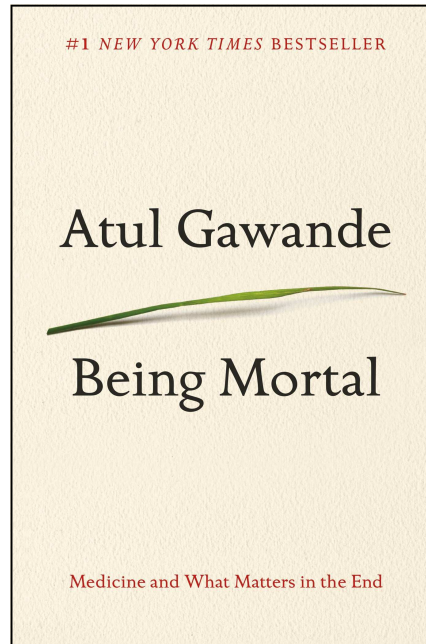


Being Mortal: The Film

KSU Center on Aging Presents

Wednesday March 8, at 2 p.m.

The Hospice Foundation of America selected K-State Center on Aging as one of the hosts for community screenings of the PBS's report, *Being Mortal*. The 55-minute documentary is based on Dr. Atul Gawande's 2014 bestselling book of the same name. The screening will be at 2 p.m. on Wednesday, March 8, in the Community Room. The movie is free of charge and will be followed by a short discussion and questionnaire. Being part of Dr. Matt's book club is not a requirement to attend the film screening. All are welcome and we hope to see you there!



investigates the practice of caring for the dying and explores the relationships between patients and their doctors. It follows a surgeon, Dr. Atul Gawande, as he shares stories from the people and families he encounters. When Dr. Gawande's own father gets cancer, his search for answers about how best to care for the dying becomes a personal quest. The film sheds light on how a medical system focused on a cure often leaves out the sensitive conversations that need to happen so a patient's true wishes can be known and honored at the end.

The free screening is made possible by a grant from The John and Wauna Harman Foundation in

"Being Mortal" delves into the hopes of patients and families facing terminal illness. The film

partnership with the Hospice Foundation of America.

February Leader of the Pack

Congratulations Sara Snell

Congratulations to the Meadowlark February 2017 Leader of the Pack, Sara Snell! Sara goes above and beyond every day. If she can find a way to make someone's job easier or life better, she will. Not only has she been the primary organizer for the entire 2017 Winter Ball event, she supports the Veterans Group, she was a lead for Christmas Carousel (including sewing several costumes!) and will help at any event that she is asked to assist with. Sara is a hardworking and caring team member that is always willing to help. Congrats, Sara!



UPCOMING EVENTS & ANNOUNCEMENTS

All Campus Cupcake Contest

Today Feb. 16, at 1 p.m.

Please join us for an all-campus Cupcake Contest. Thursday, Feb. 16, at 1 p.m. in the Community Room. Cupcakes will be judged on taste and presentation.

Card Making with Michelle

Today, Feb. 16, at 1:30 p.m.

Join Michelle Lehmer at 1:30 p.m. Today, Feb. 16, in the Living Room for card making. The group will be making cards for all occasions!

Vision Support Group

Today, Feb. 16, at 2 p.m.

Vision Support Group will meet today, Feb. 16, at 2 p.m. in the KSU Classroom.

Free Tax Preparation

Monday through Friday, a team of IRS-certified volunteer counselors can complete basic and some advanced returns including expense itemization. These services are located at Riley County Senior Center on 4th and Leavenworth. For more information please contact John Lindholm at 539-1294. To schedule an appointment and find out what you need to bring call the Center at 537-4040.

KSU Men's Basketball Watch Parties

Watch the KSU Men's basketball games in the Game Room at:

- 8 p.m. Wednesday Feb. 22, against Oklahoma State on channel 244 (ESPNU)
- 5p.m. Saturday, Feb. 25 against Oklahoma on channel 244 (ESPNU)

Shakespeare and Love

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

You are invited to join K-State Professor, Don Hedrick and several of his students for an evening of Shakespeare and Love on Friday, Feb. 17, at 7 p.m. in the Community Room. This is an event in conjunction with Valentine's Day to celebrate the Bard's poetry of love and romance in plays and poetry, with group readings, assistance with language, and opportunities for reminiscences. This will be a wonderful night!

Joke of the Week

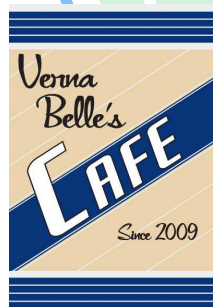
What is an astronaut's favorite key on a computer?

The space bar!

Lunch Specials

Feb. 19 – Feb. 25

Hours: Monday–Friday, 8 a.m. to 5 p.m.
Saturday–Sunday, 9 a.m. to 1 p.m.



Sunday, Feb. 19–French Toast Casserole <i>(Sourdough bread casserole with raisins, pecans, and brown sugar)</i>	\$3.75/\$5.50
Monday, Feb. 20 – Ultimate Grilled Cheese with Tomato Soup <i>(Bacon, tomatoes, mushrooms, onion and cheese on Italian Panini Bread)</i>	\$3.75/\$5.50
Tuesday, Feb. 21– Cuban with Soup or chips <i>(Pulled pork, Ham, Swiss Cheese, Pickles and Mustard on toasted Italian Panini Brea)</i>	\$3.75/\$5.50
Wednesday, Feb. 22 – California Turkey Club Wrap with Soup or Chips <i>(Turkey, Bacon, Swiss Cheese and Guacamole in a flavored Tortilla with Lettuce and Tomato)</i>	\$3.75/\$5.50
Thursday, Feb. 23 – Soup and Salad Day <i>(Potato, Tomato Feta, or Broccoli Cheese Soup in a Bread Bowl with a Fresh Garden Salad)</i>	\$3.75/\$5.50
Friday, Feb. 24 – Chili Cheese Dog with Fruit Salad <i>(Hot Dog topped with Chili and Shredded Cheese on a Bun)</i>	\$3.75/\$5.50
Saturday, Feb. 25 – Bacon Cheddar Egg Salad Sandwich with Side <i>(Egg Salad with Cheddar and Bacon on your Choice of White or Wheat Bread)</i>	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Culture Story Contest 2017

The deadline is fast approaching so don't forget to enter your story in the 2017 Culture Story Contest. The purpose of this contest is to gather resident, family, staff and stakeholder's stories that speak to the uniqueness of Meadowlark Hills and how person directed care has changed their thoughts on what it means to age.

There will be two categories: staff and non-staff. For each category, there will be three cash prizes awarded to the top three stories: \$500 (first), \$250 (second) and \$100 (third). Story submissions will be due by 5 p.m. Friday, Feb. 17, and must be submitted with a completed entry form. Winners will be announced at the March Town Meeting on Monday, March 6, and printed in the March 9 edition of the Meadowlark Messenger.

Entry forms and topic packets are available at the Hospitality Desk, Human Resources office and on the Meadowlark website (www.meadowlark.org).

If you have questions regarding the contest, please visit the Community Relations office or call at Sarah at (785) 323-3860. All submissions can be dropped off in the Community Relations office (between the KSU Classroom and the CEO office) or via e-mail at sarah.duggan@meadowlark.org.

Painting for Fun

Saturday, Feb. 18, at 9:30 a.m.

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, Feb. 18, in the KSU Classroom. No experience needed. Just come with a sense of fun and adventure.

Vespers Services

Sunday, Feb. 19, at 7 p.m.

The Vespers service, led by Rev. John Wright from First United Methodist Church, will be at 7 p.m. Sunday, Feb. 19, in the Community Room. All are welcome.

Meadowlark Singers Practice

Monday, Feb. 20, at 3 p.m.

Meadowlark Singers practice is scheduled at 3 p.m. Monday, Feb. 20, in the Community Room.

Mending Angel canceled

The Mending Angel will be taking a trip to Taiwan. Due to this, The Mending Angel will not be on campus again until the first Friday of March.

Finding and Preserving the Stories of our Ancestors

Tuesday, Feb. 21, at 6:30 p.m.

While many of us yearn to hear stories of our ancestors, so many of them did not leave behind journals or memoirs. Fortunately, there are other resources we can check to discover more about what made our ancestors who they were. Census records, newspapers, military records and other sources may contain important details that give us perspectives into our ancestors' lives. Led by, Kelsee Walker, this class will help you learn how to delve deep into these records that are of interest to your family history and find the details and stories that bring your ancestors to life. This class will additionally be held, Feb. 28 and March 7 in the Community Room.

Please see the Osher registration form, located at the Hospitality Desk or online at www.osher.ku.edu, for a complete listing of classes. For more information call UFM at (785) 539-8763.

Lifestyle Enrichment for Alzheimer's Prevention (LEAP!) Class

Tuesday, Feb. 21, 6 to 7:30 p.m.

The KU Alzheimer Research Center's LEAP! class is back for a six-week series. This multidisciplinary health program will provide the latest research-based strategies to prevent Alzheimer's and dementia. LEAP meetings will be from 6 to 7:30 p.m. every Tuesday, in the Community Room.

To enroll in the LEAP! program, please go to <http://bit.ly/2jw3PiL> or call UFM at (785) 539-8763. The cost is \$100, which includes a book for the class. If you have any questions, please contact Michelle Haub at (785) 323-3899.

Memory Café

Wednesday, Feb. 22, at 10 a.m.

Memory Café will meet in the Kansas Room at 10 a.m. Wednesday, Feb. 22. This group features story sharing, reminiscing and social engagement. It is facilitated by Bridget Larkin and Arlene Lundberg.

Lutheran Video Worship Service

Wednesday, Feb. 22, at 4 p.m.

You are invited to watch a televised worship service at 4 p.m. Wednesday, Feb. 22, in the Living Room. All are welcome to attend.

UPCOMING EVENTS & ANNOUNCEMENTS

America's National Parks: A Journey Through Time

Wednesday Feb. 22, from 6:30 to 8:30 p.m.

This class will examine the genesis of the National Parks in America, discuss some of the most influential thinkers related to conservation and preservation, evaluate the current state of and identify threats to the Parks, and discuss how future generations may or may not embrace National Parks. Ryan Sharp will be the course instructor. He is an assistant professor at Kansas State University where he teaches and conducts research on parks and protected area management.

This class will be led, Wednesday, Feb. 22 from 6:30 to 8:30 p.m in the Community Room.

Please see the Osher registration form, located at the Hospitality Desk or online at www.osher.ku.edu, for a complete listing of classes. For more information call UFM at (785) 539-8763.

Cancellations and time changes

Thursday, Feb. 23

- Steady Yourself is canceled on Thursday, Feb. 23
- Chair Yoga is canceled on Thursday, Feb. 23

Riley County Historical Society

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

Allana Saenger from the Historical Society will visit Friday, Feb. 24. She will be presenting about Eureka Lake Resort and Electric Park, a prominent resort just west of Manhattan from 1900-1903. Harry Wareham frequented the resort and she will have several interesting photographs and stories about the two locations. The presentation will be located in the Community Room at 7 p.m. Friday, Feb. 24.

Loren Alexander Memorial Service

Saturday, Feb. 25, at 11 a.m.

A memorial service for Loren Alexander will be held at the Yorgensen-Meloan-Londeen Funeral Home at 11 a.m. on Saturday Feb. 25. Transportation will be provide free of cost. There is a sign-up sheet in the Blue Book located at the Hospitality Desk.

Bingo canceled

Monday, Feb. 27

Bingo is canceled for Monday Feb. 27

Third Floor Supper moved

Monday, Feb. 27

Third Floor Supper has been moved to Monday, Feb. 27.

Minton's Mardi Gras Celebration

Tuesday, Feb. 28, at 7 p.m.

Jayme Minton, Support Services Director will be hosting a Decadent Dessert Mardi Gras Buffet on Tuesday, Feb. 28. It will begin at 7 p.m. in the Manhattan Room and Pub. The event will feature multiple desserts with drinks to compliment the sweet treats! See page five for the menu. Cost is \$9 per person and you can sign up by stopping by Prairie Star Restaurant or calling 323-3820.

Olympian Coming to Manhattan

Thursday, March 16, at 5:30 p.m.

The Gender, Women, and Sexuality Studies Advisory Board cordially invites you to join Olympian, Jackie Joyner-Kersey who will be speaking in honor of women's history month.

The winner of three gold, one silver, and two bronze Olympic medals from Track and Field, Jackie is a boundary breaker both in terms of race and gender. She actively advocates on behalf of racial equality and women's rights, children's education, health issues, and social reform. She will be speaking at the Bill Snyder Family Stadium on Thursday, March 16, at 5:30 p.m. Guests will need to RSVP by Thursday, March 9. Dinner tickets are \$75. The attire is business casual. Register online at www.found.ksu.edu/rsvp/jjk. Please contact Kim Garver at kgarver@ksu.edu or by phone at (785) 532-5738.

Driver Safety Course

Meadowlark Hills has the opportunity to host a Driver Safety Course given by retired Kansas Highway Patrolman and Current Traffic Safety Specialist Tim McCool. In order to have him come to Meadowlark, we need at least 10 people to sign up.

The cost of the course for AARP members is \$15 and for non AARP members is \$20. If this is something you would like to attend, contact Leader, Monte Spiller at (785)323-3801. The course is eight hours total and would be split into two days lasting four hours each day.

ANNOUNCEMENTS

Meadowlark Wellness Olympiad Call for Volunteer

Planning has begun for this year's Meadowlark Wellness Olympiad. The Olympiad is a six-week Wellness Challenge open to resident and employee participants. Teams come together to compete in physical, mental and creative challenges throughout the six weeks.

The Wellness Olympiad Committee is looking for a Resident Volunteer to join us in the planning process. Being a part of the Wellness Olympiad Challenge Committee would consist of assisting creating challenges, planning of pre/post parties and judging challenges throughout the six weeks.

Please contact Jeff Heidbreder in the Caul Fitness Center or at (785) 341-2995 if you have a question or are interested in volunteering.

Meadowlark Travelers

Monday, July 17

Although it's still winter, it's never too early to dream of warmer days. That's right; Becky and Monte have been brainstorming and planning the next Meadowlark Travelers adventure! In just a little more than five months on Monday, July 17, we will depart the Little Apple on our next journey, returning Saturday, July 22. Mark your calendars and get ready for a fun-filled time! A few more details will be coming soon. Why just a few? Wouldn't it be interesting if the destination is a mystery? 2017 marks the 14th year at least one Meadowlark Travelers tour has been offered. So, trust us. We promise you a great vacation!

Storage Units

If you have a storage unit on your floor, please be mindful of how things are put away. All belongings should be stored inside your storage unit. Please do not place items in the hallways or common areas of the storage room.

New Coat Rack

A special thank you to Tom Barcellina for donating a new coat rack for the front lobby. What a lovely addition!

New Perspectives canceled

New Perspectives will no longer be meeting.



MARDI GRAS CELEBRATION 2017 DECADENT DESSERTS & DRINKS MENU \$9 PER PERSON

BANANAS FOSTER BAR
WITH HOMEMADE VANILLA ICE CREAM

HOMEMADE ICE CREAM BAR
ROASTED STRAWBERRY BALSAMIC, CHOCOLATE MOCHA, & WHITE CHOCOLATE RASPBERRY

KING CAKE

CHEESECAKE BEIGNETS WITH VANILLA DIPPING SAUCE

CREOLE BROWNIES

MARTHA WASHINGTON CANDIES

FRENCH APPLE TART

SWEET POTATO TART

RASPBERRY WALNUT TORTE

WHITE & DARK CHOCOLATE MOUSSE IN CHOCOLATE CUPS

COFFEE STATION

WITH ORANGE ALMOND BISCOTTI & DOUBLE CHOCOLATE BISCOTTI



Ask Sarah

Remember to put your questions in the Ask Sarah box! Submit questions to the box at the Hospitality Desk or

directly to Sarah via phone, e-mail or by stopping her office!



Thanks for stopping by!

PRAIRIE STAR

RESTAURANT

Monday to Saturday, 10:30 to 8 p.m.
 Sunday, 10:30 a.m. to 7 p.m.

Feb. 19 - Feb. 25

Includes beverage, starter and dessert.

A minimum of one hour notice is required for reservations. The restaurant can accept up to four reservations per time, depending on party size. Reservations can be made in person or by calling 323-3820.1

SUNDAY	February 19 ~ Lunch \$11	Dinner \$12
	Chicken Fried Steak Mashed Potatoes Vegetable of the Day	Chicken Tetrazzini Vegetable of the Day
MONDAY	February 20 ~ Lunch \$10	Dinner \$14
	BBQ Pulled Pork Sandwich Cole Slaw French Fries	Shrimp Scampi Rice Pilaf Vegetable of the Day
TUESDAY	February 21 ~ Lunch \$7	Dinner \$13
	Taco Bar (does not include drink, starter or dessert)	Roast Pork Loin <i>with Balsamic Cherry Sauce</i> Wild Rice Cake Vegetable of the Day
WED.	February 22 ~ Lunch \$10	Dinner \$13
	Ham & Cheese Quiché Rice Pilaf Vegetable of the Day	Swiss Steak Mashed Potato <i>with Gravy</i> Vegetable of the Day
THURS.	February 23 ~ Lunch \$7	Dinner \$11
	Potato Bar (does not include drink, starter or dessert)	Baked Ziti Garlic Toast Vegetable of the Day
FRIDAY	February 24 ~ Lunch \$10	Dinner \$12
	Turkey Reuben Sweet Potato Fries Choice of Vegetable	Skillet Chicken <i>with Creamy Cilantro Lime Sauce</i> Roasted Red Potatoes
SAT.	February 25 ~ Lunch \$11	Dinner \$14
	Coconut Shrimp Pasta Salad Choice of Vegetable	Trout Almondine Baked Potato Vegetable of the Day

*You may substitute an extra vegetable for the starch on any special for no additional charge.

Grosh Cinema Movies

Sunday, Feb. 19 - Saturday, Feb. 25

Show Times: 1, 4 and 7 p.m., Monday – Saturday
2 and 6 p.m., Sunday

Sunday, Feb. 19 – My Best Friend (2016)

Fashionista city teen Kristen and her dad move to his mother's farm, where adjusting to country life is hard—until she meets a wisecracking horse.

Co-Starring: Catherine Bach, Patrick Muldoon & Alexis Rosinsky

Rated G; 1 hr. 38 min.

Monday, Feb. 20 – Woman In Gold (2015)

Nazis killed her loved ones and stole her family's prized artwork. Sixty years later, she wants only one thing back.

Co-Starring: Helen Mirren, Ryan Reynolds & Daniel Bruhl

Rated PG-13; 1 hr. 49 min.

Tuesday, Feb. 21 – The Invasion (2007)

While researching a mysterious alien epidemic, a psychiatrist learns that her son could be the planet's only hope for survival.

Co-Starring: Nicole Kidman, Daniel Craig & Jeremy Northam

Rated PG-13; 1 hr. 39 min.

Wednesday, Feb. 22 – The Money Pit (1986)

A man and his yuppie girlfriend set out to renovate their dream house, only to be plagued by shady contractors and the house's crumbling structure.

Co-Starring: Tom Hanks, Shelley Long & Alexander Godunov

Rated PG; 1 hr. 30 min.

Thursday, Feb. 23 – Seven Pounds (2008)

Weighed down by a dark secret, IRS agent Ben Thomas tries to improve the lives of seven strangers in need of a second chance.

Co-Starring: Will Smith, Rosario Dawson & Woody Harrelson

Rated PG-13; 2 hrs. 3 min.

Friday, Feb. 24 – Two Weeks Notice (2002)

A millionaire real estate developer doesn't make a move without his right-hand woman. But after a year of calling the shots, she's calling it quits.

Co-Starring: Sandra Bullock, Hugh Grant & Alicia Witt

Rated PG-13; 1 hr. 41 min.

Saturday, Feb. 25 – Dreamgirls (2006)

This big-screen adaption of the hit Broadway musical follows the rise of 1960s girl group the Dreams.

Co-Starring: Jamie Foxx, Beyonce Knowles & Eddie Murphy

Rated PG-13; 2 hrs. 10 min.

This Week's Opportunities February 19 - February 25

SUNDAY • FEBRUARY 19

Breakfast at Verna Belle's—Omelets with Fruit

- 9:00 a.m. ~ Miller Worship Service, MFR
- 10:00 a.m. ~ Worship Service, CR
- 2:00 p.m. ~ Wroten Worship Service, WL
- 7:00 p.m. ~ Vespers led by John Wright from First United Methodist Church CR

MONDAY • FEBRUARY 20

Trash pick-up day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 2:15 p.m. ~ Parkinson's Voice Class, KSU CL
- 3:00 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ 5th Floor Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

TUESDAY • FEBRUARY 21

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, LR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Seven Dolors Book Discussion, LR
- 2:00 p.m. ~ LifeStory Writing Group, LR
- 3:00 p.m. ~ Coffee Corner, CR
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:30 p.m. ~ 2nd Floor Supper, CR
- 6:00 p.m. ~ LEAP! Class, CON

WEDNESDAY • FEBRUARY 22

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Worship Service, LR
- 10:00 a.m. ~ Memory Activities Class - ArtFull Memories, KSU CL
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 1:15 p.m. ~ Dr. Tran's Foot Clinic, TR
- 1:30 p.m. ~ Pitch, GR
- 1:30 p.m. ~ Diabetic Support Group, KSU CL
- 1:30 p.m. ~ Collins Worship Service, CH
- 1:30 p.m. ~ Dr. Matt's Book Club—First Session, CR
- 2:45 p.m. ~ Dr. Matt's Book Club—Second Session, CR
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Rock Steady Boxing, KSU CL
- 3:00 p.m. ~ Unitarian Universalist Fellowship, MR
- 4:00 p.m. ~ Lutheran Video Worship Service, LR
- 5:30 p.m. ~ 1st Floor Supper, MR

- 6:30 p.m. ~ Osher Class: America's National Parks—A Journey Through Time, CR
- 8:00 p.m. ~ KSU Watch Party, GR

THURSDAY • FEBRUARY 23

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 8:00 a.m. ~ Messenger Ladies, CON
- 10:00 a.m. ~ Meadowlark Bible Study, LR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 2:30 p.m. ~ Gerontology Class, CR
- 4:00 p.m. ~ St. Paul's Episcopal Church Service, LR

FRIDAY • FEBRUARY 24

Breakfast at Verna Belle's—Waffle or Pancake

- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit and Be Fit, CR
- 12:00 p.m. ~ Parkinson's Partners Luncheon, CR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 1:15 p.m. ~ Parkinson's Care Partner Support Group, LR
- 7:00 p.m. ~ Resident Program: Riley County Historical Society, CR

SATURDAY • FEBRUARY 25

Breakfast at Verna Belle's—Omelets with Fruit

- 9:00 a.m. ~ Rock Steady Boxing, CSC
- 9:30 a.m. ~ Painting for Fun, KSU CL
- 5:00 p.m. ~ KSU Watch Party, GR

ROOM ABBREVIATIONS

BP, Billiards Parlor	LB, Library
CH, Collins House	LR, Living Room
CR, Community Room	MFR, Miller Friendship Rm
CON, Conference Room	MR, Manhattan Room
GR, Game Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	TR, Tranquility Room
KR, Kansas Room (Pub)	VE, Village Entrance
KSU CL, KSU Classroom	WL, Wroten Library
PSP, Prairie Star Patio	CSC, Combative Sports Center



Feb. 19 to Feb. 25

Bloody Mary

2 oz. Vodka
4 oz. Bloody Mary Mix

\$3~~75~~

*Meadowlark News Channel can be viewed on channel 1960