



## A Complaint-Free World?

by **Melanie Nord, Spiritual Life Leader**

*"The only person you are destined to become, is the person you decide to be."* I love that quote, attributed to Ralph Waldo Emerson. It's so true. Sometimes, we can feel like life is happening *to* us. As we age, we can experience firsthand how much can be out of our control. The most humbling experience of my life was battling thyroid disease for three years in high school. It was a loud reminder of what I couldn't control: my body ... my health.

That taught me early in life the truth in Mihaly Csikszentmihalyi's sentiment, "control of consciousness determines the quality of life." Though much is out of our control in life, we **can** control: (1) our thoughts, (2) how we treat others, and (3) our impact.

Controlling our thought patterns, behaviors and habits is thanks, in part, to the miracle of **neuroplasticity**. We have the power to take advantage of neuroplasticity in order to lead a more

fulfilled life. We can retrain our brain to focus on well-being and positivity over feelings of futility or negativity.

What would your life look like if you refrained from complaining for 21 consecutive days? What would Meadowlark look like if we took up this challenge together, staff and residents alike?

**Neuroplasticity: the brain's remarkable ability to reorganize itself by forming new neuropathways and neural connections**

I think one of the most noble goals in life is to be a life-long learner, hungry for new experiences, information, and ideas. Enrichment opportunities keep us learning and growing. I invite you to join me for one such opportunity this summer.

**Complaint-Free Meadowlark** is a campus-wide effort towards greater contentment, attitude, and community engagement. We will take the Complaint-Free Challenge together, which was founded by author Will Bowen. Come to our lunch and learn session from 11:30 a.m. to 12:30 p.m. Wednesday May 28, in the Event Center to learn how you can be a

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## EVENTS & OPPORTUNITIES

### Memorial Day schedule changes

In-person exercise classes are canceled for Monday, May 26. Some classes will air on Channel 1960. Please see the calendar on page 7 for the full listing.

Community Bingo is canceled for Monday, May 26.

Trash will be picked up on Tuesday, May 27, instead of Monday due to Memorial Day.

### Window Cleaning in June

Window cleaning is scheduled for the first three weeks in June. Duplexes will be completed from June 2 through June 4. The Monarch building will be June 5. Bramlage House and the outer perimeter of the main tower will be June 9 through June 12. The main tower, courtyards, and patio doors will be June 16 through June 19. Of course, the schedule is weather-dependent.

### Manhattan Arts Center Classes

Manhattan Arts Center (MAC) has opportunities for art classes, workshops, and theater! Grab a friend and join us for upcoming classes and workshops including Wire Wrapping Pendants, Ring Making, Drawing, Printmaking, Abstract Acrylic Painting, Glass Fusing, and of course, tons of clay!

It's the season to laugh, sing, sleuth, and be inspired. MAC season tickets are on sale now. Join us for five spectacular shows including: Legally Blonde The Musical, Annie, Baskerville: A Sherlock Holmes Mystery, Radium Girls, and Urinetown The Musical.

With a season ticket, you will reserve your seat at every performance, skip the ticketing rush, and support the arts all year long. Season tickets are available now through Sept. 12. Visit [www.manhattanarts.org](http://www.manhattanarts.org) or call (785) 537-4420 on weekday afternoons to learn more!

### Mann Magic Show

**Friday, May 23, at 7 p.m.**

Meadowlark welcomes Glenda and Mike Mann at 7 p.m. Friday, May 23, in the Event Center! They are a husband-and-wife team with a unique profession. They combine illusions, ventriloquism, and comedy to entertain and inform. The Manns have appeared throughout the United States in

State Fairs, community festivals, school assemblies, libraries, churches, and business meetings.

Glenda is the magician. She is a member of the International Brotherhood of Magicians and has studied under some of the greatest magicians, including Harry Blackstone Jr. Glenda presents polished magical routines that quickly gain the attention of adults, as well as children. Mike, the ventriloquist, humorously converses with different puppets. He not only performs comedy routines, but also ad-libs throughout the program. His human ventriloquist routine turns anyone into a puppet.

### Worship Services

**Sunday, May 25, at 10 a.m. and 11 a.m.**

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10 a.m. or 11 a.m. on Sunday, May 25, in the Community Room/Chapel. This week, Melanie will explore the books of I and II Thessalonians. There also will be Communion at both services this week.

### ARTful Making

**Wednesday, May 28, at 1:30 p.m.**

Participating in creative activities increases your brain's level of dopamine and creates new neural pathways! Join us for ARTful Making from 1:30 to 2:30 p.m. Wednesday, May 28, in the KSU Classroom to feel better and flex your brain power at the same time.

Meadowlark Special Programs partners with K-State Marianna Kistler Beach Museum of Art for this experience-filled informal class. The fourth Wednesday of every month, Kim Richards, Education Specialist for the Beach Museum, facilitates unique art making opportunities. Participants can explore the new art making techniques each month or work with the watercolor materials that are always available. All materials are provided for you, simply come and engage in art and conversation.

### Knitting & Crocheting Group

**Thursday, May 29, at 2:30 p.m.**

Are you interested in learning how to knit or crochet? Or maybe you have ongoing projects you'd like to work on? Whether you are just

## EVENTS & OPPORTUNITIES

beginning or have years of experience, join other yarn creatives in the Bison Room at 2:30 p.m. Thursday, May 29 for a fun, social, creative opportunity. All skill levels are welcome!

### **The Dancin' Stew**

**Friday, May 30, at 7 p.m.**

Back by request, Meadowlark welcomes The Dancin' Stew at 7 p.m. Friday, May 30, in the Event Center! The story all started 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?" That's 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!

### **Doris Brannan Celebration of Life**

**Saturday, May 31, at 12:30 p.m.**

*Obituary printed per Brannan family request.*

Doris's Meadowlark friends are invited to join her family for a Celebration of Life and luncheon at 12:30 p.m. in Meadowlark's Community Room.

Doris Lynne Binger Brannan, born July 10, 1939, in Topeka, Kan., passed away peacefully at Meadowlark Hills on May 6, 2025. She was a loving wife, dedicated community member, and cherished friend.

Doris graduated from Topeka High School in 1957 and earned her degree in Home Economics from Kansas State University, where she met her husband of almost 63 years, Roger Brannan. She taught at local schools and later served as secretary for the Kansas State Chapter of PEO, a role she loved for over 20 years.

She enjoyed traveling, having visited 49 states, and loved shopping with the girls. Doris and Roger shared a special bond with many former students and families, especially their neighbors, Jodi and Ben Williams and children, who became **their** family over the years.

In 2020, Doris and Roger moved to Meadowlark Hills, where she lived with grace and strength. Doris was preceded in death by her parents, Herbert A. and Bonolyn Binger, and her brother

Robert James Binger of Las Vegas, Nev. She is survived by her beloved husband Roger of Manhattan, Kan.; daughter Jodi D. Williams (Ben) of Roosevelt, Utah; grandchildren Joshua Williams (Lauren), Melinda Williams Golden (Zack), Katie Williams Novack (Brandon), Rachel Williams Gilley (Rhett), Matthew Williams (Megan); and 11 great-grandchildren and many friends.

Visitation will be held Friday, May 30, from 6 to 8 p.m. at the Yorgensen-Meloan-Londeen Funeral Home. Her funeral will be at 10 a.m. Saturday, May 31, at First United Methodist Church, Manhattan, Kan. In lieu of flowers, donations may be made to Meadowlark Foundation to support the Good Samaritan Fund or to the Brannan Scholarship Fund at Manhattan High School.

Doris's faith, kindness, and devotion touched everyone she knew. She will be dearly missed but fondly remembered for her loving spirit and generous heart.

### **Rhythm, Poetry, and Story: A Drama Therapy Group**

**Tuesday, June 3, at 3:30 p.m.**

Meadowlark Special Programs is partnering with the KSU Drama Therapy Graduate Program to offer a summer drama therapy group. The group provides the opportunity to share your voice and socialize through words, songs, and stories. Drama games, music, and art activities are all great ways to exercise your brain, learn new art forms, and connect with others. The group starts on June 3 and meets in the Community Room every Tuesday afternoon from 3:30 to 4:30 p.m. through July 22. Registration is not required; you can attend as your schedule allows. If you have questions, please contact drama therapy graduate student Eleanor at [ehn@ksu.edu](mailto:ehn@ksu.edu) or Katie and Michelle at (785) 323-3899.

### **Birthday Celebration for Gloria!**

**Saturday, June 7, at 2 p.m.**

You're invited to celebrate Gloria Heiberger's 90th birthday from 2 to 4 p.m. Saturday, June 7, in the Community Room. All are invited to attend! No gifts, please.



# Community Bulletin

Off to the races! A couple weeks ago, all assisted living and healthcare households hosted Kentucky Derby Parties! A group of judges visited each area and voted on the best celebration. Congrats to the overall winner, Miller Place! Additionally, Mary Lee Graham won for Best Hat. Cheers!



**MEADOWLARK** Employee of the Month



Lonie Moore, Receptionist

Sponsored by **Meritrust** CREDIT UNION

Thank you! Recently, Meadowlark volunteers were celebrated and honored with an appreciation event. There were treats, fellowship, and lots of laughter. We are so thankful for all the volunteers that support Meadowlark!





## Art Engagement *from the* Beach Museum of Art



Taking the time to compare two artworks and see how different artists use the same elements of art and principles of design can be a thoughtful exercise. As you look at the two pieces shown here, consider how each artist used the art elements of shape, space, form, and color. Now compare the following principles of design: balance, contrast, and emphasis. Do you find more similarities or differences? Which artwork holds your interest longer and why?



[left] Vicente Gandía (Mexico, born Spain, 1935 - 2009), *Bodegon No. 8* ca. 1970, Color etching on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Benjamin Ortiz and Victor Torchia, Jr., 2022.76

[above left] Dean Mitchell (United States, born 1957), *White Cup*, 1996, Oil on hardboard, KSU, Marianna Kistler Beach Museum of Art, gift of Jim, Angele, Luke, and Julia Johnson, in memory of Jeaneane Berryhill Johnson, 2003.232

### Obituary: Jerry Connery

*Full obituary printed at the Connery family's request.*



Jerald Dee Connery, age 81, of Manhattan, passed away May 16, 2025, in Wroten House at Meadowlark.

He was born on Nov. 30, 1943, in Little River, Kan., the son of D.C. and Elva (Buchanan) Connery. He grew up in the Little River area and graduated with the class of 1961 from

Little River High School. Jerry then attended and graduated from Hutchinson Community College.

Jerry was an operations manager for a natural gas company in refinery, pipeline, and storage settings. He worked in several Kansas communities (Bushton, Anthony and Yaggy). He valued hard work, his work peers, and team members.

One of his favorite hobbies was woodworking. He was a member of the Flint Hills Woodturners, the Woodcarvers Group, and the Kansas Quality Woodworkers Association. While in Little River, he was a member of the Volunteer Fire Department.

Jerry was preceded in death by his parents; his wife Sharon and his wife Mary; his brother Ron Connery, his sister Sandra Connery; and his son Aaron Connery.

He is survived by his wife Garalyn Avery Connery; his son Todd Connery (Paula); and his twin brother, Gary Connery (Terry). Jerry was particularly fond of all his grandchildren and great-grandchildren.

Graveside services will be held at 9 a.m. today, May 22, 2025, at the Bean Cemetery in Little River.

Funeral services will be held at 2 p.m. today, May 22, 2025, at the First Presbyterian Church in Manhattan, Kan. A reception will follow the services at the church.

Contributions in memory of Jerry are suggested to the Meadowlark Hills Good Samaritan Fund or the First Presbyterian Church in Manhattan. Contributions may be sent in care of the Yorgensen -Meloan-Londeen Funeral Home, 1616 Poyntz Avenue, Manhattan, KS, 66502.

Online condolences may be left for the family through the funeral home website at [www.ymlfuneralhome.com](http://www.ymlfuneralhome.com).

# RESTAURANT **SPECIALS**

<b>Sunday, May 25</b>	<b>Sunday Brunch</b> Brunch Menu available from 9 a.m. to 2 p.m.	<b>\$16</b> <b>Dinner</b> Pot Roast
<b>Monday, May 26</b>	<b>\$9</b> <b>Lunch</b> Ham & Beans Cornbread	<b>\$15</b> <b>Dinner</b> Maple-Roasted Pork Tenderloin Sweet Potato Mash Roasted Broccoli
<b>Tuesday, May 27</b>	<b>\$11</b> <b>Lunch</b> Cuban Sliders Macaroni Salad	<b>\$13</b> <b>Dinner</b> Stuffed Bell Pepper Cheesy Potatoes Glazed Carrots
<b>Wednesday, May 28</b>	<b>\$11</b> <b>Lunch</b> Indian Taco Refried Beans	<b>\$16</b> <b>Dinner</b> Chicken Florentine Vodka Cream Pasta Peas & Onions
<b>Thursday, May 29</b>	<b>\$13</b> <b>Lunch</b> Meatball Sub Coleslaw	<b>\$14</b> <b>Dinner</b> Salisbury Steak Mashed Potatoes Green Beans
<b>Friday, May 30</b>	<b>\$11</b> <b>Lunch</b> Pasta Bar	<b>\$16</b> <b>Dinner</b> Baked Catfish Cheese Grits Coleslaw
<b>Saturday, May 31</b>	<b>\$10</b> <b>Lunch</b> Chili Dogs Pub Chips Fried Pickle Spear	<b>\$24</b> <b>Dinner</b> 4 oz Filet & Garlic Shrimp Baked Potato Asparagus

# Weekly Opportunities Calendar *May 25 to May 31*

## Sunday • May 25

8:45 a.m. ~ Transport to College Ave UMC, VE  
10:00 a.m. ~ Transport to College Ave UMC, VE  
10:00 a.m. ~ Worship Service, CR  
10:30 a.m. ~ Transportation to FUMC, VE  
11:00 a.m. ~ Worship Service, CR

## Monday • May 26 *Put your trash at the curb!*

9:30 a.m. ~ Seated Strength, **1960 only**  
10:30 a.m. ~ Weights 101, **1960 only**  
11:30 a.m. ~ Sit & Be Fit, **1960 only**  
1:00 p.m. ~ Parkinson's Exercise Class, **1960 only**  
1:30 p.m. ~ God Talk, KSU CL  
2:00 p.m. ~ Tai Chi, **1960 only**  
4:15 p.m. ~ Hable Espanol, FHR

## Tuesday • May 27 *Trash pick-up*

10:00 a.m. ~ ARTful Memories, KSU CL  
10:15 a.m. ~ Mat Yoga, FHR  
10:30 a.m. ~ Steady Yourself, CR/**1960**  
11:15 a.m. ~ Chair Yoga, EC/**1960**  
2:00 p.m. ~ 10-Point Pitch Group, GR  
2:00 p.m. ~ Social Circles, PS  
2:00 p.m. ~ Water Media Painting, KSU CL  
3:00 p.m. ~ Coffee Corner, EC  
5:30 p.m. ~ 3rd Floor Supper, BR

## Wednesday • May 28

9:30 a.m. ~ Seated Strength, CR/**1960**  
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE  
10:00 a.m. ~ Memory Care Partners Group, 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. ~ Lunch & Learn: A Complaint-Free Meadowlark, EC  
1:30 p.m. ~ ARTful Making, KSU CL  
2:00 p.m. ~ Tai Chi, **1960 only**  
3:00 p.m. ~ Rock Steady Boxing, CR  
3:00 p.m. ~ Sing-A-Long, FHR  
5:30 p.m. ~ 1st Floor Supper, MR

## Thursday • May 29

9:00 a.m. ~ Messenger Team, KSU CL  
10:15 a.m. ~ Mat Yoga, KSU CL  
10:30 a.m. ~ Steady Yourself, CR/**1960**  
11:15 a.m. ~ Chair Yoga, CR/**1960**  
11:30 a.m. ~ Caring Conv. For People w/ PD, FHR  
11:30 a.m. ~ PD Care Partner Social, PS

## Thursday • May 29, *continued*

1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**  
1:00 p.m. ~ PD Care Partners Group, FHR  
2:00 p.m. ~ Water Media Painting, KSU CL  
2:30 p.m. ~ Knitting & Crocheting, KR

## Friday • May 30

7:30 a.m. ~ Rock Steady Boxing, **BF**  
9:30 a.m. ~ Seated Strength, CR/**1960**  
10 a.m. to 3 p.m. ~ Meadowlark Market, **MM**  
10:30 a.m. ~ Weights 101, CR/**1960**  
11:30 a.m. ~ Sit & Be Fit, CR/**1960**  
2:30 p.m. ~ Fanny & Furby, KR  
7:00 p.m. ~ The Dancin' Stew, EC

## Saturday • May 31

9:00 a.m. ~ Tai Chi, **1960 only**  
9:30 a.m. ~ Band Bust Exercise Class, **1960 only**  
10 a.m. to 3 p.m. ~ Meadowlark Market, **MM**  
12:30 p.m. ~ Doris Brannan Celebration of Life, CR

### Room Abbreviations

<b>1960</b> , TV Channel 1960	KSU CL, KSU Classroom
<b>BF</b> , Body First	<b>MM</b> , 120 Scenic Drive
BR, Bison Room	MR, Manhattan Room
CR, Community Room	PR, Patriot Room
CY, Courtyard	PS, Prairie Star Restaurant
EC, Event Center	<b>STM</b> , St. Thomas More Church
FHR, Flint Hills Room	VBL, Verna Belle's Lounge
GC, Grosh Cinema	VE, Village Entrance
KR, Kansas Room	<b>WPL</b> , Wamego Public Library

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part of this exciting and life-changing movement. A build-your-own-taco bar for \$9 per person will be ready for us. The bar will include taco meat, flour tortilla, lettuce, tomato, onion, jalapenos, shredded cheese, black olives, salsa, and sour cream. Please arrive early to prepare your tacos prior to the 11:30 a.m. discussion. At this lunch and learn, we'll study the brain science behind the Complaint-Free Campaign. All are welcome to attend.

Bad things happen in life. We can't avoid that, but we can decide whether we will let the bad sit and stink in our minds or whether we'll use it for manure in the garden of life. What will you choose to do?



## 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: May 25

**PEARL HARBOR** (2001) PG-13, 3 hr. 4 min. *Drama, Action, Adventure*

Cast: Ben Affleck, Kate Beckinsale, & Josh Hartnett

A tale of war and romance mixed in with history. The story follows two lifelong friends and a beautiful nurse who are caught up in the horror of an infamous Sunday morning in 1941.

### MONDAY: May 26

**MIRACLE AT ST. ANNA** (2008) R *for strong war violence, language, and sexual content*, 2 hr. 40 min.  
*Epic, Period Drama, War*

Cast: Derek Luke, Michael Ealy, & Laz Alonso

Set in 1944 Italy, the story of four black American soldiers who get trapped in a Tuscan village during WWII .  
*DVD generously donated by the family of Bob Weber.*

### TUESDAY: May 27

**A MIDSUMMER NIGHTS DREAM** (1999) PG-13, 1 hr. 56 min. *Fantasy, Romantic ,Comedy*

Cast: Kevin Kline, Michelle Pfeiffer, & Rupert Everett

Lovers' lives are complicated by city law, feuding faerie royalty, and ... love.

*DVD generously donated by the family of Bob Weber.*

### WEDNESDAY: May 28

**TWO LOVERS** (2008) R *for language and some sexuality*, 1 hr. 50 min. *Psychological Drama, Romance*

Cast: Joaquin Phoenix, Gwyneth Paltrow, & Vinessa Shaw

A Brooklyn-set romantic drama about a bachelor torn between the family friend his parents wish he would marry and his beautiful but volatile new neighbor.

### THURSDAY: May 29

**THE ROOM NEXT DOOR** (2024) PG-13, 1 hr. 47 min. *Psychological Drama*

Cast: Julianne Moore, Tilda Swinton, & John Turturro

Ingrid and Martha were close friends in their youth, when they worked together at the same magazine. After years of being out of touch, they meet again in an extreme but strangely sweet situation

### FRIDAY: May 30

**HOLES** (2003) PG, 1 hr. 59 min. *Coming-of-Age, Drama*

Cast: Sigourney Weaver, Jon Voight, & Shia LeBeouf

The Yelnats family curse lands young Stanley at Camp Green Lake.

### SATURDAY: May 31

**DREAMER** (2005) PG, 1 hr. 46 min. *Drama, Family*

Cast: Kurt Russell, Dakota Fanning, & Oded Fehr

Cale Crane catalyzes the rescue and rehabilitation of Sonador, a race horse with a broken leg.

*DVD generously donated by the family of Bob Weber.*