

Let's bring back summer!



[above & right]
File photos from previous Summerfest celebrations. Summerfest is an annual party for Meadowlark residents, employees, families, Passport members and friends.

by Sarah Duggan

The music, the food and the fantastic celebration of summer is just around the corner! Join your friends and family at 5 p.m. tomorrow, June 2, for Summerfest, the annual block party at Meadowlark Hills.

Our Summerfest celebration will take place on the south side of the building along Meadowlark Road and on Prairie Star patio. The road will be blocked from the fork off the south drive to the village entrance. The cookout will begin at 5 p.m. and will include hamburgers, hot dogs, beans, pasta salad, chips, watermelon and cookies.

The evening will also feature live music starting at 6 p.m. in addition to a sno-kone stand, beer garden

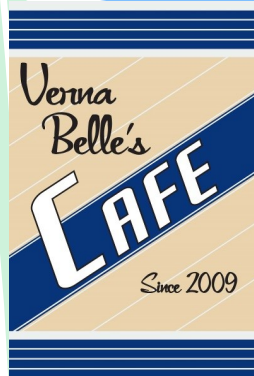
and inflatable activities for the kids. Musical entertainment will be provided by Dillon Ray.

Meadowlark Road, between the Valley and the main entrance to the building, will be blocked off all day Friday, June 2. If you have guests visiting, please make sure they are not parked in the visitor parking at 7 a.m. on Friday. The rented items for the party will be delivered and set up during the morning hours.

All rental items will be retrieved by the company in the morning on Saturday, June 3.

The Pub will not be open the day of Summerfest and Prairie Star Restaurant will close at 2 p.m.

If you have questions regarding Summerfest, please contact Mary Harness at (785) 323-3835.



LUNCH SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.
Saturday & Sunday, 7 to 11 a.m.

Monday, June 5

Blackberry Brook with Cran Apple Coleslaw
*blackberry jam, swiss cheese & bacon on toasted
white or wheat bread, fresh jalopenos optional*
\$3.99/\$5.99

Tuesday, June 6

Cuban with Mac & Cheese
*ham & pulled pork with pickles, mustard and swiss
cheese on toasted Italian bread*
\$3.99/\$5.99

Wednesday, June 7

Bierocks with Fruit Salad
biscuit stuffed with ground beef, cabbage & onions
\$5.99

Thursday, June 8

Turkey Cranberry Panini with Choice of Side
*ham & pulled pork with pickles, mustard and swiss
cheese on toasted Italian bread*
\$3.99/\$5.99

Friday, June 9

Mushroom Swiss Burger with Melon Salad
*grilled hamburger with swiss cheese, sautéed
mushrooms & onions on a butter-toasted bun*
\$5.99

Vespers Services

Sunday, June 4, at 7 p.m.

The Vespers services, led by Rev. Glenn Fogo from First United Methodist Church, will be held at 7 p.m. Sunday, June 4, in the Community Room.

Exercise class changes

Monday, June 5

Seated Strength is canceled for Monday, June 5, and Weights 101 will begin at noon instead of the regular time of 10:20 a.m. Both changes are due to Town Meeting.

Building Caregiver Confidence

Mondays, June 5 to 26, from 1:30 to 3 p.m.

Beginning on Monday, June 5 from 1:30 to 3 p.m., the Alzheimer's Association in partnership with Meadowlark Memory Program will be holding a four-part workshop. The series is for family caregivers and friends who care for individuals with Alzheimer's disease or a related dementia. The workshop will be held at the Manhattan Public Library Auditorium located at 629 Poyntz Ave. in Manhattan, Kan.

Light refreshments will be served. Transportation sign ups are available in the Blue Book.

If you have any questions or want to attend the workshop, please call (800) 272-3900 or contact Cindy Miller at (785) 271-1844.

Memory Makers Luncheon

Wednesday, June 7, at 11 a.m.

Meadowlark Memory Program will meet for lunch from 11 a.m. to 12 p.m. Wednesday, June 7, in the Manhattan Room. This is an opportunity for people experiencing memory and or cognitive changes to enjoy a meal and fellowship with others. The cost of the meal will be \$10. Please sign up in the Blue Book by Friday, June 2.

Resident Focus Group

Thursday, June 8, at 10 a.m.

This month's "focus" of the Resident Focus Group will be Hether Birchmeier, Human Resources Assistant. Hether will host the group at 10 a.m. Thursday, June 8, in the KSU Classroom. Come meet and learn about Hether!

Meadowlark Ladies Luncheon

Thursday, June 8, depart at 12 p.m.

Come and enjoy a tour of the beautifully renovated of the K-State Student Union and also see the Ono glass display. Nao Ono will share information about her husband's glass blowing skills. Enjoy lunch at the Just Salad restaurant in the Student Union. We will depart Meadowlark Hills at noon and return at 1:45 p.m. Don't forget to sign up in the Blue Book.

Art Committee meeting

Friday, June 9, at 9:30 a.m.

The Art Committee will meet at 9:30 a.m. Friday, June 9, in the Living Room.

Jazz in June

Friday, June 9, depart at 6:45 p.m.

You're invited to Jazz in June at 7:30 p.m. Friday, June 9, at Hale Library on the K-State campus. This annual concert with the K-State Faculty Jazztet features Kurt Gartner, percussion; Wayne Goins, guitar; Paul Hunt, trombone; Tod Kerstetter, clarinet; and Jeffrey Utter, bass. They will be joined for the fourth straight year by Beau Thomas Jarvis, jazz pianist.

Tickets can be purchased by visiting www.found.ksu.edu/rsvp/concertseries or by calling Darchelle Martin at (785) 532-7442. Transportation is free of charge and will depart from the Village Entrance at 6:45 p.m. Please sign up in the Blue Book if you would like to attend.

Music by Mike Greim

Friday, June 9, at 7 p.m.

Meadowlark welcomes Mike Greim at 7 p.m. Friday, June 9, in the Community Room. Mike plays acoustic music covering various genres and time periods from the 1950s through today.

His music includes country, rock-n-roll, blues and pop. He has been playing music since he was a child, and over the years has been in several bands. Mike now enjoys playing a solo acoustic show.

Originally from Excelsior Springs, MO (home of The Elms Hotel), Mike has lived in Manhattan since 2010. He and his wife, Tina, have three kids—Zack, Logan and Bentley.

Join the fun next Friday and remember, Mike does take requests....so come ready with songs or artists you'd like to hear!

Symphony in the Flint Hills

Saturday, June 10, depart at 2 p.m.

Monte and Becky will be escorting a group to the 12th Anniversary of Symphony in the Flint Hills on Saturday, June 10.

The package price offered, which includes a ticket, reserved seat and transportation will be \$114. You can register for this event by signing up in the Blue Book, located at the Hospitality Desk. Residents, Passport Members, board members and their friends and families are welcome. If you have questions, please contact Monte at 323-3801.

Anniversary Party

Saturday, June 10, at 2 p.m.

John and Mildred Lindholm (pictured below) invite you to celebrate their 70th Wedding Anniversary from 2 to 4 p.m. Saturday, June 10, in the Community Room at Meadowlark Hills.

They were married on June 8, 1947 and have four children and eight great grandchildren. Their four children are Martha and (Mike) Milleson, Susan and (John) Harrington, John Jr and (Debra) and Barbara and (Randall)Angel.



Honoring our Veterans

The Meadowlark Veterans Group extends their sincere thanks to everyone who purchased a Memorial Day coffee mug honoring loved ones or veterans who have passed. They would also like to thank Jason Snell, husband of Meadowlark employee Sara Snell, who took time on Memorial Day to lead the remembrance ceremony that took place at the Village Entrance.

The following people were honored during yesterday's ceremony: Loren Alexander, Howard B. Wood, Charles Niernberger, Jim Balding, Robert McCaustland, Dorothy Buller, Kermit Peterson, Roy Burton, Ed Call, Tom Grubb, Jack Hartman, George Chaput, Alfred Lindholm, Homer Socolofsky, H.H. Emley, John Vogt, Quentin Lundin, Tom Holcombe, Ed Harrell, Derrick Jeske, John H. McCoy, Larry Parker, Loren Wells, Mike Mitchell, Nick Zimmer, Ken Ballard, Ricky Salas Jr. and Douglas Desjardins.

Thank you!

A big thank you to Alice Roper who has volunteered her time on Thursday mornings distributing the Messenger. Thanks a bunch!

May Gifts to Meadowlark Foundation

Gifts to the Meadowlark Foundation during the month of May were given in memory or in honor of the following persons to benefit the Good Samaritan Fund, Meadowlark Memory Program and Meadowlark Parkinson's Program.

| | |
|-------------------|-------------------|
| Della Wray Blythe | W. Max Howard |
| John Blythe | Richard Jepsen |
| Imogene L. Bolls | Connie Mulholland |
| Hazel Brannan | Chuck Niernberger |
| Marla Bugbee | Don Rasmussen |
| Dorothy Buller | Harold Reese |
| Don Davis | Phoebe Samelson |
| Valerie Dyer | Roger Shanks |
| Leon Edmunds | Jean Simmonds |
| Griffith Gates | Ruth Wells |
| Jack Goldstein | Jane Westfall |
| Barbara Higham | Herman Westmeyer |
| Nancy Hodges | |

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

Outdoor Encounters

Submitted by Nathan Bolls

For many years, beginning in the late 1700s, a young woman or man in the Northern Hemisphere, hoping to increase the magic of that special date, might have applied a drop of "smell-good" that most likely contained some amount of an extract from the white verbena plant. This verbena, with lemon-scented flowers, a native of western South America, early on became one of the scents frequently used in the formulation of perfumes, colognes, and toilet waters.

I suppose both members of our hopeful duo were more interested in making their own history than in studying the long medicinal history of the Vervain Family of plants (that includes the verbenas). Blue verbena is the most important medicinal verbena species in North America; it grows and blooms throughout our prairies, including our own MLH prairie. American Indians used it to treat coughs, colds, and digestive disorders. Some tribes boiled the leaves to make a tea. The Teton Dakotas made a leaf tea for treating stomachaches. The Menominis of the Great Lakes area made a verbena tea to clear up cloudy urine, and the Chippewas used the dried, powdered leaves as a snuff to stop nosebleeds. Sparrows and finches love the seeds.

A widely-occurring verbena species in Europe was long used medicinally. Kelly Kindscher, in his *Medicinal Wild Plants of the Prairie*, 1992, states that it is from there that "some of the North American folk uses originated." The pioneers surely brought with them, or borrowed from the Indians, wisdom concerning the medicinal value of the verbenas. American Army surgeons, in decades past, when other medicines were not available, used the blue verbena as an effective emetic and expectorant. Constantine Rafinesque, in his 1830 *Medical Flora of the United States*, wrote that blue verbena works very well as "an emetic in tea or powder, and to check fevers and incipient phthisis." Rafinesque also states that a certain verbena species was the "holy herb of the Greeks and Druids, used as panacea, in incantations and to drive evil spirits."

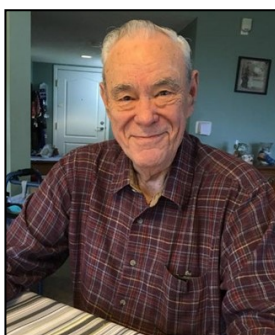
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(Outdoor Encounters cont.)

An Internet source (date of reference not given) states that “markets in the Mediterranean are heavy with the scent of verbena.” Let’s hope that our young lovers did not go overboard while attempting to create a pleasing, romantic ambience. I’m aware that the dating game has undergone many changes since we MLH residents were involved in that pleasant endeavor. But I assume that, then as now, experiencing emesis on a first date was a decidedly inappropriate way to make a good impression.

Roger Shanks Celebration of Life Sunday, June 4, at 2 p.m.

The celebration of Life for Roger Shanks will take place on Sunday, June 4, at 2 p.m. in the Community Room. A reception and visiting with friends and family to follow.



The family asks that memorial contributions benefit the Meadowlark Memory Program. Please make checks to Meadowlark Foundation with “Roger Shanks memorial” in the memo line. Gifts may be submitted at Meadowlark’s Hospitality Desk or may be mailed to the Foundation, attention Becky Fitzgerald, 2121 Meadowlark Road, Manhattan, KS 66502.

Kay would like to thank Meadowlark residents and staff for all the help and support given during the 10 years she and Roger have lived at Meadowlark Hills. From Kay, “The outpouring of support through cards, memorial gifts and hugs has been very comforting. I’m still counting on you and again I say, Meadowlark is a great place in which to grow hold.” Please join Kay and her family to celebrate Roger’s life Sunday, June 4.

Carpet & Paint Vote of 2017

The time has come to cast your vote for the carpet and paint scheme that will soon be used in a face lift of our Community Center at Meadowlark Hills. Your recent feedback was given to the designers and they have returned

with three options. Display boards of the choices can viewed outside the Support Services office area.

Cast your vote in the ballot box (next to the display boards) by 7 a.m. Monday, June 5. Everyone may vote one time and you must write your name on your ballot. The outcome of the vote and details regarding the renovation will be shared during the June Town Meeting at 9:30 a.m. June 5 in the Community Room.

June Birthdays

Healthcare

6/6 Belva Dishman

Assisted Living

6/5 Bob Newsome
6/16 Bernice Munson
6/23 Lois Kennedy
6/24 Joanne Michel

Independent Living

6/4 John Trail
6/4 Jean Brecheisen
6/6 Faith Roach
6/8 Barbara Rees
6/12 Joan Friederich
6/14 Kay Shanks
6/14 Patricia Miksch
6/15 Robert Kruh
6/17 June Myers
6/17 Shirley Stone
6/18 Harry Manges
6/21 Jane Westfall
6/26 Ted Ferguson
6/26 Helen Roser

Employees

6/2 Sara Hillard
6/4 Teri Awbrey
6/5 Michelle Haub
6/6 Katharine Rosa
6/7 Katrina Campbell-Autry
6/10 Ashley Freed
6/10 Janalee Walter
6/10 Teresa Wells
6/10 Kristen Wendel
6/13 Kirsti Glotzbach
6/13 Kayla Weber
6/14 Lonnie Baker
6/14 Hunter Clark
6/14 Barbara Schesser
6/15 Shaquila Bachu
6/15 Paige Coleman
6/16 Vivian Dane
6/16 Chris Nelson
6/17 Blair Stephenson
6/18 Laura Nienhaus
6/20 Alexandra Klein
6/20 Kimberly LaPorte
6/21 Lacey Ostmeyer
6/23 McKenzie Martel
6/25 Jasmine Bobo
6/25 Audra Jonas
6/26 Patrick Monhollon
6/26 Hannah Steele
6/28 Lauren Jamison
6/29 Siliter Fred
6/30 Arlene Lundberg

***Bold denotes
milestone birthday
of 80, 90, 100 or***



PRAIRIE STAR RESTAURANT

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

Specials Menu

All specials include beverage, starter and dessert.
An extra vegetable can be substituted for the starch at no additional charge.

The restaurant can accept up to four reservation per time, depending on party size. Reservations can be made in person or by calling 323-3820.

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|---------|--|--|
| SUNDAY | June 4 ~ Lunch \$12 | Dinner \$12 |
| | Baked Smoked Ham with Brown Sugar Glaze Mashed Sweet Potatoes Vegetable du Jour | Braised Cajun Chicken Legs Red Beans & Rice Vegetable du Jour |
| MONDAY | June 5 ~ Lunch \$10 | Dinner \$12 |
| | Philly Steak Sandwich French Fries Choice of Vegetable | Herb-Crusted Pork Tenderloin with Burgundy Vinaigrette Mixed Grains Vegetable du Jour |
| TUESDAY | June 6 ~ Lunch \$8 | Dinner \$12 |
| | Fajita Bar <i>(does not include drink, starter, or dessert)</i> | Chicken Lasagna Garlic Toast Vegetable du Jour |
| WED. | June 7 ~ Lunch \$11 | Dinner \$11 |
| | Coconut Shrimp Rice Pilaf Choice of Vegetable | Swedish Meatballs Buttered Noodles Vegetable du Jour |
| THURS. | June 8 ~ Lunch \$8 | Dinner \$12 |
| | Soup & Salad Bar <i>(does not include drink, starter, or dessert)</i> | Grilled Raspberry Chicken Breast Roasted Red Potatoes Vegetable du Jour |
| FRIDAY | June 9 ~ Lunch \$10 | Dinner \$12 |
| | Hot Turkey Sandwich Mashed Potatoes Choice of Vegetable | Beef Rigatoni with Fresh Tomato Sauce Garlic Toast Vegetable du Jour |
| SAT. | June 10 ~ Lunch \$10 | Dinner \$15 |
| | Quiche Lorraine Wild Rice Choice of Vegetable | Seared Scallops with Sherry Lobster Sauce Baked Potato Vegetable du Jour |

DRINK SPECIAL | Long Island Iced Tea
1/2 oz vodka, 1/2 oz. rum, 1/2 oz gin, 1/2 oz triple sec & 3 oz. cola
\$3.75

Grosh Cinema Movies

Sunday, June 4 - Saturday, June 10

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

2 and 6 p.m., Sunday

Sunday, June 4 – An American Tail (1986)

Fievel, a young Russian mouse, immigrates to America and must make his own way in the strange and sometimes perilous new world.

Co-Starring: Erica Yohn, Nehemiah Persoff & Amy Green

Rated G; 1 hr. 20 min.

Monday, June 5 – La La Land (2016) *Resident Request

While pursuing showbiz fame, jazz pianist Sebastian falls for aspiring actress Mia, and the two embark on an intense love affair.

Co-Starring: Ryan Gosling, Emma Stone & John Legend

Rated PG-13; 2 hrs. 8 min.

Tuesday, June 6 – My Father The Hero (1994)

In this genial comedy, a 14-year-old girl vacationing in the Caribbean pretends that her father is her older lover to impress a would-be young suitor.

Co-Starring: Gerard Depardieu, Katherine Heigl & Dalton James

Rated PG-13; 1 hr. 29 min.

Wednesday, June 7 – Remember Me (2010)

Tyler's still feeling lost following the tragedy that's strained his relationship with his father when he meets Ally, a girl who understands his pain.

Co-Starring: Robert Pattinson, Emilie de Ravin & Chris Cooper

Rated PG-13; 1 hr. 52 min.

Thursday, June 8 – Working Girl (1988)

Tess McGill, an ambitious secretary at a brokerage firm, discovers that her boss has stolen her idea for saving a client.

Co-Starring: Harrison Ford, Sigourney Weaver & Melanie Griffith

Rated R for language, sexual content/nudity & brief drug material; 1 hr. 53 min.

Friday, June 9 – Fool's Gold (2008)

Charming but luckless treasure hunter Ben Finnegan has sacrificed his relationship with his wife to search for the Queen's Dowry, a legendary treasure lost at sea.

Co-Starring: Kate Hudson, Matthew McConaughey & Malcolm-Jamal Warner

Rated PG-13; 1 hr. 52 min.

Saturday, June 10 – Chocolat (2000)

A single mother and her young daughter move into a peaceful French village and open an unusual chocolate shop during the height of Lent.

Co-Starring: Juliette Binoche, Johnny Depp & Lena Olin

Rated PG-13; 2 hrs. 1 min.

Weekly Opportunities Calendar *June 4 to June 10*

Sunday • June 4

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. ~ Celebration of Life for Roger Shanks, CR
- 2:00 p.m. ~ Wroten Worship Service, WL
- 7:00 p.m. ~ Vespers with Rev. Glenn Fogo from First United Methodist Church, CR

Monday • June 5

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. ~ Weights 101, CR
- 12:00 p.m. ~ Yoga, KSU CL
- 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
- 1:30 p.m. ~ Grief Support Group, CON
- 5:30 p.m. ~ Tuttle Creek Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

Tuesday • June 6

Trash pick-up day

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
- 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 • June 7

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, KSU CL
- 10:00 a.m. ~ Memory Café, CON
- 10:00 a.m. ~ Memory Care Partners Support Grp, TR
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:00 a.m. ~ Memory Luncheon, MR
- 11:30 a.m. ~ 1st Men's Club Luncheon, CON
- 12:00 p.m. ~ Yoga, CR

- 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
- 1:30 p.m. ~ Pitch, GR
- 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

Thursday • June 8

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
- 4:00 p.m. ~ Center on Aging Lecture Series, CR

Friday • June 9

Breakfast at Verna Belle's—Waffle or Pancake

- 9:30 a.m. ~ Seated Strength, CR
- 9:30 a.m. ~ Art Committee, LR
- 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 Grp, LR
- 6:45 p.m. ~ Transportation for Jazz in June, VE
- 7:00 p.m. ~ Music with Mike Greim, CR

Saturday • June 10

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 |
| HD, Hospitality Desk | |

*Meadowlark News Channel can be viewed on Channel 1960