

Grow Green Match Day

First donation station at Meadowlark attracts several donors

by Becky Fitzgerald, Development Director

At Meadowlark's Grow Green donation station on April 22, resident Tom Fryer joked that his role as a GMCF Trustee was to greet donors and twist some arms. Fortunately, during this Match Day event at Prairie Star Restaurant, Fryer found plenty of cheerful givers; no forceful persuasion was needed.

GMCF employees Gary Fees and Mitzi Richards served at our first-ever satellite location, which was part of an annual day of giving sponsored by Greater

Manhattan Community Foundation. Residents and GMCF Trustees Jo Lyle and Linda Weis joined Fryer in saying hello and thank you to the approximate 45 friends of Meadowlark who stopped by Prairie Star to contribute to one or more not-for-profit organizations.

Meadowlark Hills/Meadowlark Foundation was one of 91 participating non-profits who encouraged donations on Match Day. Individual contributions ranging from \$25 to \$1,000 per organization will

receive a local match at \$.50 per \$1, so a \$1,000 gift will receive a \$500 local match. Combined donations of \$15,000 will be matched at 50%, giving a maximum of \$7,500 in matching funds to any one organization.

According to a GMCF Facebook post on April 23, Meadowlark's donors were once again part of an eye-opening outpouring of support. The community foundation announced that the event produced more than \$1.6 million in donations! The match reconciliation started on Tuesday, and the GMCF team hope to have a final

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[above left] Jo Lyle, Meadowlark resident and GMCF Trustee, assists resident Garalyn Connery on April 22 at Meadowlark's Grow Green Match Day donation station at Prairie Star Restaurant. In the background are resident Forrest Chumley, wearing purple, and GMCF Trustee Tom Fryer, at far right. Resident Charlotte Kelly is visiting with Fryer. **[above right]** Persons who contributed at Prairie Star were encouraged to enter to win a dozen sugar cookies shaped and decorated as dollar signs and money bags; Pat Strathman of Manhattan and Chumley are the other two winners. The cookies were created by employee Elizabeth Thomas, who bakes and sells sweet treats under the name Baking with Et. **[bottom left]** Linda Weis, resident and GMCF Trustee, and Becky Fitzgerald, Development Director, team up for one of three prize drawings. Resident Mary Rickley's (above right) name is the first to be pulled.

EVENTS & OPPORTUNITIES

Manhattan Arts Center Classes

Manhattan Arts Center (MAC) has opportunities for art classes, workshops, and theater! Upcoming classes and workshops include Metalsmithing, Fused Glass Workshop (Suncatchers), Print'n'Sip Happy Hour (Printing with Stencils); Soft Pastels in Landscape; and Mother's Day Getaway with Clay.

Tickets are available for the Roger & Hammerstein classic musical about love and conquering prejudices, "South Pacific," on April 26-28 and May 3-5. For show tickets and class registrations, please visit www.manhattanarts.org or call (785) 537-4420 to learn more.

Pig Out for Parkinson's—Delivery orders Thursday, April 25

If a Meadowlark resident ordered a lunch or dinner meal to be delivered from Rockin K's during the Pig Out event, it will be delivered between 11:15 a.m. and 12:15 p.m. for lunch and between 5:30 and 6:30 p.m. for dinner. Please plan to be in your residence at the time of delivery. **If you are not home at the time of delivery, the meal will be placed at your door.** We don't have a place to store your meal if you are not home to receive it. The order total will be added to your monthly statement.

Ice Cream Social

Friday, April 26, at 3 p.m.

I scream, you scream, we all scream for ICE CREAM! The monthly ice cream social is next week at 3 p.m. Friday, April 26, in Verna Belle's Lounge. Enjoy a scoop (or two!) and fellowship with friends.

Jim Sharp's Birthday Party

Saturday, April 27, at 1 p.m.

Residents are invited to celebrate Jim Sharp's 100th birthday at 1 p.m. Saturday April 27, in Prairie Star's Event Center. There will be light refreshments will be available.

Worship Service

Sunday, April 28, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, April 28, in the Community Room/Chapel. Pastor Melanie will begin a new worship

series titled "Second Mountain." This week, the sermon is titled "Vocation." All are welcome to attend.

Study Group: A Moral & Meaningful Life Monday, April 29, at 6 p.m.

Join Pastor Melanie's latest study group at 6 p.m. every Monday through May 20 in the KSU Classroom. This group uses the works of writer and commentator David Brooks to discuss what it takes to live a life of character, social connection, and meaning.

UFM Class: WWII in the Pacific

Wednesday, May 1, at 6:30 p.m.

UFM Lifetime Learning presents *World War II in the Pacific*. This second session is from 6:30 to 8 p.m. Wednesday, May 1, in the Community Room. The final class will meet Wednesday, May 8.

The May 1 class examines America's entry into a war with Japan, Japan's victories in 1941 and 1942, the establishment of the Greater East Asian Co-Prosperity Sphere, and the crucial carrier battles of 1942. The last class will examine the turning of the tide in the Pacific and in Asia, concentrating on the China-India-Burma theater, Admiral Nimitz's Central Pacific Island Campaigns, and General Douglas MacArthur's Southwest Pacific Campaign.

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.

Meadowlark Men's Social Supper

Wednesday, May 1, at 5:30 p.m.

Prairie Star Restaurant invites Meadowlark's men to attend a Social Supper at 5:30 p.m. Wednesday, May 1, at Prairie Star Restaurant. Dinner can be purchased from the Prairie Star menu, or enjoy the daily special. Registration is not required, but please check in at the host stand when arriving. This is a casual dining opportunity, and it will not feature a program.

K-State Treble Choir

Wednesday, May 1, at 7 p.m.

The K-State Treble Choir will perform in Prairie Star's Event Center at 7 p.m. Wednesday, May 1. The choir is comprised primarily of non-music

EVENTS & OPPORTUNITIES

majors. Directed by Julie Yu, Co-Director of Choral Studies, the ensemble gives students with treble voices the opportunity to express their love of music through performance and meet a wide variety of peers who share a common interest in music. All are welcome!

PD Education Group

Thursday, May 2, at 2 p.m.

You're invited to the monthly meeting of the PD Education Group at 2 p.m. Thursday, May 2, in the Community Room.

This month's program is titled, "Diagnosis, Treatment, and Research: An Update for Parkinson's Disease." Dr. Kelly Lyons, Director of Research and Education at the KU Parkinson's Disease and Movement Disorder Center will provide a comprehensive update of the most recent diagnostic procedures and treatment methods for PD, including ultrasound treatment.

No registration is required to attend. If you have questions, please call Michelle at (785) 323-3899.

Dinner with the League

Thursday, May 2, at 6 p.m.

You're invited to join Dinner with the League of Women Voters at 6 p.m. Thursday, May 2, at Prairie Star Restaurant's Event Center. The program is titled, "Kansas Weather Trends and Future Predictions," and will be presented by Matthew Sittel, Assistant State Climatologist from the Kansas Climate Office. Matt will share details of his office's activities and take a look at the past, present, and future weather in our local area.

Residents are invited to attend the program and/or meal. Dinner will cost \$15 per person and will include bacon-cheddar egg salad served on a croissant, pub chips, fruit, and a beverage. There is no cost to attend the program only, which begins at 6:30 p.m. Please sign up in the Blue Book by Monday, April 29, to attend dinner.

UFM Class: MHK City Park Walking Tour

Friday, May 3, at 10 a.m.

UFM Lifetime Learning presents *Walking Tour of Manhattan's Historic City Park*, with Katharine Hensler, Riley County Historical Museum Director, and Melanie Highsmith, Curator of Education Design. The tour will be offered from 10 to 11:30 a.m. Friday, May 3, at Manhattan City Park.

Manhattan City Park has roots almost as old as the founding of the city. From its conception in 1857 to the many changes and growth it has sustained in its almost 170-year history, City Park has been a centerpiece of community heritage.

Please note that this is a walking tour and will last approximately 1.5 hours. The ground covered should be suitable for mobility aids such as walkers and motorized scooters. Because the tour will be held outdoors, the program will be weather-dependent. Please dress accordingly. Should inclement weather arise, organizers will attempt to reschedule.

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.

Yellow Brick Rock Band

Friday, May 3, at 7 p.m.

We are excited to welcome back the Yellow Brick Rock Band at 7 p.m. Friday May 3, in the Event Center! The band is a combined youth/instructor band that performs live music for the community and local events, allowing youth music students live performance opportunities.

The Flint Hills Academy started the band in 2019 with four members, and it continues to grow. The group covers songs from all genres providing an eclectic mix of music for all to enjoy. All are welcome!

Barbershop Chorus—FREE TICKETS!

Saturday, May 4, at 3 p.m.

The Little Apple Chorus will present *Wish Upon a Star* at 3 p.m. Saturday, May 4, in Forum Hall located on the first floor of the K-State Student Union. The doors open at 2:30 p.m.

Meadowlark has tickets available for resident use! These tickets can be picked up at the Hospitality Desk and will be distributed on a first-come-first-serve basis.

Mother's Day Lunch

Sunday, May 12, from 11 a.m. to 2 p.m.

Prairie Star Restaurant is now accepting reservations for Mother's Day lunch. To sign up,

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total which includes the match in about two weeks.

To date, Meadowlark has received 94 donations totaling just under \$32,000. Because gifts could be made by mailing a check on or before April 22, the organizations' final totals won't be known for several days. It appears, however, that the generosity of Meadowlark's donors has ensured that our organization will receive the maximum match amount of \$7,500.

Gifts made by community donors go directly to each organization for their immediate needs. The match money earned by each non-profit group will be deposited into their GMCF-endowed fund. As advertised prior to the event, donations to Meadowlark will boost our Nursing Scholarship Fund, now in its sixth year.

Thank you to all who made a difference by participating, and please stay tuned for an update once all of the gifts have been tallied.



Ask Sarah!

We have pull cords in our apartments, and they are also throughout the Community Center. When should these be utilized?

Great question! One of the features available to independent living resident at Meadowlark is access to a pull-cord system that pages an on-duty nurse in the skilled nursing area. When the pull cord is activated, the nurse will respond to the apartment or cottage to assess the resident's urgent need.

The pull cords can be found in various rooms throughout the independent living residents' apartments and throughout the Community Center. This system is not intended to be used as a substitute for calling 911 in the event of an emergency. Examples of urgent needs that would be appropriate for the pull cord system include falls, minor first aid and non-emergency medical concerns.

If a resident utilizes the pull-cord system and is subsequently taken to the emergency room, the resident will not be charged for the nurse visit. However, if the pull-cord system is used to request other nursing assistance (as noted in the above paragraph) the resident will be charged \$40 for each 30 minutes of staff visit, travel, and documentation time.

Independent living residents should not use the urgent call system to request routine care or maintenance services.

Urgent responders are available through Meadowlark Home Care. This is a mobile alert option that can be worn on your wrist or as a pendant. If you are interested in learning more, please call (785) 537-9497.

To submit a question for the Ask Sarah column, visit the Hospitality Desk or directly to me via phone, e-mail, or stopping by my office! I'm located across the hall from the Fitness Center. See you next week, and thanks for stopping by!



Skilled Nursing

5/5 Shirley Williams
5/5 Pat Tippin
5/7 Sandra Thompson
5/8 Martha Kellstrom
5/10 Nelda Warnica
5/10 Carol Kellett
5/20 Margaret Whisnant
5/20 Deanna Fuller
5/21 Phyllis Clanton
5/22 Martha Bloom
5/22 Lillian Rothfuss

May Birthdays

5/24 Earl Dreher

Assisted Living

5/1 Marianne King

Independent Living

5/2 Janice Goudy
5/4 Ann Feyerharm
5/4 Marcia Schuley
5/6 Richard Vanderlip
5/11 Betty Black
5/11 Terry Cupps
5/12 Karen Bell

5/14 Sharon Smith

5/16 Nathan Bolls
5/20 Ellen Hoover
5/20 Pat Fredrickson
5/22 Barbara Valent
5/24 Susan Wong
5/26 Mary McIlvaine
5/26 Garalyn Connery
5/29 Nancy Kopp
5/30 Pat Hook
5/30 Alan Hunt

Bold denotes milestone birthdays!

Art Engagement *from the Beach Museum of Art*

Artists make lines using brushes, various drawing instruments, or other marking tools. A line can surround a geometric or organic shape, divide a space, contain a form, and develop visual texture. Lines may be thick, thin, horizontal, vertical, zigzag, diagonal, curly, curved, spiral, and a multitude of colors. They are often expressive and can evoke rhythm and movement. In the print shown here, there are lines that define a recognizable structure. Do you notice additional lines that may be expressive and create rhythmic movement? If yes, where are they, and how would you describe them?



Jon Carsman (United States, 1944 - 1987), *Frenzy*, 1979, Color screenprint on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Donald J. Mrozek and R. Scott Dorman, 2011.14

RESTAURANT **SPECIALS**

<p>Sunday, April 28</p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p>\$12 Dinner Philly Cheesesteak French Fries</p>
<p>Monday, April 29</p>	<p>\$11 Lunch Taco Salad</p>	<p>\$16 Dinner BBQ Ribs Baked Beans Coleslaw</p>
<p>Tuesday, April 30</p>	<p>\$11 Lunch Catfish Po' Boy Fried Okra</p>	<p>\$13 Dinner Spaghetti & Meatballs Garlic Toast Green Beans</p>
<p>Wednesday, May 1</p>	<p>\$10 Lunch Chicken Fajita Quesadilla Corn Salad</p>	<p>\$15 Dinner Hawaiian Chicken <i>with Grilled Pineapple</i> Coconut Rice Stir Fry Veggies</p>
<p>Thursday, May 2</p>	<p>\$11 Lunch Tuna Melt Pasta Salad</p>	<p>\$15 Dinner Pork Tenderloin <i>with Red Pepper Pesto Sauce</i> Hashbrown Casserole Honey Glazed Carrots</p>
<p>Friday, May 3</p>	<p>\$11 Lunch Soup & Salad Bar</p>	<p>\$17 Dinner Parmesan-Crusted Salmon Baked Sweet Potato Asparagus</p>
<p>Saturday, May 4</p>	<p>\$11 Lunch Kentucky Hot Brown Roasted Broccoli</p>	<p>\$19 Dinner 6-oz. Ribeye Baked Potato Asparagus</p>

Weekly Opportunities Calendar April 28 to May 4

Sunday • April 28 *Put your trash at the curb!*

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

Monday • April 29 *Trash pick-up*

9:30 a.m. ~ Seated Strength, CR/**1960**
10:30 a.m. ~ Weights 101, CR/**1960**
11:00 a.m. ~ Rock Steady Boxing, **BF**
11:30 a.m. ~ Sit & Be Fit, CR/**1960**
1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
1:30 p.m. ~ God Talk, KSU CL
2:00 p.m. ~ Change & Loss Support Group, FHR
6:00 p.m. ~ Pastor Melanie's Study Group, KSU CL
7:00 p.m. ~ Community Bingo, CR

Tuesday • April 30

10:00 a.m. ~ Memory Activities Class, EC
10:00 a.m. ~ Mat Yoga, FHR
10:30 a.m. ~ Steady Yourself, CR/**1960**
11:15 a.m. ~ Seated Stretch & Stability, CR/**1960**
2:00 p.m. ~ 10-Point Pitch Group, GR
2:00 p.m. ~ Social Circles, PS
3:00 p.m. ~ Coffee Corner, EC

Wednesday • May 1

9:30 a.m. ~ Seated Strength, CR/**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/**1960**
11:30 a.m. ~ Sit & Be Fit, CR/**1960**
1:45 p.m. ~ PD Melodies in Motion, CR
3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Sing-Along, FHR
5:30 p.m. ~ Meadowlark Men's Supper, MR
6:30 p.m. ~ UFM: World War II in the Pacific, CR
7:00 p.m. ~ K-State Treble Choir, EC

Thursday • May 2

9:00 a.m. ~ Messenger Team, KSU CL
10:00 a.m. ~ Mat Yoga, FHR
10:30 a.m. ~ Steady Yourself, CR/**1960**
11:15 a.m. ~ Seated Stretch & Stability, CR/**1960**
1:00 p.m. ~ Parkinson's Exercise Class, CR
2:00 p.m. ~ Parkinson's Education Group, CR
4:00 p.m. ~ Meadowlark Singers Practice, CR
5:30 p.m. Meadowlark Circle Dinner, MR
6:00 p.m. ~ Dinner with The League, EC

Friday • May 3

7:30 a.m. ~ Rock Steady Boxing, **BF**
9:30 a.m. ~ Seated Strength, CR/**1960**
10 a.m. ~ UFM: MHK City Park Walking Tour
10:30 a.m. ~ Weights 101, CR/**1960**
11:30 a.m. ~ Sit & Be Fit, CR/**1960**
3:00 p.m. ~ Catholic Mass, CR
7:00 p.m. ~ Yellow Brick Rock Band, EC

Saturday • May 4

9:30 a.m. ~ Band Bust Exercise Class, **1960 only**
3:00 p.m. ~ Barbershop Chorus, KSU Student Union

Room Abbreviations

1960 , TV Channel 1960	KSU CL, KSU Classroom
BF , Body First	MM , 120 Scenic Drive
BR, Bison Room	MR, Manhattan Room
CR, Community Room	PR, Patriot Room
CY, Courtyard	PS, Prairie Star Restaurant
EC, Event Center	MSC , Manhattan Sr. Center
FHR, Flint Hills Room	VBL, Verna Belle's Lounge
GC, Grosh Cinema	VE, Village Entrance
GR, Game Room	WUMC , Wamego UM Church

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please visit the host stand or call (785) 323-3821.

Starter options include blueberry spinach salad (\$4) and seafood bisque (\$5). Entrees offered include lemon-pepper chicken, rice pilaf, veggie skewer (\$15); cinnamon-apple pork chop, red skin mashed potatoes, and bacon-wrapped asparagus (\$16); blackened shrimp and Tuscan alfredo sauce served over linguine (\$17). Dessert options will be strawberry cream pie (\$4) and layered raspberry and lemon curd cake (\$4).

Prairie Star Restaurant will not open until 11 a.m. Sunday, May 12. The special menu will only be available between 11 a.m. and 2 p.m.

Blood Pressure Check

Thursday, May 9, at 1 p.m.

Meadowlark Home Care hosts a monthly Blood Pressure Clinic on the second Thursday at 1 p.m. in the Game Room. The next scheduled clinic is Thursday, May 9, at 1 p.m. No sign up required.



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.

SUNDAY: April 28

NOAH (2014) PG-13, 2 hr. 18 min. *Drama, Action, Emotional*

Cast: Russell Crowe, Jennifer Connell, & Ray Winstone

After a pious man receives a vision of an apocalyptic flood sent by God, he begins building an ark large enough for his family and pairs of every animal.

MONDAY: April 29

SHOWINGS AT 4 P.M. & 7 P.M. ONLY

A PASSAGE TO INDIA (1984) PG, 2 hr. 43 min. *Cerebral, Classic, Drama*

Cast: Judy Davis, Victor Banerjee, & Peggy Ashcroft

Tensions rise in 1920s India when an adventurous young British woman traveling with her future mother-in-law accuses a local doctor of sexual assault.

TUESDAY: April 30

RESIDENT REQUEST

CAPTAIN PHILLIPS (2013) PG-13, 2 hr. 15 min. *Thriller, Drama*

Cast: Tom Hanks, Catherine Keener, & Barkhad Abdi

Based on a true story, a no-nonsense family man finds himself taken beyond the brink when four Somali pirates hijack the cargo ship he captains as it travels around the Horn of Africa.

WEDNESDAY: May 1

STARMAN (1984) PG, 1 hr. 54 min. *Cerebral, Romantic, Sci-Fi*

Cast: Jeff Bridges, Karen Allen, & Charles Martin Smith

He's an extraterrestrial visitor. She's mourning the death of her husband. Together, their road trip across America reveals what it means to be human.

THURSDAY: May 2

SKYSCRAPER (2018) PG-13, 1 hr. 42 min. *Suspenseful, Exciting*

Cast: Dwayne Johnson, Neve Campbell, & Chin Han

When his family becomes trapped after terrorists attack the world's tallest building, a security consultant goes to extreme lengths to try to save them.

FRIDAY: May 3

MICKI & MAUDE (1984) PG-13, 1 hr. 57 min. *Charming, Romantic*

Cast: Dudley Moore, Amy Irving, & Ann Reinking

As his marriage to a lawyer unravels, a two-timing TV reporter learns not only is his new cellist girlfriend pregnant, but so is his soon-to-be ex-wife..

SATURDAY: May 4

STAR WARS: A NEW HOPE (1977) PG, 2 hr. 6 min. *Sci-Fi, Action, Adventure*

Cast: Mark Hamill, Harrison Ford, & Carrie Fisher

Luke Skywalker begins a journey that will change the galaxy when he meets Obi-Wan Kenobi. They begin Luke's Jedi training as they go on a daring mission to rescue Rebel leader Princess Leia from Darth Vader.