

June 8, 2023 Manhattan, Kansas Messenger Editor: Sarah Duggan A local not-for-profit focused on supporting people in living their best lives



by Polly Ferrell

It may surprise you that a short but haunting melody of our country is looked upon by the world as the most uniquely American song. We hear it often, in good times and bad. It soothes our souls like no other song. That song is always recognized as a call to be silent before God.

By now you know the melody of which I write. Taps. The term originates from a long time ago – a Dutch term, "taptoe," meaning it was time to "close the beer taps," send the troops back to camp to rest and be read for the battle of the next day. The military term, "tattoo," comes from the same origin. In July 1862, Taps was arranged in its present form by Union Army Brigadier General Daniel Butterfield, commander of the Army of the Potomac and a Medal of Honor recipient. Taps was used to signal "lights out" for the Union troops. Within months, it was used by both Union and Confederate forces. So, you see, our country's warring factions can come to agreement. It is possible even today.

Taps also was played in the heat of battle to recognize a fallen soldier. In 1894, the United States Army officially recognized the tune. Taps is now looked upon as the most appropriate and touching part of a military funeral. It is truly an American melody.

This tune first became a vivid part of my memory at Camp Wood YMCA near Elmdale, Kan., in Chase

County. Camp Wood now covers hundreds of acres, but when it was created in 1915, there were only 40 acres. This original acreage was given by my great grandparents, Stephen and Caroline Wood. The original site for the camp was laid out in a quadrangle style. Square wooden cabins were arranged to form a rectangle around a central flagpole in the style of early military forts. Every evening before the campers retired for bed, they gathered around the flagpole and Taps was bugled or sung. The melody was calming, and the words quieted the spirit. For those of us in my family, it was also a tribute to my uncle, Marine Cpl. Howard B. Wood, killed in action on a World War I battlefield, June 23, 1918. The song was bugled when Cpl. Wood and other fallen heroes were later buried nearby in Belleau Wood, France.

The original set of lyrics for Taps were written by Horace Lorenzo Trim. The first verse is the most familiar. As a camper and later as a staff member at Camp Wood, each evening we stood tall, hands at our sides. As we sang, we gradually raised our arms to symbolize the lakes, the hills, and the sky. Hands were then folded across the chest and we knew that "all was well" because God was with us.

Day is done, gone the sun From the lakes, from the hills, from the sky All is well, safely rest

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EVENTS & OPPORTUNITIES

Window Washing

Window washing will begin Friday, June 16. The crew plans to start on the duplexes and then move to the independent living tower. This project will probably take about two weeks to complete. If you have questions, please contact Monte Spiller at (785) 323-3801.

Worship Service

Sunday, June 11, at 10:30 a.m.

Join Monte Spiller, Resident Services Leader, for worship at 10:30 a.m. Sunday, June 11, in the Community Room/Chapel. The sermon is titled, "Faith & Its Repercussions." All are welcome to attend.

Fiesta to Remember

Friday, June 9

You're invited to Fiesta to Remember Friday, June 9, at Rockin K's, located at 1880 Kimball Ave., from 11 a.m. to 10 p.m. to enjoy delightful food and drink. Fiesta to Remember will feature a taco buffet from 11 a.m. to 1:30 p.m. and a fajita buffet from 4:30 to 9 p.m. Petty Cash will provide live music in the evening.

Back by popular demand, a VIP experience featuring a private room, bartender, and buffet will be offered from 6 to 8 p.m. A limited number of VIP tickets are available for \$50 each. The VIP experience will include private dining space on the second floor of the Foundation building with access to the balcony to enjoy live music from Petty Cash. In addition to buffet-meal access, each VIP ticket holder will receive two drinks served by their own bartender, and a VIP-exclusive appetizer and dessert. These can be purchased by contacting Michelle Haub at (785) 323-3899 or via e-mail at *mhaub@meadowlark.org.*

Everyone can purchase favorites from the Rockin' K's menu and the signature "Fiesta-Rita" drink all day long.

Meadowlark Memory Program is honored to have the consistent support from Central National Bank as our presenting sponsor for Fiesta to Remember Additionally, 2023 marks the third year that Rockin K's has generously offered to host and donate 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 the program to serve individuals in other areas of Kansas and other states as well.

Meadowlark Memory Program strives to help people cope with their dementia diagnoses and form connections so they do not have to face the journey alone. All program services are free of charge, including consultations, education events, classes, and support groups. To learn more about the program or to purchase VIP tickets, please contact Michelle Haub at (785) 323-3899.

Konzanetta String Quartet

Friday, June 9, at 7 p.m.

Meadowlark welcomes the Konzanetta Quartet for the first time at 7 p.m. Friday, June 9, in the Community Room! The group is a string quartet for the K-State String Division. They been playing together for two years, performing at multiple venues such as Tea in the Tulips in Wamego and the K-State Gardens. Members include Emily Keeley, violin, studying Speech Pathology; Bridget O'Neill, violin, studying Music Education; Blake Modean, viola, studying Music; and Cole King, cello, studying pre-med Biology and Public Health. All are welcome to attend!

Parkinson's Voice Class Monday, June 12, at 1:45 p.m.

The Parkinson's Program is excited to announce that a summer session of Parkinson's Voice Class will be offered! Beginning Monday, June 12, we will have seven weeks of class. You may attend classes as your schedule allows, and we look forward to doing voice exercises and conversational activities to improve voice, loudness, and overall communication abilities!

Class meets every Monday from 1:45 to 3 p.m. immediately following the Pd Exercise Class.

"Why?" Book Discussion Group Monday, June 12, at 3:30

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

EVENTS & OPPORTUNITIES

and discuss this topic using the bestseller by Pastor Adam Hamilton. The "Why?" Book Discussion Group will meet Mondays in June from 3:30 to 4:30 p.m. in the Bison Room. You do not have to read the book to participate. All are welcome!

Hable Espanol

Monday, June 12, at 4 p.m. The Hable Espanol group will meet at 4 p.m. Monday, June 12, in the Flint Hills Room.

UFM: Manhattan Mural Tour

Tuesday, June 13, at 1:30 p.m.

UFM Lifetime Learning presents *Manhattan Mural Tour* from 1:30 to 3 p.m. Tuesday, June 13. The group will meet in the Village Entrance (main entrance) at Meadowlark and take a bus to each stop together.

The tour will be led by Jeff Sackrider, co-founder and volunteer chair of Incite MHK. He will take attendees on a journey through the streets of Manhattan to explore some of the town's most stunning murals. Over the past four years, Incite MHK has commissioned talented artists to create unique and inspiriting works of art that reflect the spirit of our community.

With Jeff as your guide, you'll learn about the stories behind each piece, the techniques used to bring them to life, and the impact they've had on the town's cultural landscape.

Enrollment is now open and can be completed by calling (785) 539-8763. This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount.

SNW Gallery & Tallgrass Tap House *Wednesday, June 14, at 10:15 a.m.*

You're invited for a day visit to Strecker Nelson West (SNW) Gallery and lunch at Tallgrass Tap House on Wednesday, June 14. At the gallery, the group will enjoy a private tour and the opportunity to look at wonderful art on your own, as well. We will leave the gallery at 11:30 a.m. and go next door to Tallgrass Tap House for lunch.

The cost of transportation is \$3, and lunch is each resident's responsibility. We will depart from the Village Entrance at 10:15 a.m. Please sign up in the Blue Book if you plan to attend.

Page Turners Book Club

Wednesday, June 14, at 11:30 a.m.

Special Programs invites all residents to attend Page Turners Book Club. Attend this gathering to socialize, engage, and discuss a popular book that became a movie. The group is now reading *A Man Called Ove* by Fredrik Backman and will meet at 11:30 a.m. Wednesday, June 14, in the Patriot Room to continue discussion. We have books on loan from the Manhattan Public Library. Please reach out to Michelle or Katie at (785) 323-3899 if you would like to borrow one. Participants do not have to attend each week to participate; come when you are able whether you have finished the book or are just beginning!

Technology Drop In

Thursday, June 15, 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.

Speedy Pd Training Walk

Thursday, June 15, at 9:30 a.m.

Want to start preparing for the Half-Mile or 5k courses at this year's Speedy Pd Race for Parkinson's Disease? Training walks will begin Thursday, June 15, at 9:30 a.m. Meet in the lobby for a guided walk outside, weather permitting, otherwise we will walk indoors. The race date is set for Saturday, Aug. 26, at Tuttle Creek State Park.

Speedy Pd Art Making Opportunities Thursday, June 15, at 12 p.m.

Join Meadowlark Parkinson's Program and our partners from the Beach Museum of Art in making pieces of art that will be used for the 15th Annual Speedy Pd Race for Parkinson's Disease in August. These pieces of art are used for the age group awards for the 5k and 10k winners.

The Speedy Pd Race helps raise awareness about

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Parkinson's and is the primary fundraiser for the Meadowlark Parkinson's Program. These awards are one of the things that help make the Speedy Pd Race more meaningful as they are made by people affected by Parkinson's.

The Beach Museum of Art provides us with the supplies needed and can also assist with some inspiration. No prior art experience is necessary. Please help us continue the tradition of being the best 5k and 10k race in the Flint Hills. The art-making class will meet each Thursday in June from noon to 3 p.m. in the Patriot Room<u>.</u> You're invited to come and go as your schedule and attention allows.

Card Making with Michelle Lehmer Thursday, June 15, at 2:30 p.m.

The next Card Making with Michelle Lehmer class will occur on Thursday, June 15, at 2:30 p.m. in the Flint Hills Room.

Interactive Art Workshop

Friday, June 16, at 6 p.m.

Meadowlark welcomes Artist and Instructor *Pablo Diaz Carballo*, at 6 p.m. Friday June 16, in the Event Center. With years of experience in the art industry, Carballo is a skilled artist and an exceptional instructor. He has a proven track record of guiding individuals through the creative process and helping them achieve their artistic goals. He is thrilled to have the opportunity to lead this workshop and believes his expertise will

Gifts to Meadowlark Foundation

Gifts benefiting the Good Samaritan Fund, Helping Hands Fund, Meadowlark Memory Program, Meadowlark Parkinson's Program, and Wroten House were received by Meadowlark Foundation during the month of May.

Memory of

Angie Fryer Tom Holder Mary Pat Johannes Susan Koelliker Don Rathbone Susan Scott John K. "Jack" Vanier John Young

Contact Becky Fitzgerald at (785) 323-3843 to learn more about Meadowlark Foundation. provide participants with valuable insights and techniques to enhance their artistic abilities.

The two-hour workshop will provide a memorable art experience, and all materials and instruction will be provided for \$25 per person. In addition, some of Pablo's work will be displayed and available to purchase. Please sign up in the Blue Book if you plan to attend.

Shopping at Target & Dollar Tree *Saturday, June 17, at 10:30 a.m.*

The next scheduled trip is Saturday, June 17, with transportation going to Target and Dollar Tree West. 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 Hobby Lobby and Dollar Tree East on Saturday, July 15. Please sign up in the Blue Book to participate in these opportunities.

UFM: Songs from the Old West Tuesday, June 20, at 1:30 p.m.

UFM Lifetime Learning presents *Songs from the Old West* led by Roy Bird, from 1:30 to 2:30 p.m. Tuesday, June 20, in the Community Room.

Join us for an hour of period songs and songs inspired by America's West—some cowboy songs, some movie songs, some songs more recent, but all toe-tapping entertainment.

Enrollment is now open and can be completed by calling (785) 539-8763. This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount.

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God is nigh.

Fading light dims the sight And a start gems the sky gleaming bright From afar, drawing near Falls the night.

Thanks and praise for our days 'Neath the sun, neath the stars, neath the sky As we go, this we know God is nigh.

The glue that holds Americans together is God. In God we trust, because we are truly One Nation Under God. Amen!

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Art Engagement from the Beach Museum of Art

Feeling ... This word has multiple definitions, including: an emotional response **or** the ability to experience the sense of touch. An artist can use texture to make an object look like it would feel when touched **and** create an emotional response from the viewer, too. Drawing with low or sharp contrast, few or multiple lines, creases, or folds all aid in creating the ideas of smooth, soft, hard, shiny, dull, or wrinkled surfaces. This may evoke feelings of serenity, gentleness, power, weathered, and many more. As you look at this pencil drawing, what techniques do you notice the artist using to create implied texture for the objects? What emotional responses do you feel looking at this image?



Elizabeth Layton (United States, 1909 - 1993), Saluting the Flag, 1984, Colored pencil and graphite on paper KSU, Marianna Kistler Beach Museum of Art, gift of Dorothy Nelson, 1997.6

RESTAURANT **SPECIALS**

Sunday, June 11	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	Dinner \$13 Open-Faced Turkey Sandwich Broccoli
Monday, June 12	\$11 Lunch Beef & Cheddar Panini Loaded Potato Salad	\$15 Dinner Apple-Bourbon Pork Chop Scalloped Potatoes Asparagus
Tuesday, June 13	\$11 Lunch Pulled Pork Sliders Potato Salad	\$14 Dinner Fish & Chips Coleslaw
Wednesday, June 14	\$11 Lunch Chicken & Mushroom Crepes Roasted Broccoli	\$15 Dinner Creamy Garlic Chicken <i>served over Ravioli</i> Caesar Salad
Thursday, June 15	\$12 Lunch Fiesta Chicken Salad mixed greens, grilled chicken, cheddar cheese, corn, cilantro, black beans, red onion, & tomatoes in a fried taco shell	\$14 Dinner Salisbury Steak Mashed Potatoes Green Beans
Friday, June 16	\$11 Lunch Pasta Bar	\$14 Dinner Orange Chicken Rice Stir Fry Vegetables
Saturday, June 17	\$10 Lunch Reuben-Style Bratwurst Macaroni Salad Pub Chips	\$15 Dinner Beef Stroganoff <i>served over Egg Noodles</i> Buttered Carrots

Weekly Opportunities Calendar June 11 to June 17

Sunday • June 11 Put your trash at the curb! 10:30 a.m. ~ Worship Service, CR 10:30 a.m. ~ Transportation to FUMC, VE	Thursday • June 15 2:30 p.m. ~ Card Making with Michelle Lehmer, FHR 5:30 p.m. ~ Meadowlark Circle Dinner, MR	
Monday • June 12 9:30 a.m. ~ Seated Strength, CR or 1960 10:30 a.m. ~ Weights 101, CR or 1960 11:30 a.m. ~ Sit & Be Fit, CR or 1960 11:30 a.m. ~ Meadowlark Valley Luncheon, BR 1:00 p.m. ~ Parkinson's Exercise Class, CR 1:45 p.m. ~ Parkinson's Voice Class, CR	Friday • June 16 9:30 a.m. ~ Seated Strength, CR or 1960 10:30 a.m. ~ Weights 101, CR or 1960 11:30 a.m. ~ Sit & Be Fit, CR or 1960 3:00 p.m. ~ Catholic Rosary, CR 6:00 p.m. ~ Interactive Art Workshop, EC	
2:00 p.m. ~ Change & Loss Support Group, FHR 3:30 p.m. ~ "Why" Book Discussion Group, BR 4:00 p.m. ~ Hable Espanol, FHR 7:00 p.m. ~ Community Bingo, CR	Saturday • June 17 9:30 p.m. ~ Band Bust Exercise Class, 1960 10:30 a.m. ~ Saturday Shopping Trip, VE	
Tuesday • June 13 7:00 a.m. ~ Rock Steady Boxing, BF 10:00 a.m. ~ Memory Activities Class, EC 10:30 a.m. ~ Steady Yourself, CR or 1960 11:15 a.m. ~ Chair Yoga, CR or 1960 12:00 p.m. ~ 4th Floor Luncheon, MR 1:00 p.m. ~ Fit 2 Fight Pd, MSC 1:30 p.m. ~ UFM: Manhattan Mural Tour, VE 2:00 p.m. ~ 10-Point Pitch, GR 3:00 p.m. ~ Coffee Corner, EC	Room Abbreviations1960, TV Channel 1960BF, Body FirstBR, Bison RoomCR, Community RoomCY, CourtyardEQ, Event CenterFHR, Flint Hills RoomGQ, Grosh CinemaState Colspan="2">State Colspan="2">State Colspan="2">State Colspan="2">Colspan="2"Colspan="2"Colspan="2"Colspan="2"FIRE Flint Hills RoomColspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2" <t< td=""></t<>	
Wednesday • June 14Flag Day!9:30 a.m. ~ Seated Strength, CR or 196010:00 a.m. ~ Walmart/Dillons Shopping Trip, VE10:00 a.m. ~ Mem. Care Partners Supp. Grp, FHR10:00 a.m. ~ Memory Café, KSU CL10:30 a.m. ~ Weights 101, CR or 196011:30 a.m. ~ Page Turners Book Club, PR11:30 a.m. ~ Sit & Be Fit, CR or 196012:00 p.m. ~ Rock Steady Boxing, BF3:00 p.m. ~ Sing-a-Long, EC3:00 p.m. ~ Eastside Supper, MR		
Thursday • June 15 9:00 a.m. ~ Messenger Team, KSU CL 9:00 a.m. ~ Library Tech Help, FHR 9:30 a.m. ~ Speedy Pd Training Walk, VE 10:30 a.m. ~ Steady Yourself, CR or 1960 11:15 a.m. ~ Chair Yoga, CR or 1960 12:00 p.m. ~ Speedy Pd Art Class, PR 12:05 p.m. ~ Mat Yoga, CR	FREE DONUT with every entrée purchase all day Father's Day, Sunday, June 18!	

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

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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 11 *THE SANDLOT: HEADING HOME* (2007) PG, 1 hr. 37 min. *Sports, Family, Comedy*

Cast: Danny Nucci, Luke Perry, & Keanu Pires

An egotistical, bitter baseball star is sent back in time to his 12-year-old self and rediscovers his love of the game as he plays on the local sandlot.

MUSICAL MONDAY: June 12

RESIDENT REQUEST

ELVIS (2022) PG-13, 2 hr. 39 min. Drama, Musical, Biography

Cast: Austin Butler, Tom Hanks, & Helen Thomson

Elvis's story is seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker. As told by Parker, the film delves into the complex dynamic between the two spanning over 20 years, from Presley's rise to fame to his unprecedented stardom, against the backdrop of the evolving cultural landscape and loss of innocence in America.

TRUE TUESDAY: June 13

CHASING CORAL (2017) TV-PG, 1 hr. 29 min. Controversial, Investigative, Documentary

Divers, scientists, and photographers around the world mount an epic underwater campaign to document the disappearance of coral reefs.

WESTERN WEDNESDAY: June 14

LET HIM GO (2020) R for violence, 1 hr. 54 min. Thriller, Wester, Suspense

Cast: Diane Lane, Kevin Costner, & Lesley Manville

Following the loss of their son, retired sheriff George Blackledge and his wife, Margaret, leave their Montana ranch to rescue their young grandson from a dangerous family living off the grid. They soon discover that the Weboy family has no intention of letting the child go, forcing George and Margaret to fight for their family.

THEATER THURSDAY: June 15

LIFE AS A HOUSE (2001) R for language, sexuality & drug use, 2 hr. 4 min. Drama, Emotional

Cast: Kevin Kline, Kristin Scott Thomas, & Hayden Christensen

Faced with a sobering diagnosis of terminal cancer, George decides to construct a beautiful new house on his land overlooking the Pacific Ocean, while at the same time trying to connect with his estranged son.

FUNNY FRIDAY: June 16

YES DAY (2021) PG, 1 hr. 29 min. Comedy, Feel-Good, Goofy

Cast: Jennifer Garner, Edgar Ramirez, & Jenna Ortega

A mom and dad who usually say no decide to say yes to their kids' wildest requests—with a few ground rules on a whirlwind day of fun and adventure.

SWEET SATURDAY: June 17

THE WAY WE WERE (1973) PG, 1 hr. 58 min. *Emotional, Romantic, Sentimental* Cast: Barbara Streisand, Robert Redford, & Bradford Dillman

Outspoken political crusader, Katie Morosky, finds herself drawn to glib golden boy Hubbell Gardner. Despite their differences, the improbable couple eventually ties the knot, but a move to Tinseltown and the firestorm surrounding the 1950s blacklist unravel the marriage.