



Meadowlark, a place people have called home since 1980, has a rich history. Margaret Wheat, a registered nurse, joined Meadowlark's Board of Trustees 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. 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

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succeed in attaining this goal, and such a person who materialized this motivation is Marshall Schirer, the former 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.

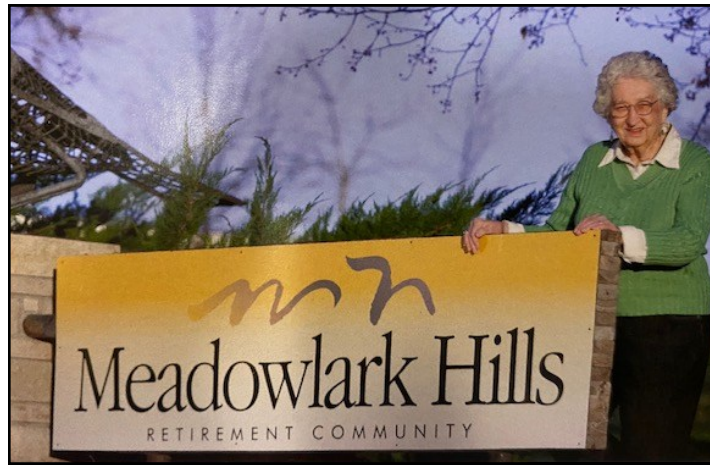
By 1974, he had gone before the Ministerial Alliance of the city, and challenged them to work together in planning, supporting, and leading the city in a cooperative effort to raise funds to create a retirement community for its citizens.

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 First Baptist 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.

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

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.

...

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.



Vanilla planifolia



Vanilla 'bean'

Known, Grown, or Killed

submitted by Richard Vanderlip

I'm finishing up the 11 kinds of Christmas cookies my three daughters and I made last year. What does this have to do with orchids? Probably most of you have an orchid product in your kitchen: *Vanilla!*

Vanilla is produced from the seed pods of the species *Vanilla planifolia*, although there are over 100 species of vanilla known. I know of no other orchid which is truly a vine. Although vanilla was

originally found in Mexico and used by the Aztecs, Madagascar produces more than 3/4 of the vanilla, followed by the tiny island of Reunion, both off the east coast of Africa. Probably most of the vanilla we use comes from Mexico. The flowers are hand-pollinated to produce the seeds. The seed pods, sometimes called "beans," are fermented and the compound vanillin is extracted with alcohol. Cheap vanilla is commercially produced vanillin.

EVENTS & OPPORTUNITIES

Mentors Needed for K-State Students

Kansas State University's Gerontology program is again partnering with Meadowlark for a spring intergenerational learning experience—and only five mentor spots remain. Meadowlark residents are invited to serve as mentors and discussion partners for K-State students in a course on diversity in aging, taught by Associate Professor Justine Irving.

Mentors meet every other Tuesday evening at 6:30 p.m., from Jan. 20 through late April, for about one hour. This popular program offers meaningful conversation and shared learning across generations.

Sign up in the Blue Book at the Hospitality Desk. Questions? Contact Justine Irving at (785) 532-5945 or jirving@ksu.edu.

Come Sing with Meadowlark Singers

Meadowlark Singers is always welcoming new voices — no auditions or experience required. Whether you love to sing or simply enjoy making music together, this is a fun, supportive group focused on connection, laughter, and joy.

Rehearsals begin Thursday, Jan. 15, and meet weekly from 4:15 to 5:15 p.m. Questions? Contact Heather Augustine at mickeyksu@gmail.com.

Fanny and Furby

Thursdays at 3 p.m.

You're invited to visit with Furby now on Thursdays from 3 to 4 p.m. in the Kansas Room! Furby is a lovable cockapoo who is training to be a therapy dog. Come spend time with her and her fur-mama, Fanny, each Thursday. You will be able to enjoy some fun conversation and doggie snuggles!

Jim Sharp Celebration of Life & Funeral

Friday, Jan. 16, at 10 a.m.

A funeral service for Jim Sharp will take place on Friday, Jan. 16, at 10 a.m., at the College Avenue United Methodist Church. Meadowlark will provide transportation to the service. Sign up for transportation in the Blue Book.

Shopping at Hobby Lobby & Dollar Tree

Saturday, Jan. 17, at 10:30 a.m.

The next scheduled trip is Saturday, Jan. 17, 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. 21. Please sign up in the Blue Book to participate.

Worship Services

Sunday, Jan. 18, at 10 & 11 a.m.

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10 a.m. or 11 a.m. on Sunday, Jan. 18, in the Community Room/Chapel. This week's sermon will review Revelations 6-8.

All are welcome to enjoy coffee and fellowship before or after worship in the lobby between 9:30 a.m. and 12 p.m.

Prairie Star Writing Group

Tuesday, Jan. 20, at 1 p.m.

Join Cathy Hedge and fellow writers in the Patriot Room for this session's theme, "A Letter to My Younger Self." Reflect on what you might share with the younger you — or the youngest person in your heart — and explore how time, perspective, and experience shape our stories.

Interested in joining the writing group at Meadowlark? Prairie Star Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays. All are welcome.

Grief & Loss Education Program

Tuesday, Jan. 20, at 1 p.m.

Meadowlark invites residents and guests to take part in a compassionate eight-week Grief & Loss Education Program designed to support anyone grieving the loss of a loved one. Each weekly session offers a meaningful blend of education, community connection, and practical tools to help participants navigate the emotional, physical, and spiritual impacts of grief at their own pace.

The program will continue to meet on Tuesdays through March 3, from 1 to 2 p.m. in the Flint Hills Room. This initial series is dedicated to healing after the loss of someone close.

Volunteer & Tech Helper

Tuesday, Jan. 20, at 4 p.m.

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m.

EVENTS & OPPORTUNITIES

Tuesday, Jan. 20, in the Flint Hills 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. 21, at 9 a.m.

Join Pastor Donna and Pastor Courtney from First United Methodist Church at 9 a.m., Wednesday, Jan. 21, in the Bison Room to receive communion. This opportunity is open to anyone wanting to invite Christ into his or her heart.

ARTFul Making

Wednesday, Jan. 21, at 1:30 p.m.

Boost your mood and brain power at ARTFul Making, an informal art session in partnership with the K-State Marianna Kistler Beach Museum of Art. Kim Richards, Education Specialist, leads creative projects each month, with watercolor materials always available.

All supplies are provided. Come enjoy art and conversation Wednesday, Jan. 21, from 1:30 to 2:30 p.m. in the KSU Classroom. No registration required.

Line Dancing Lessons

Wednesday, Jan. 21, at 3 p.m.

Join us Wednesday, Jan. 21, in Verna Belle's Lounge for Line Dance lessons at 3 p.m. and 3:30 p.m. The classes will be led by the Scoot-A-Boot Country Dancers Association. They come highly recommended when it comes to line dance, two-step waltz, and more. All are welcome!

Ecumenical Communion Service

Thursday, Jan. 22, at 9:30 a.m.

Join us every Thursday through Jan. 29 from 9:30 to 10 a.m. in the Community Room for a ecumenical communion service. The service follows Protestant liturgy and will be led by Rev. Melanie Nord. All are welcome to attend.

Knitting & Crocheting Group

Thursday, Jan. 22, 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 beginning or have years of experience, join other

yarn creatives in the Kansas Room at 2:30 p.m.

Thursday, Jan. 22, for a fun, social, creative opportunity. All skill levels are welcome!

A Counterfeit, Errors, & a Letter Bomb

Friday, Jan. 23, at 7 p.m.

Tim Lindemuth, Meadowlark Passport member and longtime journalist for K-State, will discuss "A Counterfeit, Errors, and a Letter Bomb," seven treasures from his international gold-medal-winning stamp collection on Friday, Jan. 23, at 7 p.m. in the Event Center. His exhibit of the 20-cent Flag Stamp Over the Supreme Court has won awards at the international philatelic competitions at San Francisco 1997, Washington 2006, and New York 2016.

Lindemuth will be displaying the "20c Flag Spliced to the 17c Auto," the famous unique error of all U.S. postage stamp production that is pictured in four books.

The envelope that was X-rayed for containing a letter bomb involves Salman Rushdie, author of "The Satanic Verses," the fatwa of Iran's Shia leader, the Grand Ayatollah Khomeini, and Penguin Books of Great Britain.

Kitchenware Donation Drive

Tuesday, Jan. 27, at 10:30 a.m.

Please consider donating your gently used or new kitchen items/tools to support Meadowlark Market and 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 noon in the Event Center on Tuesday, Jan. 27. 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 due to insufficient storage, donations will only 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.

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EVENTS & OPPORTUNITIES

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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.nourishstogether.org and click the *Donation* button.

Kansas Day Happy Hour & Charcuterie Thursday, Jan. 29, at 2:30 p.m.

Join us in the Event Center on Thursday, Jan. 29, from 2:30 to 4 p.m. as we celebrate Kansas's 164th birthday. Enjoy complimentary, locally sourced smoked sausage, cheeses, jams, and house-made flatbread. Kansas wines, whiskey, and beer will be available for purchase at the bar.

The video "Road Trip through Kansas (Our 42nd State)" will be shown at 2:30 and 3:15 p.m. No sign-up is required; come and go as you wish!

Manhattan Area Teachers Assoc.

Friday, Jan. 30, at 7 p.m.

Join us on Friday, Jan. 30, at 7 p.m. in the Community Room for an evening of piano music featuring members of the Manhattan Area Music Teachers Association (MAMTA). Enjoy a variety of piano solos and duets, along with performances by talented Kansas State University piano students from the KMTA student chapter. All are welcome to attend this celebration of music and community.

Celebrating 90 Years!



On Jan. 1, Monarch residents gathered to celebrate Marilyn Galle's 90th birthday with a festive party and delicious ice cream cake. Marilyn was born in Topeka, Kan., and holds the special distinction of being the first baby born in Topeka on Jan. 1, 1936. It was a joyful occasion honoring a remarkable milestone. Happy birthday, Marilyn!

Art Engagement *from the* Beach Museum of Art

Looking at art encourages presence and mindfulness, which has been found to reduce anxiety, lower blood pressure, and improve sleep. Spend a few moments looking carefully at the two prints shown here. Do you find them more similar or different? Consider line, shape, value, and texture. What do you see that supports your thoughts?



Frederic Taubes
Head of a Girl, 1952
Etching on paper
KSU, Marianna Kistler Beach Museum of Art, bequest of Raymond & Melba Budge, 1992.74



Undetermined
Title unknown, 20th century
Color linocut on paper
KSU, Study Collection, gift of an anonymous donor, S4.2001

RESTAURANT **SPECIALS**

Sunday, Jan. 18	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$12 Dinner Philly Cheesesteak French Fries
Monday, Jan. 19	\$11 Lunch Beef & Cheddar Sandwich Fried Pickle Spear Coleslaw	\$15 Dinner Cinnamon Apple Pork Chop Wild Rice Snap Peas
Tuesday, Jan. 20	\$11 Lunch Broccoli Cheddar Bread Bowl Side Caesar Salad	\$13 Dinner Spaghetti & Meatballs Garlic Toast Green Beans
Wednesday, Jan. 21	\$10 Lunch Chicken Fajita Quesadilla Corn Salad	\$15 Dinner Cornflake Chicken Wild Rice Sweet Fried Brussel Sprouts
Thursday, Jan. 22	\$11 Lunch Tuna Melt Potato Salad	\$15 Dinner Pork Tenderloin <i>with Red Pepper Pesto Sauce</i> Hashbrown Casserole Honey-Glazed Carrots
Friday, Jan. 23	\$11 Lunch Soup & Salad Bar	\$17 Dinner Fried Catfish Cornbread Pudding Coleslaw
Saturday, Jan. 24	\$11 Lunch Fried Pork Cutlet Sandwich Pub Chips	\$24 Dinner 10 oz. Ribeye Baked Potato Jack Daniels Green Beans & Bacon

Weekly Opportunities Calendar *Jan. 18 to Jan. 24*

Sunday • Jan. 18 *Put your trash at the curb!*

8:45 a.m. ~ Transport to College Ave UMC, ME
 9:30 a.m. ~ Sunday Morning Fellowship, ME
 10:00 a.m. ~ Transport to College Ave UMC, ME
 10:00 a.m. ~ Worship Service, CR/**1960**
 10:30 a.m. ~ Transportation to FUMC, ME
 11:00 a.m. ~ Worship Service, CR/**1960**

Monday • Jan. 19 *Trash & Recycle pick-up*

9:30 a.m. ~ Seated Strength, CR/**1960**
 9:30 a.m. ~ Memory Care Partners Group, **STM**
 10:00 a.m. ~ Tuttle Creek Ladies' Group, BR
 10:00 a.m. ~ Tuttle Creek Men's Group, MR
 10:30 a.m. ~ Weights 101, CR/**1960**
 11:00 a.m. ~ Rock Steady Boxing, **PF**
 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
 5:30 p.m. ~ 5th Floor Supper, MR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Jan. 20

10:00 a.m. ~ Memory Activities Class, EC
 10:30 a.m. ~ Steady Yourself, CR/**1960**
 11:15 a.m. ~ Chair Yoga (Video), CR/**1960**
 1:00 p.m. ~ Prairie Star Writers Group, PR
 1:00 p.m. ~ Grief & Loss Education Program, FHR
 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
 4:00 p.m. ~ Tech Help, FHR
 5:30 p.m. ~ 2nd Floor Supper, BR
 6:30 p.m. ~ Gerontology Class, CR

Wednesday • Jan. 21

9:00 a.m. ~ FUMC Communion, BR
 9:30 a.m. ~ Seated Strength, CR/**1960**
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, ME
 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. ~ West Monarch Luncheon, BR
 2:00 p.m. ~ Tai Chi, **1960 only**
 3:00 p.m. ~ Rock Steady Boxing, CR

Wednesday • Jan. 21, continued

3:00 p.m. ~ Sing-a-long, FHR
 3:00 p.m. ~ Line Dancing Lessons, VBL
 4:00 p.m. ~ 4th Floor Social, FHR

Thursday • Jan. 22

9:00 a.m. ~ Messenger Team, KSU CL
 9:30 a.m. ~ Ecumenical Communion Service, CR
 10:30 a.m. ~ Steady Yourself, CR/**1960**
 11:15 a.m. ~ Chair Yoga (Video), CR/**1960**
 11:30 a.m. ~ Caring Conv. For People w/PD, FHR
 11:30 a.m. ~ PD Care Partner Social, PS
 12:00 p.m. ~ College Avenue Luncheon, BR
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
 1:00 p.m. ~ Parkinson's Care Partners Group, FHR
 2:00 p.m. ~ Water Media Painting, KSU CL
 2:30 p.m. ~ Knitting & Crocheting, KR
 3:00 p.m. ~ Fanny & Furby, KR

Friday • Jan. 23

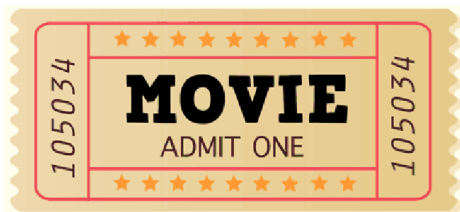
7:30 a.m. ~ Rock Steady Boxing, **PF**
 9:30 a.m. ~ Seated Strength, CR/**1960**
 10:30 a.m. ~ Weights 101, CR/**1960**
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**
 7:00 p.m. ~ Counterfeit, Errors, & Letter Bomb, EC

Saturday • Jan. 24

9:00 a.m. ~ Tai Chi, **1960 only**
 9:30 a.m. ~ Band Bust Exercise Class, **1960 only**

Room Abbreviations

1960 , TV Channel 1960	ME, Main Entrance
BR, Bison Room	MM , 120 Scenic Drive
CR, Community Room	MR, Manhattan Room
CY, Courtyard	PF , Peakform Wellness Center
EC, Event Center	PR, Patriot Room
FHR, Flint Hills Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	STM , St. Thomas More Church
KR, Kansas Room	VBL, Verna Belle's Lounge
KSU CL, KSU Classroom	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. 18

COOL RUNNINGS (1993) PG, 1 hr. 38 min. *Comedy, Biography, Sports*

Cast: Leon Robinson, Doug E. Doug, & Rawle D. Lewis

When a Jamaican sprinter is disqualified from the Olympic Games, he enlists the help of a dishonored coach to start the first Jamaican Bobsled Team. Based on a true story.

MONDAY: Jan. 19

THE CHRONICLES OF NARNIA (2005) PG, 2 hr. 23 min. *Action Epic, Fantasy*

Cast: Tilda Swinton, Georgie Henley, & William Moseley

Four siblings wind up entering the magical land of Narnia. Once there, they discover a world inhabited by fantastical creatures and find themselves in a battle to defeat a witch.

TUESDAY: Jan. 20

RESIDENT REQUEST

OUT OF AFRICA (1985) PG, 2 hr. 41 min. *Period Drama, Romance, Epic*

Cast: Meryl Streep, Robert Redford, & Klaus Maria Brandauer

In 20th-century colonial Kenya, a Danish baroness/plantation owner has a passionate love affair with a free-spirited big-game hunter.

WEDNESDAY: Jan. 21

RESIDENT REQUEST

CAMELOT (1967) G, 2 hr. 59 min. *Classic Musical, Adventure, Comedy*

Cast: Richard Harris, Vanessa Redgrave, & Franco Nero

The story of the marriage of England's King Arthur to Guinevere. The plot of the illegitimate Mordred to gain the throne and Guinevere's growing attachment to Sir Lancelot threaten to topple Arthur and destroy his "Round Table" of knights.

THURSDAY: Jan. 22

WHEN WE FIRST MET (2018) TV-14, 1 hr. 37 min. *Romantic Comedy*

Cast: Adam Devine, Alexandra Daddario, & Shelley Hennig

Noah meets Avery at a Halloween party and falls in love, but gets friend-zoned. Three years later, she's engaged to someone else. Noah returns in a time machine to fix things.

FRIDAY: Jan. 23

MY BIG FAT GREEK WEDDING (2002) PG, 1 hr. 35 min. *Feel-Good, Romance Comedy*

Cast: Nia Vardalos, John Corbett, & Michael Constantine

A young Greek woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity.

SATURDAY: Jan. 24

THE PRINCESS DIARIES (2001) G, 1 hr. 55 min. *Romantic Comedy, Feel-Good, Teen*

Cast: Julie Andrews, Anne Hathaway, & Hector Elizondo

Mia Thermopolis has just found out that she is the heir apparent to the throne of Genovia. With her friends Lilly and Michael Moscovitz in tow, she tries to navigate through the rest of her 15th year.