

Summer Fun Neighborhood gatherings, Meadowlark's first-ever Fishing Tournament & trips to the pond



Summer is in full swing and all around the Meadowlark campus residents, staff and families are soaking up every minute of the season, including parties with friends, fishing and spending time in the great outdoors

At the invitation of Max and Sue Bayer, the Tuttle Creek neighborhood group gathered for a driveway party the evening of Sunday, July 9. Ice cream parfaits and cookies were served. The group enjoyed the cooling of the day and the slight breeze as they chatted non stop! It was hard to leave for home by the light of the beautiful full moon.

The first-ever Meadowlark Fishing Tournament began Friday, June 30, and concluded, July 7. The tournament participants caught a total of 102 fish! Don Rasmussen, IL resident at Meadowlark Hills, wanted to get residents, staff and family members excited about fishing in Meadowlark's Bayer Pond. Fourteen fisherman participated in the week-long tournament catching a variety of fish, including catfish, blue gill, bass and carp.

Alberto Chabrier caught the most fish overall with a grand total of 33 fish. Mia Gerena, age 4, caught the largest fish in her age group, an eight-inch blue gill. Skip Jones, Meadowlark Passport member, caught the most fish

cont. page 4, Summer



[top] Tuttle Creek neighbors pictured at their gathering.

[middle left] Alberto Chabrier with one of his 33 fish caught during the recent fishing tournament.

[middle right] Skip Jones fishing off the dock at Bayer Pond with his granddaughter, Morgan Roberts, age 7.

[bottom] Resident group at the Bayer Pond gazebo during their weekend outdoor excursion.



McCain Season Ticket ordering

Friday, July 14, at 2 p.m.

Representatives from McCain Auditorium will be in the West Conference Room at 2 p.m. Friday, July 14, to assist residents will ticket orders for the upcoming season. Please bring your credit card or check book to ensure a smooth purchase process. If you have questions, please contact Monte Spiller at (785) 323-3801.

Earthquakes in Kansas!

Friday, July 14, at 7 p.m.

Kansas is experiencing an era of unprecedented seismic activity. Come learn all about earthquakes and induced seismicity in Kansas at 7 p.m. Friday, July 14, in the Community Room from Rex Buchanan, retired Director of the Kansas Geological Survey.

Summer Fun Crafts

Saturday, July 15, at 1:30 p.m.

Everyone is invited to come and make summer crafts in the Community Room at 1:30 p.m. Saturday, July 15. A group of teenagers from First-Plymouth Congregational Church in Lincoln, Nebraska will be coming to spend the afternoon with any residents interested in making summer crafts, including bird feeders and sun catchers. Please call Hether Birchmeier at (785) 323-3890 if you are interested in attending.

Vespers Services

Sunday, July 16, at 7 p.m.

The Vespers services, led by Reverend Diana Chapel from Ogden First United Methodist Church, will be held at 7 p.m. Sunday, July 16, in the Community Room.

Reinstalling screens

starting Monday, July 17

Screens that were removed for the window washers will be reinstalled the week of July 17 by maintenance team member Brad Olson. Please contact maintenance at (785) 323-3801 with questions.

Universalist Unitarian Group, canceled

The Universalist Unitarian Group will not meet Monday, July 17.

Newspaper & Bible, canceled

Newspaper and Bible class is canceled for the entire month of July. Class will resume Aug. 1.

Memory Care Partner Support Group

Wednesday, July 19, at 10 a.m.

Memory Care Partners Support Group will meet from 10 to 11 a.m. Wednesday, July 5, in the Tranquility Room. The group will be joined by Krystal Nelson who will talk about occupational therapy techniques for individuals with memory loss.

This group provides opportunity for discussion that relates to challenges of a caregiver and ways to cope with the daily struggles of providing full time care to a loved one with memory and/or cognitive changes.

Memory Activities Class

Wednesday, July 19, at 10 a.m.

Memory Activities Class (MAC) provides education, activities and discussions about memory and cognition in an informal setting. All levels of abilities are welcome and snacks will be provided. This group will meet at 10 a.m. Wednesday, July 19, in the KSU Classroom.

Memory Café

Wednesday, July 19, at 10 a.m.

Memory Café will meet in the Pub at 10 a.m. Wednesday, July 19. This group features story sharing, reminiscing and social engagement. It is facilitated by Bridget Larkin and Arlene Lundberg. All are welcome to participate in this informal setting and snacks are provided.

Shopping Trip

Wednesday, July 19, at 10 a.m.

Transportation will travel to Dillons and Walmart at 10 a.m. Wednesday, July 19, departing from the Village Entrance. Please register in the Blue Book to participate.

Lutheran Video Worship Series

Wednesday, July 19, at 4 p.m.

You are invited to watch a televised worship service at 4 p.m. Wednesday, July 19, in the Living Room. All are welcome to attend.

Speedy PD Art Workshop

Thursday, July 13, at 10:30 a.m.

Individuals affected by Parkinson's disease are invited to attend art workshops to make the age-group awards for the 9th Annual Speedy PD Race for Parkinson's Disease.

Kathrine Schlageck, the Marianna Kistler Beach Museum Education Director, will lead the class and provide the materials and inspiration. The next class is scheduled for 10:30 a.m. Thursday, July 19, in the KSU Classroom.

A Long Road

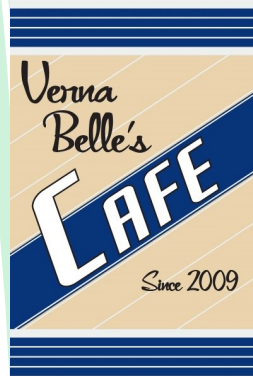
Friday, July 21, at 7 p.m.

You are invited to view *A Long Road* at 7 p.m. Friday, July 21, in the Community Room. This documentary highlights the experiences of five African-American K-State icons. One desegregated a swimming pool, another integrated a neighborhood and one began a football career as the first Black football player at K-State and ended it with the Green Bay Packers. The documentary includes stories such as Dr. Martin Luther King's visit to K-State, the impact of his assassination and a motivational segment that encourages us all, "If it is to be, it is up to me!"

Piano Recital with Steve Shields

Friday, July 28, at 7 p.m.

Meadowlark is excited to welcome Steve Shields, CEO of Action Pact Development. Steve will perform a piano recital at 7 p.m. Friday, July 28, in the Community Room. Former CEO of Meadowlark Hills, Steve enjoys visiting campus as the residents and staff hold a special place in his heart. Steve is a man of many talents, including captivating entertainer. Please come out and enjoy the show!



LUNCH SPECIALS

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

Monday, July 17

Bacon & Tomato Grilled Cheese with Tomato Soup
bacon and tomato on toasted white bread with America, Swiss and Cheddar cheese
\$3.99/\$5.99

Tuesday, July 18

BBQ Chicken Pizza
shredded chicken, green onions & French-fried onions on a flat bread crust with BBQ sauce & mozzarella
\$3.99/\$5.99

Wednesday, July 19

Turkey Avocado Wrap with Side
turkey, guacamole and Swiss cheese wrapped in a flavored tortilla with lettuce & tomato
\$3.99/\$5.99

Thursday, July 20

Street Taco with Fruit Salad
shredded pork, cheddar cheese, slaw & avocado dressing on mini flour tortilla
\$3.99/\$5.99

Friday, July 21

Cowboy Dog with Broccoli Salad
Grilled hot dog topped with sautéed onions, shredded cheese and bacon on a hot dog bun
\$5.99

Summer, from page 1

(15) and the biggest fish, a 18-inch catfish, in his age group.

Don Rasmussen provided all the fishing equipment for those who didn't have their own and he has maintained the worm farm for the last two years available for anyone fishing down at the pond. Don wanted to start tournament in memory of Don Good past resident who was responsible for developing fishing at Bayer Pond.

And finally, Saturday, June 24, was a spectacularly beautiful day and a group of residents set out that morning to enjoy a ride to the pond choreographed by Meadowlark Ambassador, Sue Hunt. Two motorized carts gave the group a fun ride to the pond while they soaked up all the luscious sunshine and gazed at the wildflowers. At the destination, Bayer Pond, they enjoyed learning the history of the pond, its paths, gazebos and accessories. While enjoying refreshments, the group took turns reading the entries in a journal that is kept at the site and writing their own take-away memories. It was a pleasant excursion; watch the Meadowlark Messenger for more Pond Ride opportunities this season!

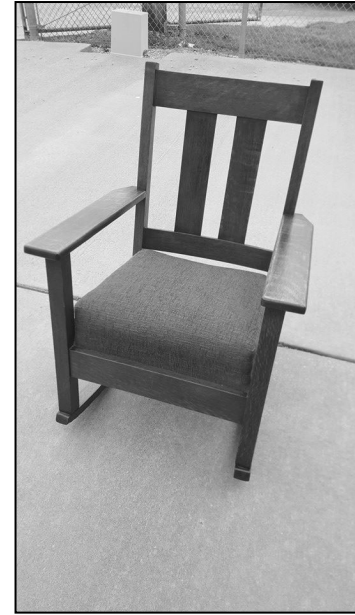
Save the Date, Meadowlark Auction

Mark your calendar for Saturday, Sept. 23, for this year's Meadowlark Auction!

The auction will be at St. Thomas More Catholic Church again this year and its not to early to donate your gently used items to the cause. Donations can be coordinated with Becky at any time, but there will also be two on-campus opportunities for you to donate your items. The donation drop-off dates will be in early September.

Items appropriate for donation to the auction include furniture, jewelry, artwork, household goods and décor items.

Please contact Becky if you have questions regarding the auction or if you would like to volunteer to help. Becky can be reached at (785) 323-3843.



LEADER OF THE PACK

Congratulations to Londyn Bufford for being nominated and selected as the July Meadowlark Leader of the Pack ! Londyn is a positive person who puts the residents first and supports her team through helping pick up slack when needed. She always shows up with a smile and positive attitude. Residents often share that Londyn provides amazing care. Way to go, Londyn!

Afternoon Coffee

by Sarah Duggan

When I married into the Duggan family, I learned about all-day coffee. Up until that point I believed coffee was strictly a morning drink. My dad was the coffee drinker in our house and I never saw him with a cup of coffee outside of the early morning hours. Of course, he could have been at work guzzling the caffeinated wonder bean by the pot, but I would never know that.



But the Duggans drink coffee morning, afternoon and night. My husband actually has the audacity to have a cup of regular coffee before bed. By before I mean *right* before. I've always been a morning coffee drinker, even after becoming a Duggan barring special occasions. Until now.

Just this week I said to Chris, "It's about time for my afternoon coffee!"

"I didn't know you drank coffee. When did that start?" He didn't know what he was getting into with that question.

"Afternoon coffee started after Eilish was born. It's how I get from 3:00 to 9:00 without much of a struggle. But I started in 2009..."

In the summer of 2009, my wedding date was set for July 11. I called off the nuptials two weeks prior to the big day (That story can be told over drinks at the Pub!), but of course I had already celebrated my bridal shower with family and friends, which meant I was the proud owner of many new appliances, flatware, and much, much more. So, began the awkward dance of *attempting* to return each item.

Some people took the items back quickly as to avoid any sort of unnecessary conversation that could make either of us uncomfortable or cause me anguish. Others insisted I keep the gift for the same reasons. This is the moment I gained my first-ever Mr. Coffee 12-cup coffee pot.

A few months later I was in my last semester of college and living alone for the first time. I always did my homework at my kitchen table, mostly because I loved the bright yellow walls. They were cheery, even on the gloomiest day. The assignment at hand was a paper, the subject escapes me, but I will never forget the moment I looked up from my computer and the unused coffee pot caught my eye and I thought, *I'm going to try coffee today.*

I drank an entire pot of coffee that afternoon. To say I was jittery is an understatement. After that day, I experimented with my "limit" and learned the ideal amount of coffee for me. Now its 2017 – nearly eight years later – and I have perfected my coffee game. One cup of black coffee after my workout in the morning and one cup of black coffee around 3 p.m.

And on special occasions I will even spring for a Bailey's Coffee with dessert. Life is always changing.



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.

SUNDAY	July 16 ~ Lunch \$12	Dinner \$12
	Chicken Milanese Mixed Grains Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	July 17 ~ Lunch \$11	Dinner \$13
	Beef Burgundy Crepes Rice Pilaf Choice of Vegetable	Meatloaf Mashed Potatoes & Gravy Vegetable du Jour
TUESDAY	July 18 ~ Lunch \$8	Dinner \$12
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Chicken Cordon Bleu with Supreme Sauce Rice Pilaf Vegetable du Jour
WED.	July 19 ~ Lunch \$10	Dinner \$14
	Chicken Salad Melt Choice of Vegetable	Grilled Pesto Marinated Shrimp with Marinara Sauce Pesto Mashed Potatoes Vegetable du Jour
THURS.	July 20 ~ Lunch \$8	Dinner \$12
	Baked Potato & Sweet Potato Bar <i>(does not include drink, starter, or dessert)</i>	Stuffed Pork Tenderloin with Cajun Dressing, Andouille Sausage & Gravy Ranch Roasted Red Potatoes Vegetable du Jour
FRIDAY	July 21 ~ Lunch \$11	Dinner \$12
	BBQ Brisket Sandwich Baked Beans Coleslaw	Braised Chicken Thighs with Lemon Thyme Sauce Mashed Yukon Gold Potatoes with Sour Cream & Chives Vegetable du Jour
SAT.	July 22 ~ Lunch \$10	Dinner \$14
	Grilled Ham & Cheese Sandwich Cream of Tomato Soup	Herb-Crusted Cod Filet with Tartar Sauce Baked Potato Vegetable du Jour

DRINK SPECIAL | Cape Cod
1.5 oz. Vodka, 5 oz. Cranberry Juice & 1/2 oz. Lime Juice
\$3.75

Grosh Cinema Movies

Sunday, July 16 to Saturday, July 22

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

2 and 6 p.m., Sunday

Sunday, July 16 – The Mighty Ducks (1992)

■ When a fast-talking lawyer gets a DUI, he's sentenced to community service coaching the Mighty Ducks, a kids' hockey team with a lousy record.

■ **Co-Starring: Joss Ackland, Emilio Estevez & Joshua Jackson**

■ **Rated PG; 1 hr. 43 min.**

Monday, July 17 – Code Name: The Cleaner (2007)

■ An average Joe janitor wakes up with amnesia in a hotel next to a dead body. Just what kind of "cleaner" is he really?

■ **Co-Starring: Cedric the Entertainer, Lucy Liu & Nicollette Sheridan**

■ **Rated PG-13; 1 hr. 31 min.**

Tuesday, July 18 – Tap (1989)

■ Reformed burglar and dancer Max Washington has been out of prison for only two days and he's already faced with a dilemma that could dictate his future.

■ **Co-Starring: Gregory Hines, Sammy Davis Jr. & Suzzanne Douglas**

■ **Rated PG-13; 1 hr. 47 min.**

Wednesday, July 19 – Project X (1987)

■ An Air Force pilot bonds with a chimpanzee that's being used in top secret experiments. Together they make a stand against the abusive lab coats.

■ **Co-Starring: Matthew Broderick, Helen Hunt & William Sadler**

■ **Rated PG; 1 hr. 47 min.**

Thursday, July 20 – The Back-Up Plan (2010)

■ When Zoe tires of looking for Mr. Right, she decides to have a baby on her own. But on the day she's artificially inseminated, she meets her perfect match.

■ **Co-Starring: Jennifer Lopez, Alex O'Loughlin & Michaela Watkins**

■ **Rated PG-13; 1 hr. 44 min.**

Friday, July 21 – Racing Stripes (2005)

■ Kindhearted Stripes has spent his whole life thinking he's a thoroughbred horse. When he learns he's actually a zebra, he decides he'll race anyway.

■ **Co-Starring: Bruce Greenwood, Hayden Panettiere & M. Emmet Walsh**

■ **Rated PG; 1 hr. 41 min.**

Saturday, July 22 – The Maltese Falcon (1941)

■ Humphrey Bogart stars as private eye Sam Spade in this Oscar-nominated noir classic that finds the sultry Miss Wonderly seeking out protection from a man named Thursby.

■ **Co-Starring: Humphrey Bogart, Mary Astor & Gladys George**

■ **Not Rated; 1 hr. 40 min.**

Weekly Opportunities Calendar July 16 to July 22

Sunday • July 16

Breakfast at the Café: 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. Diana Chapel from Ogden United Methodist Church, CR

Monday • July 17

Breakfast at the Café: Biscuits & Sausage Gravy

7:30 a.m. ~ Meadowlark Travelers meet for 8 a.m. departure, VE

7:30 a.m. ~ 1st Pres. Men's Bible Study, LR

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

5:30 p.m. ~ 5th Floor Supper, MR

7:00 p.m. ~ Community Bingo, CR

Tuesday • July 18

Trash pick-up day

Breakfast at the Café: 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

2:00 p.m. ~ LifeStory Writing Group, LR

3:00 p.m. ~ Coffee Corner, CR

5:30 p.m. ~ 2nd Floor Supper, CR

Wednesday • July 19

Breakfast at the Café: Breakfast Burrito with Fruit

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 Partner Support Grp, TR

10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE

12:00 p.m. ~ Yoga, KSU CL

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

6:30 p.m. ~ Osher Class: Military History, CR

Thursday • July 20

Breakfast at the Café: Biscuits & Sausage Gravy

8:00 a.m. ~ Messenger Ladies, CON

10:00 a.m. ~ Meadowlark Bible Study, LR

10:30 a.m. ~ Speedy PD Art Class, KSU CL

11:00 a.m. ~ Parkinson's Webinar, CON

1:00 p.m. ~ Blood Pressure Clinic, GR

5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • July 21

Breakfast at Verna Belle's—Waffle or Pancake

12:30 p.m. ~ Mending Angel, GR

1:00 p.m. ~ Hand & Foot Card Games, GR

1:15 p.m. ~ Parkinson's Exercise Class, CR

3:30 p.m. ~ Catholic Rosary, CR

7:00 p.m. ~ Documentary showing—A Long Road: 50 Years of Experience from Five African-American K-State Alumni, CR

Saturday • July 22

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

*Meadowlark News Channel can be viewed on Channel 1960