

Greetings From Manhattan, Kansas

Thursday, March 9, at 12:30 p.m.

Ladies, did you know we have a deltiologist in our midst? The living room walls of apt. 417 are lined with several bookcases containing small boxes full of postal cards and postcards. Yes, there's a difference, and Pat Hook will explain that and much more when she shares information about her hobby and mailing cards from her vast collection at the March edition of the Meadowlark Ladies Luncheon 1at 2:30 p.m. Thursday, March 9, in the Manhattan Room hosted by Pat and co-hostesses Rae Stamey and Becky Fitzgerald .

Have you seen a postcard printed on something other than paper? How about a United States Postal Card with an 1875 postmark? Hear Pat's story of deciphering a coded message written in 1905 from a fella to his sweetheart!

Lunch features a savory chicken and mushroom cheesecake for \$10 plus tax per person. Please register in the Blue Book at the Hospitality Desk.

If you regularly use a magnifying glass to read fine print, you are welcome to bring your magnifier of choice; we'll be viewing some of Pat's treasured cards in their protective sleeves. By the way, deltiology is the study and collection of postcards.



March Leader of the Pack



Congratulations to Kelly Salaz, CMA in Collins for winning the Meadowlark Leader of the pack for March 2017!! Kelly's nomination stated, "Kelly always takes extra time to make sure the residents have a good day, whether it be laughing or talking with them, doing their hair and makeup, or doing her famous creative manicures that residents love. Kelly doesn't go through one shift without going the extra mile for the residents. She is always brainstorming ideas for outings and new adventures, and doesn't mind taking the lead on coordinating when asked. She is reliable and coworkers also know they can count on her for support during their shifts." Congratulations Kelly!

UPCOMING EVENTS & ANNOUNCEMENTS

Card Making with Michelle

Today, March 2, at 1:30 p.m.

Join Michelle Lehmer at 1:30 p.m. today, March 2, in the Living Room for card making. The group will be

New Hours for Verna Belle's Café

Verna Belle's is officially changing their hours to 7 a.m. opening and 4 p.m. closing.

Class Canceled and Change of Time

Seated Strength will be canceled and Weights 101 will be moved to 12 p.m. on March 6 due to Town Hall Meeting.

Riddle of the Week

Q: What do you call an Amish guy
with his hand in a horse's mouth?
(answer on page 5)

PD: Latest Research and Q & A

Thursday, March 2, at 2 p.m.

Today Kelly E Lyons, PH. D., Research Professor Parkinson's Disease and Movement Disorder Center at KU Medical Center will be speaking on the latest research in Parkinson's Disease. It will be held in the Community Room at 2 to 3:30 p.m.

Painting for Fun

Saturday, March 4, at 9:30 a.m.

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, March 4, in the KSU Classroom. No experience needed. Just come with a sense of fun and adventure!

KSU Men's Basketball Watch Parties

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

- 1 p.m. Saturday, March 4, against Texas Tech on channel 245 (ESPN News)

Lunch Specials March 5 - March 11

NEW Hours: Monday—Friday, 7 a.m. to 4 p.m.



Sunday, March 5 - Ham Salad Sandwich with Side <i>(Classic ham salad on your choice of white or wheat bread)</i>	\$3.75/\$5.50
Monday, March 6 - Chicken Fajita Wrapini with Soup or Chips <i>(Seasoned chicken, cheddar cheese and sautéed peppers and onions in a flavored wrap)</i>	\$3.75/\$5.50
Tuesday, March 7- Triple Meat Pizza <i>(Bacon, sausage, and pepperoni on flatbread with mozzarella cheese and marinara sauce)</i>	\$3.75/\$5.50
Wednesday, March 8 - Everything Bagel Sandwich with Fruit Salad <i>(Ham, turkey, and Swiss cheese on an everything bagel with a Dijon mustard glaze)</i>	\$3.75/\$5.50
Thursday, March 9 - Chicken Bacon Ranch Panini with Soup or Chips <i>(Chicken, bacon Swiss cheese and Ranch dressing on toasted Italian Panini bread)</i>	\$3.75/\$5.50
Friday, March 10 - Potato Bacon Bomb with Soup or Chips <i>(Bacon, mashed potatoes, cheddar cheese, and potato planks on Italian Panini bread with a sour cream and chive sauce)</i>	\$3.75/\$5.50
Saturday, March 11 - Loaded Chicken Salad with Side <i>(Chicken salad with bacon, green onions, yellow onions, and cheddar cheese)</i>	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Vespers Services

Sunday, March 5, at 7 p.m.

The Vespers service, led by Rev. Dennis Ackerman from College Ave Methodist Church, will be at 7 p.m. Sunday, March 5, in the Community Room. All are welcome.

Meadowlark Singers Practice

Monday March 6, at 3 p.m.

Meadowlark Singers practice is scheduled at 3 p.m. Monday, March 6, in the Community Room.

Beach Museum of Art Trip

Tuesday, March 7, at 9:45 a.m.

On Tuesday, March 7, join Monte for a day trip to the Beach Museum of Art located on the campus of Kansas State University. We will be touring the exhibit, *Mapping the Early Career of John Steuart Curry* and *Kansas Veterinarian at Work* by Tom Mohr. A signup sheet is located in the Blue Book at the Hospitality Desk, and cost for transportation is \$3. We will depart from the Village Entrance at 9:45 a.m.

Memory Café

Wednesday, March 8, at 10 a.m.

Memory Café will meet in the Kansas Room at 10 a.m. Wednesday, March 8. This group features story sharing reminiscing and social engagement. It is facilitated by Bridget Larkin and Arlene Lundberg.

Being Mortal: The Film

Wednesday, March 8, at 2 p.m.

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.

Whiskey Tasting at the Kansas Pub

Wednesday, March 8, at 5:30 p.m.

Come visit the Pub on March 8 and experience an assortment of different kinds of whiskey! Starting at 5:30 p.m., we will be offering our first official alcohol tasting! For a low price of \$10, you get to taste five different kinds of whiskey ranging from Makers Mark to VO. If you have any questions, contact Prairie Star Restaurant or the Kansas Pub.

Lutheran Video Worship Service

Wednesday, March 8, at 4 p.m.

You are invited to watch a televised worship service at 4 p.m. Wednesday March 8, in the Living Room. All are welcome to attend.

Foundation News

Gifts to Meadowlark Foundation during February were given in memory or in honor of the following persons to benefit the Good Samaritan, Lyle House, Parkinson's Program, and Wroten House funds as well as the Art Fund:

In Memory/Honor of:

Loren Alexander
Louise Area
Evelyn Brown
George Given
Marilyn Ray – Honors
Jeanne Mertz
Dorothy Nonamaker
Norma Nordgren
Loyal Payne
Evelyn Schoeff
Ralph Silker
Stephen Stover
J. Willet Taylor

In addition, gifts were received last month to support the Verna Belle's Café renovation and expansion project.

If you have questions or suggestions regarding Meadowlark Foundation, please contact Becky Fitzgerald, Development Director, at (785) 323-3843

UPCOMING EVENTS & ANNOUNCEMENTS

Meadowlark Hills Lecture Series

Thursday, March 9, at 4 p.m.

The English department Head, Dr. Karin Westman, will present a lecture on J. K. Rowling's *Library: Harry Potter in Context*. Professor Westman specializes in Twentieth-century and contemporary British literature. She will talk about her forthcoming book, the work of the well-known British novelist, J. K. Rowling.

March Focus Group

Thursday, March 9, at 10 a.m.

The Focus Group scheduled for March will once again spotlight a staff member. The staff attendee will be Sales Specialist, Abby Cavender. The Focus group will meet at 10 a.m. Thursday, March 9 in the KSU Classroom.

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.

Grief Support Group

Monday, March 27, at 1:30 p.m.

Grief Support Group is an opportunity for residents and families to discuss grief and healing in a supportive environment. The group is facilitated by Patty Brown-Barnett, DMin, Chaplain and Bridget Larkin, LMSW, Social Services Leader. Our next group will begin on Monday, March 27 from 1:30 to 2:30 pm and continue on Monday afternoons through Monday, June 12. Please contact Bridget at 323-3837 or bridget.larkin@meadowlark.org for more information and to RSVP.

Page 4

Meadowlark Travelers

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!

Garden Plots Available

For those interested in a garden plot this spring, please contact Nyle Larson at (785) 539-6688 or cell at (785) 565-1051 for more information. If you no longer want to work your plot from last year, please let Nyle know so he can make them available to other residents. The maintenance department will till up your plot and a shed is available by garden area to store gardening equipment. If you would like a plot, but may need some help, please let Hether Birchmeier know and she will assign a volunteer to assist you with your plot. Hether is located in the Community Relations Office and can be reached at (785) 323-3890.

More March Birthdays

The following Employees and Independent Living Residents were left off from the March birthday list:

Employees:

3/25 Robin Joung

3/28 Jon Bechtel

3/28 Keana Davis

3/31 Emily Foye

Independent Living Residents:

3/22 Sue Bayer

3/23 Sandra Emley

3/24 Donald Fallon

3/25 Ruth Friedmann

3/29 Dorothy Frazee

Have a Happy Birthday and staff apologizes for the error.

Letter to the Messenger

OUTDOOR ENCOUNTERS

Submitted by Nathan Bolls

I rarely salute water that flows from my kitchen faucet. Yet, one of the great unsung achievements of technology and science is the ability to produce huge and dependable quantities of potable water. In sharp contrast is the scene in the Third-World, where most every day, in a village somewhere, people rejoice in that first gush of safe water from some pipe in their village. Benjamin Franklin, in the January 1746 version of his *Poor Richard's Almanac*, said it well: "When the well's dry, we know the worth of water."

Even though they rarely are potable, I do occasionally salute our natural waters. I rejoice that the water molecule has certain physical properties that make life much easier for the many aquatic forms that call these waters home. In fact, even terrestrial organisms, all with their relatively high water content, receive blessings from these same physical properties.

Water molecules form loose hydrogen bonds with each other. This bonding greatly slows what we call evaporation, thus helping to extend the lives of streams and impoundments during dry times—or water in the commode during long vacations! The transparency of water permits certain aquatic plants (and a few animals), requiring light for photosynthesis, to live and evolve in habitats at surprising depths.

Water is a great solvent; a wide range of chemical types will dissolve in it, "go into solution." Instead of just sinking to the bottom and becoming much less available, these chemicals will remain "floating" in the water and be useful to organisms taking water and nutrients into their bodies. And water ranks high among solvents in its ability to absorb a large amount of heat before warming up just one more degree and in its ability to slowly lose heat as air cools. Water warming much more slowly than air in spring and cooling much more slowly than air in fall makes the aquatic realm a much more stable habitat.

Water displays a marvelous quirk as it cools. Water continues to shrink and become increasingly dense as it grows colder, reaching its densest state at four degrees Centigrade—39.2 degrees Fahrenheit. Growing colder, the water then crystallizes to ice, expands, and floats! We've all seen damage from expansion of ice. But ice on our pond's top instead of the bottom is very good news for the pond's aquatic life. This common, non-dramatic "moving part" of Nature's arsenal in our pond definitely deserves a frequent nod of gratitude.

ASK SARAH

Welcome to the team!

The Meadowlark Messenger has a new editor Hether Birchmeier! Hether started as the Community Relations Assistant



Monday, Feb. 6. Since her initial start date, Hether has been learning about Meadowlark, our weekly newsletter and the Meadowlark Volunteer Program. As the Community Relations Assistant, Hether's main responsibilities include leading the Volunteer Program and coordinating the Messenger creation and production.

Hether is originally from Michigan (and is a HUGE University of Michigan fan!), but has lived all over the country and abroad. She completed her degree in social work at Western Michigan University. Hether has three children and two grandchildren. Her daughter, Maggie, her son, Zach; his wife, Britt; and their daughter, Ava, live in Manhattan. Hether's son Andy lives in Utica, Kan. with his wife, Amy, and son, Gunner.

The Community Relations office is buzzing with activity! Hether's desk is in the Community Relations office and she shares the space with me and our intern, Shannon. Shannon will continue to support Hether in her transition to becoming the new editor of the Messenger, while completing additional projects including participation in planning the annual Pig Out for Parkinson's and the Memory Matters Symposium. Shannon will be with us through the end of April.

Please stop by to say hello and welcome to Hether! If you have questions or submissions for the Messenger, Hether can be contacted at (785) 323-3890 or via e-mail at hbirchmeier@meadowlark.org. See you next week and thanks for stopping by!

Answer: A Mechanic



PRAIRIE STAR RESTAURANT

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

March 5 – March 11

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	March 5~ Lunch \$12	Dinner \$10
	Grilled Lemon Thyme Chicken Breast Lemon Risotto Vegetable Du Jour	Beef Stew Vegetable Du Jour
MONDAY	March 6 ~ Lunch \$10	Dinner \$12
	Meatball Sub French Fries Cole Slaw	Chicken Florentine Supreme Sauce Rice Pilaf Vegetable Du Jour
TUESDAY	March 7~ Lunch \$7	Dinner \$13
	Taco Bar (does not include drink, starter or dessert)	Grilled Cajon Shrimp with Roasted Red Pepper Sauce Rice Pilaf Vegetable Du Jour
WED.	March 8~ Lunch \$10	Dinner \$12
	White Chili Cornbread Choice of Vegetables	Baked Ham With Peach Sauce Ranch Roasted Red Potatoes Vegetable Du Jour
THURS.	March 9 ~ Lunch \$8	Dinner \$13
	Pizza Bar (does not include drink, starter or dessert)	Braised Brisket With Mushroom Sauce Potato Pancake Vegetable Du Jour
FRIDAY	March 10 ~ Lunch \$10	Dinner \$14
	Hot Turkey Sandwich Choice of Vegetable	Stuffed Sole with Crab Twice Baked Potato Vegetable Du Jour
SAT.	March 11 ~ Lunch \$11	Dinner \$15
	Salisbury Steak Mashed Potatoes Choice of Vegetable	Steak Night Baked Potato Vegetable Du Jour

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

Grosh Cinema Movies

Sunday, March 5 - Saturday, March 11

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

2 and 6 p.m., Sunday

Sunday, March 5 – Penelope (2006)

In this modern fairy tale, a young woman cursed with the nose of a pig lives her life in seclusion—until an unlikely beau stumbles onto the scene.

Co-Starring: Christina Ricci, James McAvoy & Catherine O’Hara

Rated PG; 1 hr. 29 min.

Monday, March 6 – The Impossible (2012)

Tracking one family’s harrowing experiences, this gripping drama depicts the chaos generated by the massive 2004 tsunami in Southeast Asia.

Co-Starring: Naomi Watts, Ewan McGregor & Tom Holland

Rated PG-13; 1 hr. 53 min.

Tuesday, March 7 – Dad (1989)

Family bonds are revived after a father is diagnosed with cancer in this bittersweet drama.

Co-Starring: Jack Lemmon, Ted Danson & Olympia Dukakis

Rated PG; 1 hr. 57 min.

Wednesday, March 8 – All The King’s Men (2006)

Sean Penn stars as corrupt Southern politician Willie Stark—a charismatic man who wins the populist vote but, behind closed doors, is as underhanded as those he smeared.

Co-Starring: Sean Penn, Jude Law & Kate Winslet

Rated PG-13; 2 hrs. 8 min.

Thursday, March 9 – Manchester By The Sea (2016)

While working as a handyman in Boston, taciturn loner Lee Chandler gets word that his brother Joe has died of a coronary.

Co-Starring: Casey Affleck, Michelle Williams & Kyle Chandler

Rated R for language and some sexual content; 2 hrs. 15 min.

Friday, March 10 – The Judge (2014)

Big city lawyer Hank Palmer returns to his childhood home where his father, the town’s judge, is suspected of murder.

Co-Starring: Robert Downey Jr., Robert Duvall & Leighton Meester

Rated R for language and some sexual references; 2 hrs. 21 min.

Saturday, March 11 – Angel In The House (2011)

Unable to conceive, Zoey and Alec Morrison are considering becoming foster parents when one day, 7-year-old Eli shows up on their doorstep.

Co-Starring: Toni Collette, Ioan Gruffudd & Maurice Cole

Rated PG; 1 hr. 30 min.

This Week's Opportunities March 5 - March 11

SUNDAY • MARCH 5

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 with Rev Dennis Ackerman from College Avenue Methodist Church, CR

MONDAY • MARCH 6

Trash pick-up day Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, LR
- 8:30 a.m. ~ Resident Council, KSU CL
- 9:30 a.m. ~ Town Meeting, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:00 a.m. ~ St. Luke's Communion, LR
- 12:00 p.m. ~ Yoga, KSU CL
- 12:00 p.m. ~ Weights 101, 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. ~ Tuttle Creek Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

TUESDAY • MARCH 7

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Seven Dolors Book Discussion, LR
- 12:00 p.m. ~ Kimball Luncheon, MR
- 12:00 p.m. ~ Parkinson's Webinar, CON
- 2:00 p.m. ~ LifeStory Writing Group, LR
- 3:00 p.m. ~ Coffee Corner, CR
- 3:30 p.m. ~ Ambassador Committee, CON
- 4:00 p.m. ~ Newspaper & Bible, LR

WEDNESDAY • MARCH 8

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

- 9:00 a.m. ~ Building & Grounds Meeting, LR
- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Worship Service, LR
- 10:00 a.m. ~ Memory Activities Class, KSU CL
- 10:00 a.m. ~ Memory Café, KR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 1:30 p.m. ~ Collins Worship Service, CH
- 2:00 p.m. ~ Being Mortal Movie Showing, CR
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Rock Steady Boxing, KSU CL
- 4:00 p.m. ~ Lutheran Video Worship Service, LR
- 6:30 p.m. ~ Osher Class—Cultural Diversity & Globalization, CR
- 6:30 p.m. ~ Artist Discussion, Andrew Wyeth, with the Beach Museum of Art, KSU CL

THURSDAY • MARCH 9

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 8:00 a.m. ~ Messenger Ladies, CON
- 10:00 a.m. ~ Meadowlark Bible Study, CON
- 10:00 a.m. ~ Resident Focus Group, KSU CL
- 10:00 a.m. ~ Great Decisions, LR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:30 p.m. ~ Meadowlark Ladies' Luncheon, MR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 2:30 p.m. ~ Gerontology Class, CR
- 4:00 p.m. ~ Center on Aging Lecture Series, CR
- 6:30 p.m. ~ Osher Class—Science Communication Fellows, CR

FRIDAY • MARCH 10

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
- 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: 'Still Dreaming' Movie Showing with Prof. Don Hedricks, CR

SATURDAY • MARCH 11

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

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



March 5 to March 11
Manhattan
2 Oz. Bulleit Rye
1 oz. Sweet Vermouth Bitters
Cherry Juice and Cherry
\$3.75

*Meadowlark News Channel can be viewed on Channel 1960