

Once Upon A Time



Meadowlark, a place people have called home since 1980, has a rich history. Margaret Wheat, a registered nurse, joined the Meadowlark board in 1976 and was an integral part of Meadowlark Hills for nearly half her life. In fact, it was Margaret who dreamed up what would become the official name of the community, following a multitude of suggestions that included Kanza Heights, Prairie View, and Hilltop House. Nothing quite fit ... until inspiration struck her “like a beam of light” when she remembered the board’s first visit to the property.

“To look back at our starting point, when all the meadowlarks flew up out of the grasses—I could never have dreamed how it would all work out,” she said. “The community deserves appreciation and gratitude for the support and development of this organization.”

Margaret served a second board term from 1998 to 2005 and became a Meadowlark Hills resident herself in 2000, first moving with her husband, John, into a new Meadowlark Road cottage, and later into an apartment after his passing.

In 2012, Margaret was honored with the Legacy Award for her contributions to Meadowlark. In 2015, Meadowlark Foundation established the Margaret Wheat Spirit of Meadowlark Hills Award, which honors a resident who embodies the spirit and person-centered culture of Meadowlark Hills. Margaret passed away in October 2019.

In 2014, Margaret reflected on Meadowlark’s first 30 years. What follows is an excerpt from her essay titled, “Meadowlarks at Home on the Hills.” Please contact Sarah Duggan at (785) 323-3878 for access to the full copy of her writing.

The old adage, “Necessity is the mother of invention,” can be interpreted as a recognized need becoming the motivation to fulfill the need.

In Manhattan in the 1960s and ’70s, its maturing population recognized the need to create a retirement community in which the older citizens could live, where problems of aging could be addressed, and assistance given by geriatric and health professionals.

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EVENTS & OPPORTUNITIES

Ruth Bader Ginsburg Program, canceled

The Ruth Bader Ginsburg program scheduled for Friday, Jan. 10, has been canceled because of weather.

Worship Service

Sunday, Jan. 12, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Jan. 12, in the Community Room/Chapel. This week, Pastor Melanie will explore the book of Zephaniah.

Town Meeting—rescheduled

Monday, Jan. 13, at 11 a.m.

January's Town Meeting has been rescheduled for 11 a.m. Monday, Jan. 13, in the Event Center. Hear updates from Meadowlark leaders about upcoming events and campus news.

Volunteer & Tech Helper

Tuesday, Jan. 14, at 4 p.m.

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Tuesday, Jan. 14, in the Kansas Room (formerly known as the Game Room). Deborah looks forward to building connections through this opportunity and meeting others, so be sure to stop by during her visits on the third Tuesday of every month!

FUMC Communion

Wednesday, Jan. 15, at 9 a.m.

Join Pastor Donna from First United Methodist Church at 9 a.m., Wednesday, Jan. 15, in the Bison Room to receive communion. This opportunity is open to anyone wanting to invite Christ into his or her heart.

Page Turners Book Club

Wednesday, Jan. 15, at 11:30 a.m.

Join the Page Turners Book Club for our first discussion of 2025 on Wednesday, Jan. 15, at 11:30 a.m., in the Patriot Room. We are kicking off our reading this year with *The Storied Life of A.J. Fikry* by Gabrielle Zevin. Set in a bookstore, this funny, tender, moving novel reminds us why we love to read. The story is full of characters who either love books or grow to love them. Complete with a bit of mystery and plenty of second chances, this story is the perfect way to start the

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year. We have copies of the book available from the Manhattan Public Library. If you would like to borrow a copy or if you have questions, please contact Katie Sigman with Meadowlark Special Programs at ksigman@meadowlark.org or (785) 323-3899.

Artist Discussion with the Beach

Wednesday, Jan. 15, at 4 p.m.

Join Kim Richards from the Beach Museum of Art for *Robert Sudlow: Painting the Challenge of Home* at 4 p.m. Wednesday, Jan. 15, in the Bison Room.

Robert Sudlow studied painting in Kansas, France, and California. He traveled throughout Europe, yet never tired of the challenge and comfort of capturing the Kansas landscape. We will enjoy several of his paintings, discovering how he transforms the impressionist idea into the Sudlow landscape.

Lettuce Ketchup with Parkinson's Lunch

Thursday, Jan. 16, at 11:30 a.m.

People with Parkinson's (PwPD) and their care partners are invited to Prairie Star Restaurant the third Thursday of every month for a meal and fellowship. This lunchtime opportunity is for those interested in dining and sharing life together along their Parkinson's journey. The cost of food and drink is the responsibility of PwPD and/or care partners. For convenience, this opportunity is offered right before PD Exercise Class. Michelle and/or Katie will join monthly as schedules allow.

Card Making with Michelle Lehmer

Thursday, Jan 16, at 2 p.m.

The next Card Making with Michelle Lehmer class will occur on Thursday, Jan. 16, at 2 p.m. in the Flint Hills Room.

Grateful Dudes

Friday, Jan. 17, at 7 p.m.

Meadowlark welcomes the Grateful Dudes at 7 p.m. Friday, Jan. 17, in the Event Center! Who are these, Dudes? Brother Jeb Bolan and Tony Ridder came together in the 1980s, just in time to be too late for the folk-music scene. They continued to play against the pop music grain, developing a style soon to be known as Psychedelic Folk & Roll. These Dudes will take you wandering through a maze of folk songs and a variety pack of vintage

EVENTS & OPPORTUNITIES

rock-and-roll mutations. The *Dudes* are very *grateful* to be playing again for the residents of Meadowlark.

Shopping at Hobby Lobby & Dollar Tree *Saturday, Jan. 18, at 10:30 a.m.*

The next scheduled trip is Saturday, Jan. 18, 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, Feb. 15. Please sign up in the Blue Book to participate.

Ice Cream Social

Friday, Jan. 24, at 3 p.m.

I scream, you scream, we all scream for ICE CREAM! The monthly ice cream social is set for 3 p.m. Friday, Jan. 24, in the Kansas Room. Enjoy a scoop (or two!) and fellowship with friends. This opportunity is offered every fourth Friday.

MATMA Recital

Friday, Jan. 24, at 7 p.m.

Meadowlark welcomes the Manhattan Area Music Teachers Association (MAMTA) at 7 p.m. Friday, Jan. 24, in the Community Room. This musical event will showcase performances by members featuring a variety of piano solos and duets. Joining them are talented university piano students from Kansas State University's KMTA (Kansas Music Teachers Association) student chapter.

MAMTA, a professional organization of music educators from Manhattan, Kan., and the surrounding areas, is dedicated to promoting the value of music study and performance in our diverse community. The organization also supports the professional growth of music teachers and upholds high standards of musical excellence among its members

Kitchenware Donation Drive

Tuesday, Jan. 28, at 10:30 a.m.

Please consider donating your gently used or new kitchen items/tools to support Meadowlark Market, persons in need who receive starter kits from Kitchen Restore, a local outreach program, as well as the Cats Cupboard, (which benefits K-

State students, faculty, and staff). Proceeds from Meadowlark Market benefit our Good Samaritan Fund, which assists persons living in a Meadowlark healthcare household who have exhausted their financial resources.

This donation drive will be held from 10:30 a.m. until 12:30 p.m. in the Flint Hills Room on Tuesday, Jan. 28. Items such as measuring spoons, cups, mixing bowls, baking dishes, cookie sheets, plates, utensils, glasses, and mugs are all items that will be accepted. Please note that because of insufficient storage, donations only will be accepted on the day of the event.

If you'd like to make a monetary donation to Kitchen Restore, checks can be made out to GMCF. Please write FFC/Kitchen Restore in the memo, and mail to P.O. Box 1127, Manhattan, KS 66505. To donate online, you can visit www.nourishtogether.org and click the *Donation* button.

Kansas Day Happy Hour & Charcuterie

Wednesday, Jan. 29, at 2:30 p.m.

Happy birthday, Kansas! You're invited to celebrate Kansas' 161st birthday from 2:30 to 4 p.m. on Wednesday, Jan. 29, in the Event Center. Complimentary and locally-sourced smoked sausage, cheeses, jams, and house-made flatbread will be served. The bar also will feature Kansas wines, whiskey, and beer on tap for purchase. A virtual tour of gallery highlights from the Kansas Museum of History in Topeka will be shown. No sign-up is required and feel free to come and go as you wish.

The Dancin' Stew

Friday, Jan. 31, at 7 p.m.

Meadowlark welcomes *The Dancin' Stew* at 7 p.m. Friday, Jan. 31, in the Event Center. The story began with the ladies performing together in "Beehive: The '60s Musical." They had such a blast singing in harmony that they thought, "Why not keep this party going?" And that, my friends, is how *The Dancin' Stew* came to be!

Starting with the groovy sounds of '60s divas, they couldn't stop there. Now, they are all about mixing up the oldies with today's hits to keep the party alive wherever they go! This is a show you don't want to miss!

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Downsizing could be accomplished, while a home could be established among friends, and dignified living could be achieved at a slower pace, with activities that filled the social needs of the later years of life. Several unsuccessful attempts had been made to achieve this goal.

A motivator would be a primary requirement to succeed in attaining this goal, and such a person materialized this motivation is Marshall Schirer, the pastor of First Baptist Church in Manhattan. After only a few years in Manhattan, he saw several couples who had been actively involved in the life of their church, and who, because of the lack of retirement facilities in Manhattan, had moved to such places as Kansas City and Wichita. By 1974, he had gone before the Ministerial Alliance of the city, and challenged them to work together in planning, supporting, and leading the city in a cooperative effort to raise funds to create a retirement community for its citizens.

Of course, a vision of such utter grandiose hope and desire was not for the faint-hearted. The evidence of numerous nursing homes and retirement centers across the nation which were in financial difficulties was discouraging, and the idea as a group activity was turned down by the Ministerial Alliance. Yet the need became rooted. To attempt to meet this need required the following: go on record as supporting the efforts of those seeking to provide retirement facilities; church membership roles will be made available and members can be approached to consider financial commitment; the church will appoint an official representative who is a member of the church.

The church passed this motion, and Vernon Larson and Evans Roth were elected by the church to its representatives on the Retirement Committee Board.

Similar actions were being taken at five other churches. The official Manhattan Retirement Foundation Board membership in 1975 was composed of representatives from Blue Valley Methodist, Dave Peterson (minister) and Kris Arheart; First Baptist, Marshall Schirer (minister), Vernon Larson, and Evans Roth; First Christian, Ben Duerfeldt (minister), and Howard and Geraldine McManus; First Lutheran, Milton Olson (minister), Lloyd Carlson, and Hal Deters; First

Presbyterian, John Graham (minister), Jim Morrison, and J. Willett Taylor; Trinity Presbyterian, Alvin Zimmerman (minister) and John Buller.

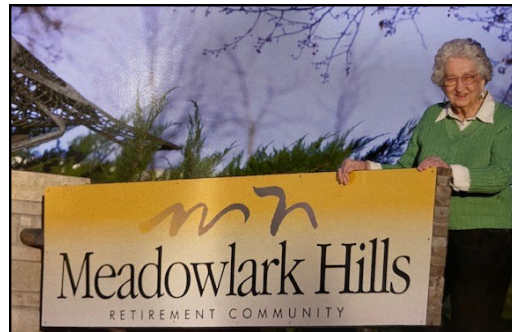
At large members included Mary Border, Roger Reitz, Alvin Hostetler, Gene Ernst, Charles Bissey, Christine Wiggins, and Betty Mader.

The Board, once organized, was faced with a daunting task—from ground zero to find the funds and land on which to build a retirement community. Retired citizens were eager to see planning underway and were ready to commit funds toward reserving a place for themselves in the community to be built—it was an exhibition of faith and trust in a future hoped for, yet unseen. To begin the process, on March 3, 1975, The Articles of Incorporation of the Manhattan Retirement Foundation, Inc. were applied for and granted by the Secretary of State of Kansas.

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In November 1976, plans were laid for applying for zoning and annexation to the city, plans that would meet the newly revised zoning regulations. The treasurer reported \$12,526.72 on hand, money that had been given to the organization by churches and individuals. Tom Wentz was asked to begin negotiation for an employee who would serve as coordinator of the building activities and future sales of living units. The Service Committee gave a written report on their trips to other retirement and nursing communities, which included ideas on housekeeping, maintenance, laundry, healthcare services, food, apartment units, and recreational space.

The Service Committee also reported their discussion of a name for the future retirement community, and presented the name Meadowlark Hills as their suggestion. This met the approval of the entire Board, and thus the meadowlarks of the grasses would eventually be joined in song by Manhattan retirees.



File photo. The late Margaret Wheat pictured with a sign that was located at the Kimball Avenue entrance.

Art Engagement *from the* Beach Museum of Art

How does an artist craft the impression of action in an artwork? Using rhythm, line, balance, and space can contribute to creating a feeling of movement. Horizontal lines relay stability. Drawing a line diagonal to the edge of the picture is dynamic and implies movement. Another way to detect movement is to observe how things change while in motion. A motionless figure has a different posture and center of balance than a moving figure. As you take a moment to observe the scene in this print, where do you notice motion and where do you notice stillness. How do they compare?



John Sloan, (United States, 1871 - 1951)

Printer, Peter J. Platt

Girls Sliding, 1915

Etching on paper

KSU, Marianna Kistler Beach Museum of Art, gift of Pauline Brown Pfuetze (Virgil & Pauline Brown Collection), 1996.49

RESTAURANT **SPECIALS**

<p>Sunday, Jan. 12</p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p>\$14 Dinner Homemade Chicken Tenders Herb-Roasted Potatoes Honey-Garlic Carrots</p>
<p>Monday, Jan. 13</p>	<p>\$11 Lunch Roasted Pork Sandwich Sweet Potato Fries</p>	<p>\$15 Dinner Chicken Parmesan <i>served over Linguine</i> Garlic Bread Side Caesar Salad</p>
<p>Tuesday, Jan. 14</p>	<p>\$10 Lunch Chicken-Fried Rice Egg Roll</p>	<p>\$15 Dinner Bacon-Wrapped Meatloaf <i>stuffed with Cheese</i> Cheesy Potatoes Peas & Onions</p>
<p>Wednesday, Jan. 15</p>	<p>\$11 Lunch Cowboy Burger French Fries</p>	<p>\$14 Dinner Swiss Steak Mashed Potatoes Honey-Glazed Carrots</p>
<p>Thursday, Jan. 16</p>	<p>\$11 Lunch Fried Chicken Sandwich French Fries</p>	<p>\$17 Dinner Chicken & Sausage Cajun Pasta Garlic Bread House Side Salad</p>
<p>Friday, Jan. 17</p>	<p>\$11 Lunch Taco Bar</p>	<p>\$16 Dinner Fried Catfish Cornbread Pudding Coleslaw</p>
<p>Saturday, Jan. 18</p>	<p>\$11 Lunch Sloppy Joe Tater Tots</p>	<p>\$15 Dinner Chicken-Fried Steak Mashed Potatoes & Gravy Corn</p>

Weekly Opportunities Calendar Jan. 12 to Jan. 18

Sunday • Jan. 12 *Put your trash at the curb!*
 10:30 a.m. ~ Transportation to FUMC, VE
 10:30 a.m. ~ Worship Service, CR

Monday • Jan. 13 *Trash pick-up*
 9:30 a.m. ~ Seated Strength, CR/1960
 9:30 a.m. ~ Memory Care Partner Support Group, [St. Thomas More](#)
 10:30 a.m. ~ Weights 101, CR/1960
 11:00 a.m. ~ Town Meeting, EC (*rescheduled*)
 11:00 a.m. ~ Rock Steady Boxing, [BF](#)
 11:30 a.m. ~ Sit & Be Fit, CR/1960
 11:30 a.m. ~ Meadowlark Valley Luncheon, BR
 1:00 p.m. ~ Parkinson's Exercise Class, CR/1960
 1:30 p.m. ~ God Talk, KSU CL
 2:00 p.m. ~ Change and Loss Support Group, FHR
 2:00 p.m. ~ Tai Chi, EC
 4:15 p.m. ~ Hable Espanol, FHR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Jan. 14
 10:00 a.m. ~ Memory Activities Class, EC
 10:15 a.m. ~ Mat Yoga, KSU CL
 10:30 a.m. ~ Steady Yourself, CR/1960
 11:15 a.m. ~ Seated Stretch & Stability, CR/1960
 12:00 p.m. ~ 4th Floor Luncheon, MR
 2:00 p.m. ~ 10-Point Pitch Group, KR
 2:00 p.m. ~ Social Circles, PS
 3:00 p.m. ~ Coffee Corner, EC

Wednesday • Jan. 15
 9:00 a.m. ~ FUMC Communion, BR
 9:30 a.m. ~ Seated Strength, CR/1960
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 10:00 a.m. ~ Mem. Care Partner 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
 11:30 a.m. ~ West Monarch Luncheon, BR
 11:30 a.m. ~ Page Turners Book Club, PR
 2:00 p.m. ~ Tai Chi, EC
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Sing-A-Long, FHR
 4:00 p.m. ~ Artist Discussion with the Beach, BR

Thursrday • Jan. 16
 9:00 a.m. ~ Messenger Team, KSU CL
 10:00 a.m. ~ Wamego Memory Care Partner Support Group, [WPL](#)

Thursday • Jan. 16, continued
 10:15 a.m. ~ Mat Yoga, KSU CL
 10:30 a.m. ~ Steady Yourself, CR/1960
 11:15 a.m. ~ Seated Stretch & Stability, CR/1960
 11:30 a.m. ~ Lettuce Ketchup with PD Lunch, PS
 1:00 p.m. ~ Parkinson's Exercise Class, CR/1960
 2:00 p.m. ~ Card Making with Michelle, FHR
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • Jan. 17
 7:30 a.m. ~ Rock Steady Boxing, [BF](#)
 9:30 a.m. ~ Seated Strength, CR/1960
 10:30 a.m. ~ Weights 101, CR/1960
 11:30 a.m. ~ Sit & Be Fit, CR/1960
 2:30 p.m. ~ Fanny & Furby, KR
 3:00 p.m. ~ Catholic Rosary, CR
 7:00 p.m. ~ Grateful Dudes, EC

Saturday • Jan. 18
 9:30 a.m. ~ Band Bust Exercise Class, *1960 only*
 10:30 a.m. ~ Depart for Shopping Trip, VE

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
KR, Kansas Room	WPL, Wamego Public Library





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: Jan. 12

POMPEII (2014) PG-13, 1 hr. 45 min. *Explosive, Exciting, Romantic*

Cast: Kit Harington, Emily Browning, & Adewale Akinnuoye-Agbaje

In the days leading up to the eruption of Mount Vesuvius, an enslaved man on a ship bound for Naples vows to get back home to save his loved ones.

MONDAY: Jan. 13

I USED TO BE FAMOUS (2022) TV-MA, 1 hr. 44 min. *Feel-Good, Heartfelt, Emotional*

Cast: Ed Skrein, Eleanor Matsuura, & Leo Long

Vinnie D toured the world in 2002. Now he can't draw a crowd in a pub, let alone a stadium. Is he making the same mistakes in his quest to regain fame?

TUESDAY: Jan. 14

HACK YOUR HEALTH: SECRETS OF YOUR GUT (2024) TV-14, 1 hr. 19 min. *Lifestyle, Documentary*

Discover and digest how the gut affects our whole body in this charmingly insightful documentary featuring scientist and author Giulia Enders.

WEDNESDAY: Jan. 15

SEE HOW THEY RUN (2022) PG-13, 1 hr. 39 min. *Police Drama, Mystery, Comedy*

Cast: Sam Rockwell, Saoirse Ronan, & Adrien Brody

A wily inspector and his rookie sidekick investigate a theatrical whodunit.

THURSDAY: Jan. 16

REBEL RIDGE (2024) R *for violent and intense scenes*, 2 hr. 11 min. *Understated, Exciting*

Cast: Aaron Pierre, Don Johnson, & AnnaSophia Robb

Small-town cops think Terry is an easy target when they seize the former Marine's life savings. They have no idea how far he is willing to go for justice.

FRIDAY: Jan. 17

ALEXANDER & THE TERRIBLE, HORRIBLE, NO GOOD, VERY BAD DAY (2014) PG, 1 hr. 24 min.

Coming-of-Age, Comedy

Cast: Steve Carell, Jennifer Garner, & Ed Oxenbould

It's one calamity after another during the worst day of 11-year-old Alexander's life.

SATURDAY: Jan. 18

MAID IN MANHATTAN (2002) PG-13, 1 hr. 45 min. *Charming, Feel-Good, Emotional*

Cast: Jennifer Lopez, Ralph Fiennes, & Natasha Richardson

Sparks fly when a housekeeper and a rising politician literally collide at a posh New York City hotel. The only problem? He assumes she's a guest.