

May 11, 2023 Manhattan, Kansas Messenger Editor: Sarah Duggan A local not-for-profit focused on supporting people in living their best lives

Messenger



[above, left] A Grow Green team at Greater Manhattan Community Foundation (GMCF) accepted donations in person all day on Friday, April 21. [above, right] Becky Fitzgerald, Development Director for Meadowlark Foundation, and Vern Henricks, President/CEO of GMCF.

Thank You, Meadowlark Friends!

Generosity aplenty on 2023 Grow Green Match Day

by Becky Fitzgerald, Development Director

Hip! Hip! HOORAY!! The 11th annual Grow Green Match Day, hosted April 21 by Greater Manhattan Community Foundation, was Meadowlark Foundation's best ever in terms of the number of contributions received. According to the Leaderboard at growgreenmanhattan.com, 88 friends of Meadowlark contributed a whopping \$51,667 to benefit our Nursing Scholarship Program.

Our organization was one of 28 local non-profits receiving \$20,000 or more, and so is eligible for the maximum match of \$10,000. Add this amount to a prize of \$100, won by Meadowlark resident and Grow Green donor John Walters, and our unofficial grand total is a whopping \$61,677 (rounding to the nearest dollar and subtracting credit card fees). Amazing!

Manhattan business man and philanthropist Phil Howe again is providing matching funds through Howe Family Foundation.

The financial boost to 95 community not-for profit organizations is expected to top \$1.5 million. According to Kendra Kuhlman, GMCF's Director of Program Services, the Community Foundation is in the process of verifying the gifts, with organizations receiving their final donation and matching totals once the reconciliation process is complete.

As was the case in 2022, a contribution from a longtime business partner of Meadowlark's, BHS Construction, provided a significant boost to this year's total. The company's motto is "Build Together," and according to Patrick Schutter, company president, BHS seeks opportunities to build up an organization's programming and projects as well as meet their construction needs. Currently, BHS employees can be seen on the Meadowlark campus, steadily working toward completion of The Monarch, a three-story apartment tower.

See GROW GREEN, page 4

EVENTS & OPPORTUNITIES

Manhattan Catholic Schools Flag Project submitted by Tom Fryer

The Manhattan Catholic Schools PTO provides the Flag Project service for the Manhattan area. For an annual \$40 donation, they provide a 3' x 5' U.S. flag, pole, and bracket for display at your home during the following five holidays: Memorial Day, Flag Day, Independence Day, Labor Day, and Veterans Day.

If you are interested in participating in the Flag Project, please contact *mcsflagproject@gmail.com* or call (785) 565-5050 to learn more.

Meadowlark Singers concert

Friday, May 12, at 7 p.m.

submitted by Sue Hunt

Don't forget to attend the Meadowlark Singers concert at 7 p.m. Friday, May 12, in the Community Room. We are prepared to provide a full hour of good music.

Outdoor Committee: Golf Cart Rides Saturday, May 13

submitted by Sue Hunt

It's your last chance to sign up in the Blue Book for a golf cart ride along our many new pathways and see the new garden, the winding path to the cemetery, new doctor's office, and the pond.

Don't be square and sign up for Saturday, May 13, at 9 a.m., 9:30 a.m., 10 a.m., or 10:30 a.m. The golf cart holds five passengers at a time. The rides will depart from the Village Entrance.

Worship Service

Sunday, May 14, at 10:30 a.m.

Join Rev. Melanie Nord for worship at 10:30 a.m. Sunday, May 14, in the Community Room/Chapel. We will continue our new sermon series titled "Call Stories" during which we are exploring the ways in which God inspires us to follow our hearts and dreams.

Mother's Day Lunch at Prairie Star

Sunday, May 14, from 11 a.m. to 2 p.m.

Prairie Star Restaurant will host a special Mother's Day Lunch from 11 a.m. to 2 p.m. Sunday, May 14. Please reserve your seat by visiting the host stand in the restaurant or by calling (785) 323-3820. The menu will feature the following individually priced items:

~ Salads/Soups: Blueberry Spinach Salad (\$4); Clam Chowder (\$4); and Watermelon Cucumber Salad (\$4)

~ Entrees: Lemon Pepper Chicken with Rice Pilaf and a Veggie Skewer (\$15); Cinnamon-Apple Pork Chop with Red-Skin Mashed Potatoes, and Bacon-Wrapped Asparagus (\$17); Blackened Shrimp with Tuscan Alfredo Sauce over Linguine (\$17)

~ Dessert: Strawberry Cream Pie (\$4) and Chocolate Raspberry Cake (\$5)

FUMC Communion

Wednesday, May 17, at 9 a.m.

Join pastoral leaders from First United Methodist Church at 9 a.m. Wednesday, May 17, in the Bison Room to receive communion. The opportunity is open to anyone wanting to invite Christ into his or her heart.

Lunch at Cracker Barrel

Wednesday, May 17, depart at 10:45 a.m.

You're invited to have lunch a Cracker Barrel in Junction City on Wednesday, May 17! The cost for transportation is \$7, per person and each person will be responsible for his or her own lunch bill. The bus will depart from the Village Entrance at 10:45 a.m. Please sign up in the Blue Book if you plan to attend.

Page Turners Book Club

Wednesday, May 17, at 11:30 a.m.

Next week, the Page Turners Book Club continues the discussion about *The Help* by Kathryn Stockett. This popular book was also made into a movie. See the back page of this Messenger for more information on the film.

The movie, *The Help*, will be shown in Grosh Cinema at 1 p.m., 4 p.m., and 7 p.m. Tuesday, May 16. Book club members are encouraged to watch at whichever time is best for you. If you would like to watch with other club members, you're invited to attend the 4 p.m. showing.

After watching the movie in the cinema, we will talk about the differences between the book and the movie during our regularly scheduled meeting at 11:30 a.m. Wednesday, May 17, in the Patriot

EVENTS & OPPORTUNITIES

Room and enjoy a special theme-based snack. Whether you have completed the book or not, please join us for discussion and food that is featured in the book. For questions contact Michelle or Monte.

Additionally, we are beginning our next book which is *A Man Called Ove (Otto)* by Fredrik Backman. We will begin discussing this novel on June 7. If you need this book, please reach out to Michelle or Monte.

Artist Discussion with the Beach Wednesday, May 17, at 4 p.m.

Join Kim Richards from Beach Museum of Art for "Henri Matisse: Color Expressionist," at 4 p.m. Wednesday, May 17, in the Bison Room. Matisse was an innovative artist expanding the use of color and shape over a half-century.

Technology Drop In

Thursday, May 18, at 9 a.m.

Are you new to technology or need help with existing computer questions? Take advantage of a one-on-one help with tablets, laptops, and phones. This opportunity is offered by Wandean Rivers with Manhattan Public Library every third Thursday from 9 to 11 a.m. in the Flint Hills Room. Registration is not required to attend.

Card Making with Michelle Lehmer

Thursday, May 18, at 2:30 p.m.

The next Card Making with Michelle Lehmer class will occur on Thursday, May 18, at 2:30 p.m. in the Flint Hills Room.

Celebration of Life: Marge McKittrick Thursday, May 18, at 3 p.m.

All are invited to attend the Celebration of Life for Marge McKittrick at 3 p.m. Thursday, May 18, in the Event Center.

Rock Creek Middle School Choir Friday, May 19, at 12:30 p.m.

The Rock Creek Middle School Choir will perform their 2023 Spring Tour at 12:30 p.m. *Friday, May 19,* in the Event Center. The RCMS consists of 7thand 8th-grade students of which several were accepted in this year's district and state choirs. RCMS Choir will be performing the pieces *Ndikhokhele Bawo, I See the Light, The Wellerman,* and *Touch the Sky.*

Celebration of Life: John Young

Friday, May 19, at 3:30 p.m. All are invited to attend the Celebration of Life for John Young at 3:30 p.m. Friday, May 19, in the Event Center.

Songs & Stories with Michael Eichten Friday, May 19, at 7 p.m.

Meadowlark welcomes Michael Eichten for Songs & Stories at 7 p.m. Friday, May 19, in the Courtyard, weather permitting. A self-admitted history buff and master storyteller, Mike will play a few of his favorite Johnny Cash, John Prine, and Don Williams tunes, then mix in a few well-told stories that shed new insights into classics such as "Sunday Morning Coming Down." Mike also will include a few originals and a crowd-pleasing parody, "Covid Blues." All are invited to attend!

Forest Bathing 101

Saturday, May 20, at 9 a.m.

Forest Bathing is a practice gaining popularity in our society. IT comes from the Japanese meditation technique called "Shinrin-Yoku," which means to absorb or take-in the forest. Join Forest Guide Melanie Nord as we learn about this practice at 9 a.m. in the Courtyard before trying Forest Bathing from 9:30 to 11 a.m. on the beautiful Meadowlark trails. Forest Bathing is an excellent way to experience nature in a new and relaxing way.

Shopping at Hobby Lobby & Dollar Tree *Saturday*, *May 20*, *at 10:30 a.m.*

The next scheduled trip is Saturday, May 20, with transportation going to Hobby Lobby and Dollar Tree East. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m.

Next month's trip will travel to Target and Dollar Tree West on Saturday, June 17. Please sign up in the Blue Book to participate in these opportunities.

Gifts to Meadowlark Foundation

Gifts benefiting the Good Samaritan Fund, Helping Hands Fund, Meadowlark Memory Program, Meadowlark Parkinson's Program, Nursing Scholarship Program, Outdoor Committee efforts, Tinklin Pointe, and Wroten House were received by Meadowlark Foundation during the month of April.

Memory of

Olivia Collins Nancy Goy Mary Jo Griffith Janet Groninga Evelyn Lady Mike Strope

John K. "Jack" Vanier

Contact Becky Fitzgerald at (785) 323-3843 to learn more about Meadowlark Foundation.

GROW GREEN, from page 1

GMCF shared the following Match Day numbers:

- ~ Total Dollars Donated: \$1,552,275
- ~ Total Number of Gifts: 6329

GMCF is allowing organizations to receive all donations for their immediate use, with the

matching money going into the nonprofits' endowed funds at the community foundation.

"We try to make it possible for these non-profits to connect with philanthropists in the community," said Vernon Henricks, GMCF's president/CEO during an interview with KSNT News of Topeka. "A lot of times, (the organizations) are good at what they do, and sometimes, the organizations are very confidential, and nobody knows a lot about them, and the organizations don't know about the philanthropists in the town. We try to make those connections.

"I tell people we are the

original Match.com," he added with a chuckle, referring to an online dating service.

Prior to the event, Meadowlark Foundation announced donations would support scholarships for current Meadowlark employees who would like short-term and future success.

MID-MONTH MUSIC SERIES

WAYNE GOINS **BEST OF CHICAGO GUITAR**

Thursday, May 25 / 6 to 8 p.m. / Prairie Star featuring a FAJITA BUFFET

\$20+tax/per person No reservations required.

to further their education to become licensed practical nurses or registered nurses. The 2023 scholarship recipient is Alexandria "Andria" Anderson, who currently works part-time as an aide for Meadowlark Home Health. She plans to study to be a licensed practical nurse at Manhattan

Area Technical College. Now in its fifth year, Meadowlark's scholarship program rewards the initiative of talented current employees, while, in the future, providing Meadowlark's licensed care households with highly trained staff in what appears to be a perpetual nurses shortage. Employees who receive a scholarship agree to work at Meadowlark for at least two years following graduation.

Meadowlark's 2023 giving total appears to have earned the seventh spot on the Grow Green Leaderboard. Shepherd's Crossing, No Stone Unturned Foundation, and Be

Able finished first through third in dollars raised. Thank you to everyone who helped make Manhattan's and Meadowlark's "green" grow significantly! Your generosity is contributing to our short-term and future success.

Andria
AndersonKadowlark
Foundation's
Nursing
Scholarship
Recipient, 2023Meadowlark is proud to support the
career growth of healthcare

Congrats!



professionals in the Manhattan area.



Join Rev. Melanie Nord and other community faith leaders for a summer **full** of spiritual opportunities at Meadowlark!

Forest Bathing 101

Saturday, May 20, from 9 to 11 a.m.

Forest Bathing is a practice gaining popularity in our society. It comes from the Japanese meditation technique called "Shinrin-Yoku," which means to absorb or take-in the forest. Join Forest Guide Melanie Nord as we learn about this practice at 9 a.m. in the Courtyard before trying Forest Bathing from 9:30 to 11 a.m. on the beautiful Meadowlark trails. Forest Bathing is an excellent way to experience nature in a new and relaxing way.

Beer & Hymns

Friday, June 2, at 7 p.m.

There is a grand tradition within the Christian church of bringing together hymn-singing and pub culture. In the nineteenth century William Booth's Salvation Army put Christian words to popular music sung in pubs and taverns. Come enjoy a soda or alcoholic beverage... or even water... and join together in song for fellowship, song and merriment at Prairie Star's Pub.

"Why?" Book Discussion Group

Mondays in June, from 3:30 to 4:30 p.m. People of faith have struggled with the question "why do bad things happen to good people" for centuries. Join Rev. Melanie Nord as we examine and discuss this topic using the bestseller by Pastor Adam Hamilton. You do not have to read the book to participate. All are welcome!

Christmas in July!

Sunday, July 9, at 10:30 a.m.

Christmas is the most wonderful time of the year... but sometimes we can be distracted with our Christmas cards, gift-giving, meal-planning and cold/flu season. What if we had a day when we could focus only on the magic of Christmas Worship? Join us for the first-ever Christmas in July celebration at 10:30 a.m. Sunday, July 9, in the Community Room/Chapel! Family and friends are welcome as we sing carols, deck the halls, and remember the birth of Christ.

Summer of Spiritual Growth

The Writings: Exploring the Stories of the Old Testament

Tuesdays starting July 11 through Aug. 11, at 5 p.m. Scholars often compare our Old Testament book of Jonah, Esther, and Ruth to children's stories. Each has suspense, heroes, foreshadowing, and other popular literary techniques... and yet each is found in our Holy Scriptures. Come learn the power and life meaning that can be found in these wonderful stories of our faith.

Worship Service

Sundays at 10:30 a.m.

You're invited to Meadowlark's weekly worship service at 10:30 a.m. in the Community Room/ Chapel. Worship leaders include Rev. Melanie Nord, Monte Spiller, and other guest preachers.

Catholic Mass

First Fridays at 3 p.m.

Catholic Mass occurs every first Friday at 3 p.m. in Meadowlark's Community Room/Chapel. This opportunity is led by St. Thomas More Catholic Church.

FUMC Communion Third Wednesdays at 9 a.m.

Join pastoral leaders from First United Methodist Church at 9 a.m. every third Wednesday in the Bison Room to receive communion. The opportunity is open to anyone wanting to invite Christ into his or her heart.

Catholic Rosary

Third Fridays at 3 p.m.

Catholic Rosary is offered every third Friday at 3 p.m. in Meadowlark's Community Room/Chapel. This opportunity is led by St. Thomas More Catholic Church.

College Avenue UMC Communion Fourth Thursdays at 10 a.m.

Join Rev. John Collins from College Avenue First United Methodist Church for communion every fourth Thursday at 10 a.m. in the Bison Room.

"But grow in grace—increase in the image and favor of God; every grace and Divine influence which ye have received is a seed, a heavenly seed, which, if it be watered with the dew of heaven from above, will endlessly increase and multiply itself."

2 Peter 3:18

Questions, ideas, or concerns? Contact us—we'd love to visit with you!

Rev. Melanie Nord e-mail: **melanielea@gmail.com**

To contact Melanie by phone, please call the Hospitality Desk at (785) 323-3847 to leave a message, and she will return your call. Monte Spiller, Resident Services Leader e-mail: mspiller@meadowlark.org phone: (785) 323-3801

Art Engagement from the Beach Museum of Art

What is going on? Take a long moment to look closely at this image. Then ask yourself, what is going on in this picture?Any thoughts you have about this image are worth mentioning. Ask yourself, what do you see that gives you these ideas?

See page 9 for artist information.

Notes

RESTAURANT **SPECIALS**

Sunday, May 14	Mother's Day Lunch Full menu listed on page 2. Reservations required.	Dinner \$14 BBQ Meatballs Scalloped Potatoes Roasted Broccoli
Monday, May 15	\$11 Lunch Chicken Gyro Pasta Salad	\$14 Dinner Smothered Pork Chop <i>with Mushroom-Onion Gravy</i> Mashed Potatoes Honey Carrots
Tuesday, May 16	\$11 Lunch Mango Chicken Bowl Cilantro Lime Rice	\$15 Dinner Beef & Italian Sausage Lasagna Garlic Bread Caesar Salad
Wednesday, May 17	\$11 Lunch Meatloaf Sandwich Pub Chips	\$15 Dinner Chicken Cordon Bleu Rice Pilaf Roasted Broccoli
Thursday, May 18	\$9 Lunch Hot Ham & Cheese Sandwich Tomato Soup	\$16 Dinner Penne with Sherry Garlic Sauce <i>chicken, shrimp, mushrooms,</i> <i>spinach, & sundried tomatoes</i> Garlic Bread
Friday, May 19	\$11 Lunch Potato Bar	\$17 Dinner Braised Short Ribs Loaded Mashed Potatoes Fresh Green Beans
Saturday, May 20 Page 8	\$11 Lunch Avocado Tuna Melt Pea Salad	\$17 Dinner Steak Kabobs Tangy Salsa

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Weekly Opportunities Calendar May 14 to May 20

Sunday • May 14 Put your trash at the curb!	Thursday • May 18	
10:30 a.m. ~ Worship Service, CR	3:00 p.m. ~ Marge McKittrick Celebration of Life,	
10:30 a.m. ~ Transportation to FUMC, VE	EC	
Monday • May 15 Trash & recycling pick-up	5:30 p.m. ~ Meadowlark Circle Dinner, MR	
 9:30 a.m. ~ Seated Strength, CR or 1960 10:00 a.m. ~ Tuttle Creek Ladies Group, BR 10:00 p.m. ~ Tuttle Creek Mens Group, MR 10:30 a.m. ~ Weights 101, CR or 1960 11:30 a.m. ~ Sit & Be Fit, CR or 1960 1:00 p.m. ~ Parkinson's Exercise Class, CR or 1960 2:00 p.m. ~ Change & Loss Support Group, FHR 5:30 p.m. ~ 5th Floor Supper, MR 7:00 p.m. ~ Community Bingo, CR 	Friday • May 19 9:30 a.m. ~ Seated Strength, CR or 1960 10 a.m. to 3 p.m. ~ Meadowlark Market, 120 N. Scenic Drive 10:30 a.m. ~ Weights 101, CR or 1960 11:30 a.m. ~ Sit & Be Fit, CR or 1960 12:30 p.m. ~ Rock Creek Middle School Choir, EC 1:00 p.m. ~ Rock Steady Boxing, BF 3:00 p.m. ~ Catholic Rosary, CR	
Tuesday ● May 16	3:30 p.m. ~ John Young Celebration of Life, EC	
7:00 a.m. ~ Rock Steady Boxing, BF	7:00 p.m. ~ Songs & Stories with Michael Eichten,	
10:00 a.m. ~ Memory Activities Class, KSU CL	CY	
10:30 a.m. ~ Steady Yourself, CR or 1960 11:15 a.m. ~ Chair Yoga, CR or 1960 12:05 p.m. ~ Mat Yoga, CR 1:00 p.m. ~ Fit 2 Fight Pd, MSC 2:00 p.m. ~ 10-Point Pitch, GR 4:00 p.m. ~ Meadowlark Singers Practice, CR 5:30 p.m. ~ 2nd Floor Supper, BR	Saturday • May 20 9:00 a.m. ~ Forest Bathing 101, CY 9:30 p.m. ~ Band Bust Exercise Class, 1960 10 a.m. to 3 p.m. ~ Meadowlark Market, 120 N. Scenic Drive 10:30 a.m. ~ Saturday Shopping Trip, VE	
Wednesday • May 17 9:00 a.m. ~ FUMC Communion, BR 9:30 a.m. ~ Seated Strength, CR or 1960 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE 10:00 a.m. ~ Mem. Care Partners Supp. Grp, FHR 10:00 a.m. ~ Memory Café, KSU CL 10:30 a.m. ~ Weights 101, CR or 1960 11:30 a.m. ~ Sit & Be Fit, CR or 1960 11:30 a.m. ~ Page Turners Book Club, PR 3:00 p.m. ~ Rock Steady Boxing, CR	Room Abbreviations1960, TV Channel 1960GR, Game RoomBF, Body FirstKSU CL, KSU ClassroomBR, Bison RoomMR, Manhattan RoomCR, Community RoomPR, Patriot RoomCY, CourtyardPS, Prairie Star RestaurantEC, Event CenterMSC, Manhattan Sr. CenterFHR, Flint Hills RoomVBC, Verna Belle's CafeGC, Grosh CinemaVE, Village Entrance	
Thursday • May 18	Artist information from page 7.	
9:00 a.m. ~ Technology Help Drop-In, FHR	Loran Wilford (United States, 1892 - 1972)	
9:00 a.m. ~ Messenger Team, KSU CL	Title unknown, ca. 1955	
10:30 a.m. ~ Steady Yourself, CR or 1960	Watercolor and opaque watercolor on paper	
11:15 a.m. ~ Chair Yoga, CR or 1960	KSU, Marianna Kistler Beach Museum of Art, gift	
11:30 a.m. ~ Ladies Luncheon, EC	of John, Susan, and Johnny Watt, in memory of	
12:05 p.m. ~ Mat Yoga, CR	Sarah Katherine Watt, 2020.59	



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: May 14

BRAVE (2012) PG, 1 hr. 35 min. Fantasy, Coming-of-Age

Cast: Kelly Macdonald, Billy Connolly, & Emma Thompson

Determined to carve her own path in life, Merida defies an age-old custom sacred to the unruly and uproarious lords of the land. When her actions unleash chaos in the kingdom, Merida must harness all of her skills to undo a beastly curse before it's too late ... and discover the meaning of true bravery.

MUSICAL MONDAY: May 15

GREASE (1978) PG, 1 hr. 50 min. Comedy, Musical, Romance

Cast: John Travolta, Olivia Newton-John, & Stockard Channing Good girl Sandy Olsson and greaser Danny Zuko fell in love over the summer. When they unexpectedly discover they're now in the same high school, will they be able to rekindle their romance?

TRUE TUESDAY: May 16

PAGE TURNER REQUEST

THE HELP (2011) PG-13, 2 hr. 26 min. Emotional, Heartfelt, Inspiring

Cast: Emma Stone, Viola Davis, & Bryce Dallas Howard

In 1960s Jackson, Miss., aspiring writer Eugenia Phelan crosses taboo racial lines by conversing with Aibileen Clark about her life as a housekeeper, and their ensuing friendship upsets the fragile dynamic between the haves and the have-nots.

CLASSIC MOVIE WEDNESDAY: May 17

AIRPORT '77 (1977) PG, 1 hr. 53 min. Classic, Suspenseful, Exciting

Cast: Jack Lemmon, Lee Grant, & Brenda Vaccaro

A luxury 747 packed with VIPs and priceless art goes down in the Bermuda Triangle after being hijacked by thieves—and time for a rescue is running out.

THEATER THURSDAY: May 18

DIGGING FOR CHINA (1998) PG, 1 hr. 43 min. Drama, Emotional, Tearjerker

Cast: Evan Rachel Wood, Kevin Bacon, & Mary Stuart Masterson

In 1960s North Carolina, a precocious 10-year-old girl has fantasies of escaping her unhappy home. When she befriends a mentally disabled man on his way to an institution, their close bond stirs up concerns that threaten to break them apart.

FUNNY FRIDAY: May 19 *OPERATION DUMBO DROP* (1995) PG, 1 hr. 49 min. *Comedy, Action, Adventure* Casti Danny Claver Bay Listte & Denis Learny

Cast: Danny Glover, Ray Liotta, & Denis Leary

A savvy veteran army captain is teamed with a by-the-book West Point officer to lead the "weightiest" military maneuver ever. Their job: to secretly transport a full-grown elephant across 200 miles of rugged terrain.

SWEET SATURDAY: May 20

A TOURISTS' GUIDE TO LOVE (2023) TV-PG, 1 hr. 36 min. Charming, Feel-Good, Romantic

Cast: Rachel Leigh Cook, Scott Ly, & Missi Pyle

Work brings an American travel executive to Vietnam, where a free-spirited tour guide helps open her eyes to a beautifully adventurous way of life.