

June 23, 2022 Manhattan, Kansas Messenger Editor: Sarah Duggan

A local not-for-profit focused on supporting people in living their best lives

# Paving the Way Progress

Ribbon of concrete appears on Loop Trail





[above, left & right] A 6-foot wide ribbon of concrete stretches from the east end of Meadowlark Valley to a bridge north of CenterPointe Physicians. A walkway connecting the trail to the CenterPointe parking lot is expected to appear this week.

## By Becky Fitzgerald, Development Director

After years of mostly foot traffic created by two- and four-legged mammals, the ground east of Meadowlark Valley has been altered beginning last fall by the wheels of progress. The CenterPointe Physicians Building opened last December, the Community Garden and a new shed appeared this spring, and a two weeks ago, the first concrete was poured on the southeast section of

Meadowlark's Loop Trail. A curving memory of the Rev. Wayne Fink, paved pathway now extends from who was minister at one of the Valley cul-de-sac to the wooden bridge north of the doctors' offices. as plans for the retirement

These yards of concrete surface placement are the first evidence of a successful Paving the Way fundraising campaign, which was announced in January after Jan Fink Call and Jeff Call of Huntingdon Valley, Pa., and Jan's brother, Dan Fink of Highlands Ranch, Colo., pledged to match, dollar for dollar, up to \$40,000 in

memory of the Rev. Wayne Fink, who was minister at one of Meadowlark's founding churches as plans for the retirement community were being considered. Generous donors more than matched the siblings' contributions, donating nearly \$94,000.

Shane Theel, a BHS Construction project manager, discourages residents from visiting the area during the day while the crew is working, but take an extremely

See PROGRESS, page 5

## EVENTS & OPPORTUNITIES

## **Greeting Cards**

Greeting cards and postcards are available for purchase at the Hospitality Desk. Greeting cards are \$1 each and postcards are 50 cents. Visit the Hospitality Desk to purchase some today.

## **Important Dates for Upcoming Election**

This information is for the upcoming Primary election. The dates of registration <u>may change</u>, but here's what we know now.

- ~ July 12: Voter registration deadline. If there is an address change, you must update your voter registration. Forms are available at the Hospitality Desk.
- ~ July 13: Advance voting begins. You may advance vote in the Riley County Clerk's office or you can complete an advance application and have the ballot mailed to your residence. If you already have completed an advance application, it will be mailed starting July 13. Advance voting applications are available at the Hospitality Desk.
- ~ July 26: Last day to request a mail-in ballot for the Primary Election.
- ~ Aug. 1: Advance voting at the County building closes at 12 p.m. (noon)
- $\sim$  Aug. 2: Primary Election polls open from 7 a.m. to 7 p.m.

## **Decade Days**

## **Every Friday in June**

The final Decade Day is Friday, June 24, and Meadowlark will be rocking out to the 1980s/90s. Catch the movie—Funny Farm—in Grosh Cinema at 1, 4, or 7 p.m. Don't forget to enter your 1980s/1990s costume in the "Best Dressed" contest! Send your entry photo to <code>jarmfield@meadowlark.org</code> by 2 p.m. Friday to be entered to win.

Due to lack of sign-ups, the Lip Sync Battle event that was originally scheduled for this Friday, June 24, has been cancelled. Sorry for any inconvenience!

## String Leadership Institution

Tuesday, June 28, at 3 p.m.

Residents will be treated to a special string performance during Coffee Corner at 3 p.m.

Tuesday, June 28, in the Event Center! Several students from the String Leadership Institution music camp at K-State will perform. The students also will be sharing information about the music and their personal experiences with music. The camp is led by Dr. Rachel Dirks and Nate McClendon. The institute motto is "Inspiring tomorrow's leaders through the power of music."

# Mountain of True Peace: A Guatemalan Journey—UFM Class

Tuesday, June 28, at 6:30 p.m.

UFM Lifetime Learning and Meadowlark present Mountain of True Peace: A Guatemalan Journey. This three-session course will begin Tuesday, June 28, from 6:30 to 8 p.m. in the Community Room. The second and third sessions will meet Tuesday, July 5, and Tuesday, July 12.

KelLee Parr. the author of the new book Mountains of True Peace, will share his experience of a lifetime, living and working in a remote village in the mountains of Guatemala. After graduating from K-State, KelLee spent three years working as a volunteer agricultural missionary with Mennonite Central Committee in a startup program in Guatemala. He will share the culture, food, and living conditions he experienced throughout his adventure with the amazing Mayan K'ekchi' people. The presentation will include looking at the topography, climate, and beautiful landscape that makes up the country known as the "Land of Eternal Spring." It will also delve into the political situation of Guatemala in the 1950s through KelLee's time in Guatemala that have ramifications in our world today.

Enrollment is now open and can be completed by calling (785) 539-8763. If the office is not open, leave a message and staff will call you back. This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount.

Reminder: Meadowlark does not have a partnership agreement with Osher Lifetime Learning; therefore, Osher classes are not available for a discount to Meadowlark affiliates.

## **Memory Café**

Wednesday, June 29 at 10 a.m.

Memory Café meets every Wednesday from 10 to

## **EVENTS & OPPORTUNITIES**

11 a.m. in the KSU Classroom at Meadowlark and virtually via Zoom. Memory Café is led by Linda Montgomery, Licensed Social Worker, and features story sharing, reminiscing and social engagement.

# The Turbulent & Exciting '60s: UFM Class Thursday, June 30, at 6:30 p.m.

UFM Lifetime Learning and Meadowlark present The Turbulent and Exciting 1960s with Dr. Robert Smith, the director of the Fort Riley Museums complex. He has a doctorate in history from K-State and has published numerous articles on military history. The third and final session will meet from 6:30 to 8 p.m. Thursday, June 30, in the Community Room. Enrollment is required.

## Fiesta to Remember

## Friday, July 15, from 11 a.m. to 10 p.m.

Are you ready to socialize, eat, and dance while supporting a good cause? The 4<sup>th</sup> annual Fiesta to Remember benefiting Meadowlark Memory Program is Friday, July 15! Presented by Central National Bank, the event will be from 11 a.m. to 10

p.m. at Rockin K's, 1880 Kimball Ave.

Fiesta to Remember will feature a taco buffet from 11 a.m. to 1:30 p.m. and a special Fiesta menu will be offered between 5 and 10 p.m. Back by popular demand, a VIP experience featuring a private room, bartender, and buffet will be held from 6 to 10 p.m. A limited number of VIP tickets are available for \$50 each. Everyone may purchase favorites from the Rockin K's menu and the signature "Fiesta-Rita" drink all day long. Togo orders will be available for residents not able to attend in-person, so be on the lookout for additional information and order forms.

This year's event will include live vintage rock music by *The Riders*. Rockin K's is generously donating 10% of the day's proceeds to Meadowlark Memory Program.

As a community outreach program, Meadowlark Memory Program serves individuals affected by mild cognitive impairment, dementia, and/or Alzheimer's disease in the Flint Hills region. In recent years, the use of technology has allowed

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## **Decade Days: 1990s**

Photo & story submitted by Harry Manges, Ph.D., P.E.

In 1991, I traveled to Iasi,
Romania and was appointed
Associate Professor at Gheorghe
Asachi Politechnic. Their
graduates studied agricultural
mechanics and were prepared to
manage the co-operative and
state farms. I had John Deere
send copies of machinery
manuals and other educational
materials. I explained our
teaching and grading system at
KSU to the faculty and students. I
visited farms and observed their

machinery, which was made in Russia. It was large and not dependable, breaking down often. I spent the weekend with other faculty at Monasteries housed by nuns. One evening at dinner, I asked the Mother Superior if I was the first American to visit them. She replied no, Billy Graham was here last



year. This was during the Gulf War with many students from the war area. I was only to leave my hotel with my host, Professor Vasile Crecium. Above is a photograph of the citizens of lasi celebrating in the courtyard outside my hotel.



## On Birthday Thoughts

by Helen Roser

On reaching my 100<sup>th</sup> birthday, I've been thinking about the meaning of it.

The significance of 100 is completion. Finished. Done.

As I have aged, I have learned something each day. Just surviving wasn't always easy, especially when I did something dumb.

Since 100 means complete, I guess if means that when I live to be 100, I will know everything about everything.

But I don't. That will take me a couple more years. So I appreciate being alive and humble.

My very best wishes to all. May you always receive the kindness you need in this adventure called life.

## **EVENTS & OPPS, from page 3**

the program to serve individuals in other areas of the state, as well.

A dementia or related diagnosis is devastating and often leaves the individual and his/her family feeling isolated. Meadowlark Memory Program strives to help people cope with their diagnoses and form connections so they do not have to face the journey alone. All program services are free of charge and include consultations, education events, classes, and support groups.

To learn more about the program or to purchase VIP tickets, please contact Michelle Haub or Bridget Larkin at (785) 323-3899.

## PROGRESS, from page 1

cautious peek in the evening, and one will notice a new sidewalk connecting cottages 1203 and 1207 to the garden and a walkway to the garden's north gate.

"I would discourage tourists during working hours anywhere on the trail as there are men working with equipment, and they aren't expecting pedestrian traffic," Theel said. "After hours would be better, although there will be tripping hazards in abundance with concrete forms. braces, nails and screws possibly pointing up or out, and uneven walking surfaces. Once we get backfilled and cleaned up, things are fine for traffic."

He added that concrete hardens within a few hours and takes 28 days to reach its full strength.

In addition and weather permitting, the BHS workers plan to this week pave the trail along the east edge of the garden, continuing southwest toward what "we are calling the trail culde-sac, which is right before the woodsy trail starts," Theel said.

the project is a walkway from the trail to the CenterPointe parking lot, allowing patients to more easily and safely reach the building on foot or by golf cart. Theel said he expects that section Paving the Way campaign, and to be poured this week.

With soil tamped down along the edge of the concrete, the area is ready for grass seeding at the appropriate time.

Theel said the surface prep work east of the new bridge to the cemetery is lagging because of the recent storms, but the company's goal is to complete





[above] Paving continues along the east side of the Community Garden.

[left] A paved path now leads to the garden's gate.

A popular suggested addition to that part of the project by the end \$50,000 in matching dollars, of the month.

> Meadowlark Foundation learned this spring that the Goldstein Foundation Executive Board had taken notice of the committed to a \$50,000 challenge welcome toward this matching grant. The Goldstein Foundation, a supporting organization of **Greater Manhattan Community** Foundation, provides general support for the Manhattan community and was started in 2011 with a generous gift from Jack and Joann Goldstein.

With this Goldstein grant and

Meadowlark could continue the enhancements to another trail section, such as Donner's Way, which winds through the wooded area south of Meadowlark Valley. Donations of any amount are opportunity. If you have questions or would like to join the individuals and family foundations who've generously supported our trail project, please contact Becky Fitzgerald at (785) 323-3843.

# **Work That Brain!**

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62					63					64				

## **DOWN**

- 1. Superlative
  2. Garden tool
  3. Detail
  4. Profound
  5. Rapprochement
  6. Outward
  7. Ripped
  8. Fashionable
  9. Longing to return
  home
  10. Eloquent
  11. Formula 1 driver
  12. Made a mistake
  13. Notices
- 21. Caviar
  25. Damp
  26. Hurry
  27. Black-and-white
  cookie
  28. Stratum
  29. Wipe out
  30. Cloudless
  31. Genuine
  33. Coastal raptor
  34. Facial covering
  35. Border
  36. Burn the surface of
  38. Close associates
- 41. Animal house
  42. Domestic
  44. Anagram of "Eat"
  45. Danger
  46. Lift
  47. Primp
  48. Porous limestone
  50. Be slack-jawed
  51. Got bigger
  52. Winglike
  53. Pitch
  54. Slave
  55. 24 hour periods
- 17. Shooting game 18. Curtail 19. Unit of land 20. Self-control 22.TTT 23. Gesture of assent 24. Saber or epee 26. Spin 30. Colonial reporter 32. Pee 33. Optional school courses 37. Observed 38. Haunted house sound 39. Yield 40. Not vertical 42. Siberian antelope 43. Home run (baseball) 44. Bank employee 45. Former 47. Each 48. Blue-green 49. Exacerbated 56. Murres 57. Challenge 58. Shad 59. Closed hand 60. Type of sword 61. Tot watcher 62. Away from the wind 63. Stitched 64. Woody plants

ACROSS
1. Wife-to-be
6. Engrave
10. Minerals
14. Consumed
15. Type of salmon

16. Scarce

# Art Engagement from the Beach Museum of Art

**Compare and Contrast** ... It is time to exercise our observation skills. Please take a moment to look at the two artworks below. What do you notice that is the same and/or different? Anything is worth identifying such as, subject matter, objects, artistic style, and the way the artist used the elements of art. Consider line, shape, form, color, value, texture, and space.



Thomas Hart Benton (United States, 1889 - 1975), *Jessie and Jake*, 1942 Oil and tempera on canvas KSU, Marianna Kistler Beach Museum of Art, gift of Jessie Benton, 1999.16



Robert MacDonald Graham, Jr. (United States, 1919 - 2003) The Picnik, 20th century Oil on canvas KSU, Marianna Kistler Beach Museum of Art, gift of Jim and Virginia Moffett, 2000.181

Notes				

# RESTAURANTSPECIALS

Sunday, June 26	\$12 Lunch Grilled Raspberry Chicken Wild Rice Fresh Green Beans	\$12  Dinner  Grilled Raspberry Chicken  Wild Rice  Fresh Green Beans
Monday, June 27	\$10 Lunch Beef Burgundy Crepes Wild Rice Broccoli	\$15  Dinner  Hawaiian Pork Chop  Grilled Pineapple  Red Potatoes  Brussel Sprouts
Tuesday, June 28	\$9  Picnic Lunch on the Patio  Sandwich, Chips, & Cookies  Lemonade	\$13 Dinner Jambalaya Chicken, Shrimp, & Andouille Sausage
Wednesday, June 29	\$10 Lunch Antipasto Salad Mixed greens, salami, pepperoni, olives, provolone, cherry tomatoes, red onion, & pepperoncini	\$13  Dinner  Apricot Chicken  Roasted Tomatoes  Broccoli & Asparagus
Thursday, June 30	\$10 Lunch Bacon, Spinach, & Swiss Quiche Watermelon & Berry Salad	\$13 Dinner Fish & Chips Coleslaw
Friday, July 1	<b>\$9</b> <b>Lunch</b> Baked Potato Bar	\$15 Dinner Steak & Pepper Kabobs Wild Rice Corn on the Cobb
Saturday, July 2	\$10 Lunch Grilled Cheese with Prosciutto, Basil Pesto, Tomato, & Fresh Mozzarella Fried Green Beans	\$17 Dinner Glazed Salmon Couscous Fresh Green Beans



Breakfast: Biscuits & Gravy, \$2.50 / \$4.50

Lunch: Everything Bagel Sandwich, \$7.00 (Ham, turkey, and Swiss cheese on an everything bagel topped with honey mustard glaze, served with your choice of side)

Breakfast: French Toast, Bacon or Sausage, & Fruit, \$4.50 / \$6.50 Lunch: Super Smash Burger, \$5.00/\$7.00 (Super thin and crispy ground beef patty topped with cheddar cheese and chipotle aioli, served with pasta salad)

Breakfast: Breakfast Burritos with Fruit, \$4.50 / \$6.50

Lunch: BBQ Pork Sandwich, \$7.00 (Shredded pork with BBQ sauce on a butter-toasted bun served, served with carrots and celery)

Breakfast: Biscuits & Gravy, \$2.50 / \$4.50 Lunch: Cowboy Dog, \$5.00 / \$7.00 (Grilled hot dog topped with cheddar cheese, sautéed onion, chopped bacon, and BBQ sauce, served with your choice of side)

Breakfast: Waffle or Pancake with Bacon or Sausage, \$4.50 / \$6.50

**Lunch:** Smothered Burrito, \$7.00

(Shredded chicken, tomatoes, corn, black beans, and shredded cheddar cheese topped with creamy white gueso, served with your choice of side)

Breakfast: Ala Carte Menu Eggs, omelet, bacon, sausage, toast, & fruit

MON.-FRI, 7 AM. - 2 PM / SAT, 7 AM. - II AM.

# Weekly Opportunities Calendar June 26 to July 1

Sunday • June 26

Put your trash at the curb!

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

10:30 a.m. ~ Transportation to FUMC, VE

Monday ● June 27

Trash & recycling pick-up

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

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

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

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

1:30 p.m. ~ God Talk, KSU CL

2:00 p.m. ~ Change & Loss Support Group, FHR

7:00 p.m. ~ Bingo Night, CR

Tuesday • June 28

7:00 a.m. ~ Rock Steady Boxing, BF

10:00 a.m. ~ Memory Activities Class, KSU CL

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

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

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

3:00 p.m. ~ Coffee Corner featuring Music by

String Leadership Institute, EC

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

5:30 p.m. ~ Social Dining, MR

6:30 p.m. ~ UFM Class: Mountain of Peace, CR

Wednesday ● June 29

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

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

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

10:00 a.m. ~ Memory Café, KSU CL

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

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

3:00 p.m. ~ Sing-A-Long, EC

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

Thursday ● June 30

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, CR

6:30 p.m. ~ UFM Class: The '60s, CR

Friday ● July 1

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

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

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

1:00 p.m. ~ Rock Steady Boxing, BF

3:00 p.m. ~ Catholic Mass, CR

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# **Zoom Opportunities**

Monday, June 27

1 p.m.	Parkinson's Exercise Class
2 p.m.	Change & Loss Support Group

Tuesday, June 28

• •	
10 a.m.	Memory Activities Class
11:15 a.m.	Chair Yoga

Wednesday, June 29

10 a.m.	Memory Care Partner Support Grp
10 a.m.	Memory Café

Thursday, June 30

11:15 a.m.	Chair Yoga
1 p.m.	Parkinson's Exercise Class

## **Room Abbreviations**

**BF**, Body First

BR, Bison Room CR, Community Room CY, Courtyard EC, Event Center

FHR. Flint Hills Room

GC, Grosh Cinema

GR, Game Room KSU CL, KSU Classroom MR, Manhattan Room PR, Patriot Room PS, Prairie Star Restaurant

VBC, Verna Belle's Cafe VE, Village Entrance

Why did the frog take the bus to work today?

His car got toad away.



## Wednesday, June 29

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 p.m.	Sit & Be Fit Exercise Class

## Thursday, June 30

10:30 a.m.	Steady Yourself Exercise Class
11:15 a.m.	Chair Yoga Exercise Class

## Friday, July 1

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

## Saturday, July 2

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

## Monday, June 27

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

## Tuesday, June 28

10:30 a.m.	Steady Yourself Exercise Class
11:15 a.m.	Chair Yoga Exercise Class

## Solutions from 6/16.

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

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



## **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:** June 26

THE GREATEST GAME EVER PLAYED (2010) PG, 2 hr. 1 min. Sports, Biographical

Cast: Shia LaBeouf, Stephen Dilane, & Peter Firth

The true story of amateur golfer Francis Ouimet's unlikely victory over the world's greatest golfer, Harry Vardon, becoming the first amateur ever to win the U.S. Open.

**MUSICAL MONDAY:** June 27

MARRY ME (2022) PG-13, 1 hr. 52 min. Comedy, Romance

Cast: Jennifer Lopez, Owen Wilson, & Maluma

A betrayed pop star, slated to marry her pop star fiancé on stage, instead marries a stranger from the audience—a high school math teacher. Against the odds, their sham relationship develops into something real ... but can their love survive the limelight?

**TRUE TUESDAY:** June 28

**RESIDENT REQUEST** 

**MEGAN LEAVEY** (2017) PG-13, 1 hr. 56 min. Emotional, Sentimental, Heartfelt

Cast: Kate Mara, Ramon Rodriguez, & Tom Felton

In this affecting true-life drama, U.S. Marine Megan Leavey and her bomb-sniffing dog build a bond of trust and loyalty that sees them through more than 100 missions during the Iraq War—until an improvised explosive device injures them both.

**WESTERN WEDNESDAY:** June 29

HIGH PLAINS DRIFTER (1973) R for violence & sexuality, 1 hr. 45 min. Drama, Mystery, Western

Cast: Clint Eastwood, Verna Bloom, & Mitch Ryan

A gun-fighting stranger comes to the small settlement of Lago and is hired to bring the townsfolk together in an attempt to hold off three outlaws who are on their way.

**THEATER THURSDAY:** June 30

SEVEN YEARS IN TIBET (1997) PG-13, 2 hr. 16 min. Drama, Inspiring, Understated

Cast: Brad Pitt, David Thewlis, & BD Wong

During World War II, an escaped POW makes his way to Tibet, where he meets the Dalai Lama, whose friendship ultimately transforms his outlook on life.

FUNNY FRIDAY: July 1

WHO FRAMED ROGER RABBIT (1988) PG, 1 hr. 43 min. Comedy, Mystery, Parody

Cast: Bob Hoskins, Christopher Lloyd, & Joanna Cassidy

A toon-hating detective is a cartoon rabbit's only hope to prove his innocence when he is accused of murder.

**SWEET SATURDAY:** July 2

JUST LIKE HEAVEN (2005) PG-13, 1 hr. 34 min. Charming, Heartfelt, Feel-Good

Cast: Reese Witherspoon, Mark Ruffalo, & Donal Legue

When a heartbroken architect moves into a new apartment, he clashes with the previous tenant's spirit, which lingers behind.