

Renovations Begin

The time has finally come for the Verna Belle's Café renovation! After careful planning and many, many meetings, the team is ready to give Verna Belle's a great new look featuring updated appliances, paint, furniture and even more space for our café-goers to enjoy their meals and socialize.

Verna Belle's will be closed starting on Saturday, August 12th for the renovations to begin. It is expected to be closed for approximately four

months. The construction crews will be working Monday through Friday from 8 a.m. to 5 p.m. Although we will try to keep disturbances to a minimum, you may hear some noise as the construction crew works. For the safety of all residents, staff and guests we ask that no one enter Verna Belle's as these renovations are underway.

Have no fear—the convenience store items will still be available! Simply head to the Prairie Star Host Stand and the servers will be able to order any convenience store items you would usually see in Verna Belle's. These items will be available for delivery or pick-up at Prairie Star within 24 hours. Our Verna Belle's ladies will be opening Prairie Star up a bit earlier than usual throughout the week to provide breakfast. Prairie Star will be open Monday through Friday from 7 a.m. to 10 p.m. to serve the breakfast special and a la carte items. Pastries will be available on the weekends beginning at 9 a.m.

If you have any questions, please contact Brook Marcotte, Dining Services Leader, at 323-3821.

Remember the Power of Music



by Michelle Haub, Memory Program Leader

The power of personal music and songs can be overwhelming for any individual. But for those affected by memory challenges and dementia, music can hold the key for communication, pleasure and easing frustrations and anxiety. It can also increase arousal, which can encourage participation in daily activities, therapy and eating. Meadowlark continues to pursue the benefits of the Music and Memory program for those living in the Special Care households and is offering the opportunity for residents, family members, friends and volunteers to learn how to use Music and Memory to help individuals. The Meadowlark Memory Program is offering a training for Music and

Memory on August 15, 16 and 17 from 12 to 1:30 p.m. in the West Conference Room. The training is free and participants will leave with the knowledge of how to help create playlists for individuals and how to read individuals' reactions to different music. Meadowlark will provide all the equipment for individuals to partake in this program; there is no cost to the resident. We simply need more volunteers to help us ensure personalization for each resident that wishes to use this service. If you have questions, please contact Michelle at 323-3899 or Kashaya at 323-3800.



Playin' Pinochle

If you enjoy playing Pinochle and have some time on Tuesday afternoons, please join the Pinochle group. They meet at 1 p.m. each Tuesday in the Game Room. All are invited.

Tree Trimming

There will be a contractor trimming trees and cutting out shrubs along our property line following Kimball Avenue. The trimming will only occur under power lines and will include any limbs that are growing close to the lines. The contractor is working for Westar Energy and is scheduled to be on Meadowlark's campus for two to three weeks. If you have questions, please contact maintenance at (785) 323-3851.

Music with Leroy Johnson

Friday, Aug. 4, at 7 p.m.

Leroy Johnson will present *Moonlight Sonata* and other classical favorites at 7 p.m. Friday, Aug. 4, in the Community Room. Leroy promises a show that you don't want to miss!

Vespers Services

Sunday, Aug. 6, at 7 p.m.

The Vespers services will be led by Sara Erickson, a Worship Leader from Peace Lutheran Church. Vespers service will begin at 7 p.m. Sunday, Aug. 6, in the Community Room. All are welcome to attend.

Ambassador Committee Meeting

Tuesday, Aug. 8, at 3:30 p.m.

Would you like to have the experience of helping others? If so, come join the Ambassadors at our next meeting at 3:30 p.m. Tuesday, August 8, in the West Conference Room. We will be planning some interesting and fun events for Fall. The Center for Disease Control and Prevention findings show the older the volunteers, the greater the personal benefits of volunteering.

Memory Activities Class

Wednesday, Aug. 9, 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, Aug. 9, in the KSU Classroom.

Memory Café

Wednesday, Aug. 9, at 10 a.m.

Memory Café will meet in the West Conference Room at 10 a.m. Wednesday, Aug. 9. 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.

Lutheran Video Worship Series

Wednesday, Aug. 9, at 4 p.m.

You are invited to watch a televised worship service at 4 p.m. Wednesday, Aug. 9, in the Living Room. All are welcome to attend.

Artist Discussion with the Beach Museum of Art

Wednesday, Aug. 9, at 6:30 p.m.

The featured artist for August's Artist Discussion is Ansel Adams, a well-known American photographer. All are welcome to come at 6:30 p.m. Wednesday, Aug. 9, in the Classroom to learn more about Adams' work.

Meadowlark Ladies' Luncheon

Thursday, August 10, at 12 p.m.

The Meadowlark Ladies Luncheon will depart at 12 p.m., Thursday, August 10, from the Village Entrance and head to the Student Union. Before leaving, the group will make a brief stop on the second floor to visit the unique work of famous glass blower, Mitsugi Ohno, husband of Nao Ohno. An article will be provided and Mrs. Ohno will be glad to answer any questions before the group leaves to enjoy lunch at Just Salad restaurant in the Student Union. Lunch will consist of a Roasted Turkey Cobb Wrap and a small Strawberry Banana Smoothie. The cost for lunch and transportation is \$15 plus tax; this amount will be added to your Meadowlark bill. All ladies at Meadowlark are welcome, but please sign up in the Blue Book if you plan to attend.

Music with The J-Pegs

Friday, Aug. 11, at 7 p.m.

It's been a while since this husband and wife duo has performed at Meadowlark, so welcome back

Jonathon and Peg Mcbee, better known as "The J-Pegs." This couple has a great variety of musical genres that they play, which includes: classic rock from the fifties all the way to modern songs that you may hear on the radio today, vintage country music to today's modern country, folk music and blues. So come out to the Community Room on Friday, August 11, at 7 p.m. for a good time!

Eat, Drink ...and Be Musical!

Wednesday, Aug. 16, at 7 p.m.

Do you like to eat and drink? Of course you do! Well, Manhattan Summer Chorus has the concert for you. Come and enjoy *Food, Glorious Food!* (from *Oliver*) and help us decide *What Shall We Do With a Drunken Sailor?* We'll have a more serious side, singing *O Sacrum Convivium* (Tallis), with its Latin text on the Blessed Sacrament and *O Esca Viatorum* (Bach), which roughly translates as "food for the wayfaring stranger." We'll toast to *The Night They Invented Champagne* (a Lerner and Lowe favorite from *Gigi*) while *In Taberna* (from *Carmina Burana* by Carl Orff) and enjoy the idea of bringing in the *Good Ale* (Rutter). We hope there won't be any *Ill Wind* (arr. P. Gritton), but *If Music Be the Food of Love*, you'll have plenty to digest! Join us for the concert at 7 p.m. Wednesday, Aug. 16, in the Community Room. We look forward to singing for you!

Farewell Party for Mary Harness

Friday, Aug. 18, from 2 to 4 p.m.

Mary Harness will be moving to Kansas City in late August, and while we are sad to see her go we are also happy for her as she pursues a new chapter in her life. Please join us in wishing Mary goodbye and good luck from 2 to 4 p.m. Friday, Aug. 18, in the gathering area outside her office. Refreshments will be served.

Verna Belle's Cafe Lunch Specials

August 7- August 11

Monday, August 7

Fried Bologna Slider w/ Macaroni Salad
fried bologna, provolone cheese, and a pickle on a Hawaiian roll with dijon aioli
\$3.99/\$5.99

Tuesday, August 8

BBQ Pork Sandwich w/ Cheesy Potatoes
shredded pork and BBQ sauce on a butter toasted bun
\$5.99

Wednesday, August 9

Chicken Bacon Ranch Pizza
chicken and bacon on a flatbread crust with ranch dressing and mozzarella cheese
\$3.99/\$5.99

Thursday, August 10

Turkey Avocado Wrap w/ Fruit Salad
turkey, avocado, and Swiss cheese on a flavored wrap with lettuce and tomato
\$3.99/\$5.99

Friday, August 11

French Onion Burger w/ Broccoli Salad
grilled hamburger topped with Swiss cheese and sautéed onions on a butter toasted bun
\$5.99

Hours:

Monday - Friday 7 a.m. to 4 p.m.

Outdoor Encounters

Submitted by Nathan Bolls

Horace Mann once famously remarked, “Go west, young man.” Several plant species do the same thing: their flower buds and flowers track the sun as it “moves across the sky.” And these flowers do it every day until the seeds developing within them begin to mature. Then they tend to remain facing some degree of east.

The plants performing this “heliotropic” movement, e.g., poppies, marigolds, and sunflowers, including several of the many cultivants of the common sunflower (*Helianthus annuus*), the state flower of Kansas, do this via some neat maneuvering within a group of plant stem cells just below the flower bud. The non-sunflower sun trackers have a group of spongy cells—called a pulvinus—just below the bud.

Let’s begin by having a poppy flower bud or blossom facing east at dawn. (Not a bad idea for any of us!). As the sun “begins to climb,” the plant begins to move water into pulvinus cells on the shady side of the stem. This extra water increases turgor pressure inside those cells, enlarges them, and this “pushes” the bud or blossom to face more toward the sun. This process goes on all day. During the dark, this process unfolds on the other side of the pulvinus, resulting in the bud or flower being pushed back to face eastward. Experiments by botanists strongly suggest that an internal Circadian rhythm (a 24-hour cycle) drives the east-west-east movement cycle in plants that follow the sun. We also have internal Circadian rhythms.

But, for many years sunflower movement was a mystery; these plants lack a pulvinus. Plants do have a well-developed hormonal system, concerned primarily with growth and reproduction. To explain the heliotropic bud and flower movement in sunflowers, I will speak of two hormones: auxin and gibberellin. Studies show that a sunflower bud or flower facing the early morning sun has more of these growth-stimulating hormones being moved to the shady side of the stem just below the bud or blossom. Faster stem cell growth occurs here, pushing the bud or flower westward with the sun. Again, at night, the

unequal stem growth is made to occur on the other side of the stem, pushing the head eastward to face the morning sun. A Circadian rhythm also is believed to drive this sunflower movement cycle.

A space limit holds me to just two related points. Many people assume that the compass plant bud and blossom also track the sun. They do not. The name comes from the fact that the upper leaves of the compass plant align themselves firmly in a north-south direction. And studies show that one of Nature’s benefits from sun tracking is that bees and other pollinators prefer warm-faced flowers. So, now we have something in common with those busy little stinging rascals: they also like the “warm-fuzzies!”

On the Beauty of Human Character

Submitted by Helen Roser

We humans do not all walk to the same drummer. For many, it is me me me first. What benefits me and mine. For others, it is how does our action affect others?

It was no surprise for any who have known Senator John McCain that he got out of his hospital bed, a few days from surgery that found he has an aggressive brain cancer. He dressed and flew across our nation to Washington, D.C. where, at 1:45 a.m., he cast the decisive vote that saves millions of Americans from being without any medical insurance. His vote was not in lockstep with his political party, but cast out of his imperative that he act according to what struggling others need. It is not an ideal solution, but prevented what would have been disastrous for many.

John McCain does not walk to the cadence of me-first. He walks in the same heroic spirit that caused so many to lay down their lives to help a buddy or take a bullet that others be saved. So many with beautiful character that loves their fellows, even strangers, or the smallest among us.

John’s handsome face is scared now from his surgery, but it shines with a beauty beyond description.

It is when our cadence is beyond self, family, associates and those we approve of that we get into the cadence of human beauty of character. It is that we care—truly care, about others, that matters.

Meadowlark State of the Union Address, 2018



Submitted by Lonnie Baker

Meadowlark is just over 30 days into the new fiscal year, which began July 1. A new fiscal year brings some of the same projects and processes, but can also mean a renewed focus and exciting endeavors.

Prior to starting each new year, the Board of Trustees (BOT), our governing board, will review the proposed capital expenditures budget and the operating budget. These were both approved for fiscal year 2018 and in July the financial audit will be completed.

During the July Town Meeting, we enjoyed a report from Becky Fitzgerald, Development Director, who shared that the initial fundraising goal had been met for the Verna Belle's Café renovation and expansion. This is our largest capital project planned for fiscal year 2018. The plan is to redesign the entire space and capture an additional 300 square feet for the café. The total renovation will include new flooring, cabinets, counters and paint, plus a new grill and flat top, hood system and salad bar. Jayme Minton, Support Services Director, Brook Marcotte, Dining Services Leader, and Becky plan to host a shower for Verna Belle's that will give donors the opportunity to purchase items for the café, including new place settings, flatware, tables and chairs. I am excited about the update to the space and the enhanced options the changes will bring to resident and staff experience in the café.

Most of our efforts will be poured into future possibilities, or as I like to call it, *opportunity planning*, which will include exploration of new services lines, possible campus expansion, regional expansion for services like home health, managing rate increases, preparing for new regulations, improvements in how care is provided in a post-acute environment, identifying opportunities to work with community partners and growing the foundation. The BOT has a long-range planning committee engaged in exploration of both on and off campus models of service.

In the world filled with constant change, I feel blessed to be surrounded by people who support the organization in being flexible, accommodating and forward thinking. The next year, like many years before, will be exciting despite the challenges we may face. It is a pleasure to serve the residents and employees of Meadowlark – here's to 2018!

Bingo Volunteers Needed

Mondays at 7 p.m.

Community Bingo, held every Monday at 7 p.m. in the Community Room, is in need of some volunteers for the six weeks leading up until students get settled back in town. Volunteers will call bingo and collect money from players.

Whether you're a regular at Community Bingo or you're looking for something new to get involved with, this is a

great opportunity! If you would like to volunteer please contact Hether Birchmeier at 323-3890.



Carbon Monoxide Detector Installation

Tuesday and Wednesday

Maintenance will be completing installations of carbon monoxide detectors in the east tower first floor apartments, several Miller Place apartments, and all apartments on the second floor this week. Electricians will be escorted by a member of the Maintenance team into the apartments to complete the necessary work. If you would like to coordinate a special time for maintenance to come in, please contact Mike at (785) 323-3851.

Watermelon Feed

Thursday, Aug. 17, at 3:30 p.m.

Join the Meadowlark Ambassadors as they host a Watermelon Feed on Thursday, Aug. 17 at 3:30 p.m. on the Prairie Star Patio.



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	Aug. 6 ~ Lunch \$13	Dinner \$10
	Roast Brisket with Red Wine Sauce Roasted Red Potatoes Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	Aug. 7 ~ Lunch \$10	Dinner \$14
	Chicken Crepes Rice Pilaf Choice of Vegetable	Grilled Salmon with Sundried Tomato Sauce Smoked Gouda Scalloped Potatoes Vegetable du Jour
TUESDAY	Aug. 8 ~ Lunch \$7	Dinner \$12
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Chicken Parmesan Spaghetti Vegetable du Jour Garlic Toast
WED.	Aug. 9 ~ Lunch \$10	Dinner \$12
	Turkey Reuben Sweet Potato Fries Coleslaw	Cheesy Beef Goulash Vegetable du Jour
THURS.	Aug. 10 ~ Lunch \$8	Dinner \$14
	Pasta Bar <i>(does not include drink, starter, or dessert)</i>	Shrimp Scampi Rice Pilaf Vegetable du Jour
FRIDAY	Aug. 11 ~ Lunch \$12	Dinner \$12
	Baked Sole with Dill Sauce Roasted Yukon Gold Potatoes Choice of Vegetable	Chicken Florentine Roasted Red Pepper Sauce Couscous Vegetable du Jour
SAT.	Aug. 12 ~ Lunch \$10	Dinner \$13
	Beef Quesadilla Black Beans Spanish Rice	Almond Crusted Pork Tenderloin with Balsamic Cherry Sauce Risotto Vegetable du Jour

DRINK SPECIAL | Gin Rickey
2 oz. Beefeater, Club Soda, Simple Syrup & a Sliced Lime
\$3.75

Grosh Cinema Movies

Sunday, August 6 to Saturday, August 12

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

2 and 6 p.m., Sunday

Sunday, Aug. 6 – Are We Done Yet? (2007)

A newlywed couple moves into a fixer-upper in the suburbs, but their happy new life together is thrown into a disarray by an oddball contractor.

Co-Starring: Ice Cube, Nia Long & John C. McGinley

Rated PG; 1 hr. 32 min.

Monday, Aug. 7 – Look Who's Talking (1989)

Mollie is a single working mother who's out to find the perfect father for her child. Her baby, Mikey, prefers James, a cab driver turned babysitter who has what it takes to make them both happy.

Co-Starring: Bruce Willis, John Travolta & George Segal

Rated PG-13; 1 hr. 36 min.

Tuesday, Aug. 8 – Born To Win (2014)

A broken man with a painful past struggles with questions of faith when a family tragedy brings him to a tipping point.

Co-Starring: Greg Kriek, Leone Pienaar & Marie Cronje

Rated PG; 1 hr. 44 min.

Wednesday, Aug. 9 – Roman Holiday (1953)

Princess Ann leaves her guardians, and while in Rome, she's taken under the wing of tabloid writer Joe and his photographer sidekick.

Co-Starring: Gregory Peck, Audrey Hepburn & Eddie Albert

Not Rated; 1 hr. 58 min.

Thursday, Aug. 10 – Romancing The Stone (1984)

When a reclusive romance writer—whose humdrum life in no way resembles the exploits of her fiery fictional heroines—learns her sister's been kidnapped.

Co-Starring: Michael Douglas, Kathleen Turner & Danny DeVito

Rated PG; 1 hr. 46 min.

Friday, Aug. 11 – Country Crush (2016)

A city girl falls for a country boy who follows her to New York, but their romance may be over when she must choose between love and a music career.

Co-Starring: Jana Kramer, Munro Chambers & Madeline Merlo

Rated PG; 1 hr. 36 min.

Saturday, Aug. 12 – School For Scoundrels (2006)

Roger enrolls in a confidence-building course to win over his dream girl, but his plan backfires when his teacher pursues the same woman.

Co-Starring: Billy Bob Thornton, Jon Heder & Jacinda Barrett

Rated PG-13; 1 hr. 41 min.

Weekly Opportunities Calendar August 6 to August 12

Sunday • August 6

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 Sara Erickson, Worship Leader from Peace Lutheran Church, CR

Monday • August 7

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, LR
- 8:30 a.m. ~ IL 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
- 5:30 p.m. ~ Tuttle Creek Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

Tuesday • August 8

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
- 3:00 p.m. ~ Coffee Corner, CR
- 3:30 p.m. ~ Ambassador Committee, CON
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:30 p.m. ~ 4th Floor Supper, MR

Wednesday • August 9

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, CON
- 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. ~ Pitch, GR
- 1:30 p.m. ~ Collins Worship Service, CH
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Rock Steady Boxing, CR & CSC
- 4:00 p.m. ~ Lutheran Video Worship Service, LR
- 6:30 p.m. ~ Artist Discussion with the Beach Museum of Art, KSU CL

Thursday • August 10

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 8:00 a.m. ~ Messenger Ladies, CON
- 9:00 a.m. ~ Speedy PD Training Walk, VE
- 10:00 a.m. ~ Resident Focus Group, KSU CL
- 10:00 a.m. ~ Meadowlark Bible Study, LR
- 10:30 a.m. ~ Steady Yourself, CR
- 10:30 a.m. ~ Speedy PD Art Class, KSU CL
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Meadowlark Ladies Luncheon, VE
- 1:00 p.m. ~ Blood Pressure Clinic, GR

Friday • August 11

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 & 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
- 7:00 p.m. ~ Music with The JPegs, CR

Saturday • August 12

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