PRAIRIE STAR

All specials include a starter and dessert.

(785) 323-3820

Dine In, Delivery, & Carry Out *Reservations optional*

Restaurant Hours

Breakfast

Daily from 7 to 10 a.m.

Lunch & Dinner

Mon. to Sat., 11 a.m. to 8 p.m.

Sun., 11 a.m. to 7 p.m.

Espresso Drinks

Daily from 7 a.m. to 4 p.m.

	April 25 ~ Lunch \$13	Dinner \$12
SUNDAY	Beef Stroganoff <i>over Noodles</i> Vegetable du Jour	Roast Pork with Balsamic Cherry Sauce Wild Rice Vegetable du Jour
	April 26 ~ Lunch \$10	Dinner \$12
TUBSDAY MONDAY	Chicken Pot Pie Choice of Vegetable	Meatloaf with Glaze Swiss & Green Onion Scalloped Potatoes Vegetable du Jour
	April 27 ~ Lunch \$10	Dinner \$12
TUESDA	Catfish Po'boy Coleslaw Sweet Potato Fries	Roast Turkey with Sausage Sage Dressing Mashed Potatoes Vegetable du Jour
	April 28 ~ Lunch \$10	Dinner \$14
WED.	Beef Enchilada Casserole Rice & Beans	Braised Short Ribs Oven Roasted Potatoes Vegetable du Jour
Ö	April 29 ~ Lunch \$10	Dinner \$12
THURS.	Turkey Burger with Provolone & Green onions Potato Salad Choice of Vegetable	Chicken Piccata Fettucine Alfredo Vegetable du Jour
	April 30 ~ Lunch \$10	Dinner \$12
FRIDAY	Sautéed Sole in Lemon Butter Sauce Rice Pilaf Choice of Vegetable	Rigatoni with Vodka Sauce & Grilled Marinated Chicken Breast Garlic Toast Vegetable du Jour
	May 1 ~ Lunch \$10	Dinner
SAT	Egg & Bacon Salad on a Croissant Pasta Salad Choice of Vegetable	Derby Day See Page 3 for full event menu.

Weekly Opportunities Calendar April 25 to April 30

Sunday • April 25

10:30 a.m. ~ Worship Service, EC

Monday • April 26

9:30 a.m. ~ Seated Strength, CR

9:30 a.m. ~ Technology Assistance, GR

10:30 a.m. ~ Weights 101, CR

11:30 a.m. ~ Sit & Be Fit. CR

1:00 p.m. ~ Parkinson's Exercise Class, CR

1:00 p.m. ~ PD Care Partner Support Grp, PR

1:30 p.m. ~ Contemporary God Talk, BR

1:45 p.m. ~ Parkinson's Voice Class, CR

7:00 p.m. ~ BINGO Night, EC

Tuesday • April 27

Trash & recycling pick-up

10:30 a.m. ~ Steady Yourself, CR

11:15 a.m.~ Chair Yoga, CR

2:00 p.m. ~ Memory Activities Class, KSU CL

2:00 p.m. ~ 10-Point Pitch. GR

5:30 p.m. ~ 3rd Floor Supper, BR

Wednesday • April 28

9:30 a.m. ~ Seated Strength, CR

10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE

10:00 a.m. ~ Memory Care Partner Group, PR

10:30 a.m. ~ Weights 101, CR

11:30 a.m. ~ Sit & Be Fit, CR

1:00 p.m. ~ ARTFul Memories, EC

2:30 p.m. ~ ARTFul Making, CR

3:00 p.m. ~ Sing-Along, EC

3:00 p.m. ~ Rock Steady Boxing, CR

5:30 p.m. ~ 1st Floor Supper, MR

Thursday • April 29

9:00 a.m. ~ Messenger Team, KSU CL

10:30 a.m. ~ Steady Yourself, CR

11:15 a.m. ~ Chair Yoga, CR

1:00 p.m. ~ Parkinson's Exercise Class, CR

3:00 p.m. ~ Rock Steady Boxing, BF

Friday • April 30

9:30 a.m. ~ Seated Strength, CR

9:30 a.m. ~ Technology Assistance, GR

10:30 a.m. ~ Weights 101, CR

11:30 a.m. ~ Sit & Be Fit, CR

1:00 p.m. ~ Parkinson's Exercise Class, BF

Saturday • May 1

5:00 p.m. ~ Derby Day, EC

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Room Abbreviations

BF, Body First **BR**, Bison Room **CR**, Community Room CY, Courtyard **EC. Event Center**

FHR. Flint Hills Room

GR. Game Room HD, Hospitality Desk KSU CL, KSU Classroom MR. Manhattan Room PR. Patriot Room **PS. Prairie Star Restaurant**

GC, Grosh Cinema VE, Village Entrance



Calendar April 26 to April 30

E-mail Michelle at michelle.haub@meadowlark.org for log-in information unless otherwise noted below.

Monday, April 26

10:30 a.m.	Mindful Memoirs Group
1 p.m.	Parkinson's Exercise Class
1:45 p.m.	Parkinson's Voice Class
2 p.m.	Change & Loss Support Group Email kspearman@meadowlark.org for log-in info.

Tuesday, April 27

2 p.m.	Memory Activities Class
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Wednesday, April 28

	Memory Care Partner Support Group Contact Bridget for the log-in info by calling (785) 323-3837.
1 p.m.	ARTFul Memories

Thursday, April 29

1 p.m.	Parkinson's Exercise Class
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Friday, April 30

40.00	
10:30a.m.	Mindful Memoirs Group



Sunday, April 25

9:00 a.m.	Sweat It Out Exercise Class
10:30 a.m.	NEW Worship Service with Chaplain Patty Brown-Barnett
12:00 p.m.	(Re-run) Update w/ Lonnie Baker
2:00 p.m.	(Re-run) Worship Service with Chaplain Patty Brown-Barnett
3:00 p.m.	Guided Meditation with Kathleen Spearman, LMSW
3:30 p.m.	Chair Yoga

Monday, April 26

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:15 a.m.	Sit & Be Fit Exercise Class
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Tuesday, April 27

10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Exercise Class
2:00 p.m.	Steady Yourself Exercise Class

Wednesday, April 28

9:30 a.m.	Seated Strength Exercise Weights 101 Exercise Class						
10:30 a.m.							
11:30 a.m.	(Re-run) Worship Service with Chaplain Patty Brown-Barnett						
1:00 p.m	Sit & Be Fit Exercise Class						
2:00 p.m.	Weights 101 Exercise Class						

Thursday, April 29

10:30 a.m.	Steady Yourself Exercise Class							
11:30 a.m.	Chair Yoga Exercise Class							
1:00 p.m.	Sweat It Out Exercise Class							
2:00 p.m.	Steady Yourself Exercise Class							

Friday, April 30

9:30 a.m.	Seated Strength Exercise Class						
10:30 a.m.	Weights 101 Exercise Class						
11:15 a.m.	Sit & Be Fit Exercise Class						
1:00 p.m.	Parkinson's Exercise Class						
2:00 p.m.	Weights 101 Exercise Class						

Saturday, May 1

9:30 a.m.	Band Bust Exercise Class
2:00 p.m.	Band Bust Exercise Class

Solution from 4/15.

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SAVE THE DATE

6 p.m. ~ Wednesday, May 5
Parkinson's Foundation
Power of Parkinson's Virtual Gala
Event Center at Prairie Star

More information to come!





GROSH CINEMA SHOWTIMES

MONDAY TO SATURDAY 1:00 P.M. / 4:00 P.M. / 7:00 P.M. SUNDAY 2:00 P.M. / 6:00 P.M.

SEASONAL SUNDAY: April 25

FLIPPED (2010) PG, 1 hr. 30 min. Romantic, Feel-Good, Heartfelt

Cast: Madeline Carroll, Callan McAuliffe, & Rebecca De Mornay

From director Rob Reiner comes a multigenerational family saga about the highs and lows of love. Bryce and Juli first meet as kids, with Juli having a crush on the uncertain Bryce, and as they mature, it appears their bond may blossom into romance.

MUSICAL MONDAY: April 26

JAILHOUSE ROCK (1957) NR 1 hr. 36 min. Classic, Musical, Drama

Cast: Elvis Presley, Dean Jones, & Jennifer Holden

Jailhouse Rock tells the story of convict Vince Everett, who, while doing time in the clink, learns a thing or two about music from his cellmate and ends up with a hit song. When Freed, Vince pursues showbiz and starts his own record company with his girlfriend, Peggy. But will fame get the best of Vince?

TRUE TUESDAY: April 27

PICK OF THE LITTER (2018) TV-PG, 1 hr. 20 min. Documentary, Heartfelt, Feel-Good

Five Labrador puppies embark on a 20-month training to pass the milestones on their journey to becoming guide dogs for people with visual impairment.

WESTERN WEDNESDAY: April 28

COOL HAND LUKE (1967) TV-14, 2 hr. 6 min. Gritty, Western, Classic

Cast: Paul Newman, George Kennedy, & J.D. Cannon

Luke Jackson likes to do things his own way, which leads to a world of hurt when he ends up in a prison camp—and on the wrong side of its warden.

TEARJERKER THURSDAY: April 29

THE TREE (2010) NR, 1 hr. 40 min. Drama, Emotional

Cast: Charlotte Gainsbourg, Morgana Davis, & Marton Csokas

After her husband's sudden death, Dawn must provide for her four kids despite her grief, while young Simone is convinced her father's spirit now lives in a giant fig tree in the yard. But the tree's roots soon threaten the stability of their home.

FEATURE FRIDAY: April 30

MR. RIGHT (2015) R for violence & language throughout, 1 hr. 35 min. Quirky, Exciting, Romantic

Cast: Sam Rockwell, Anna Kendrick, & Tim Roth

Fresh off a bad relationship, thrill-seeking Martha finds romance and danger with Francis, a hit man who's decided to turn the tables on his clients.

SWEET SATURDAY: May 1

SOUL SURFER (2011) PG, 1 hr. 46 min. Heartfelt, Inspiring, Feel-Good

Cast: AnnaSophia Robb, Helen Hunt, & Dennis Quaid

Hawaiian teen Bethany Hamilton bravely returns to competitive surfing after losing her left arm in a vicious shark attack.