



[above] Last year's HOG & Kisses Contest winner, Rev. Cam McConnell, kisses

Harriette the pig, cradled by Meadowlark Ambassador Sue Hunt, in front of Cox

Oink! Let's go HOG wild!

4th annual HOGtoberfest to raise money, awareness for Good Samaritan Fund

By Becky Fitzgerald, Development Director

Friends of Meadowlark have a fun and tasty opportunity to support the Meadowlark Foundation's Good Samaritan Fund when the doors to Cox Bros. BBQ open at 11 a.m. on Thursday, Oct. 26. Brothers Bud and Bobby Cox, sons of Meadowlark Hills resident Ellie Cox, pledge to donate 10% of that day's proceeds to the Fund.

Food specials on Oct. 26 at Cox Bros. BBQ, 223 McCall Road, include a pulled pork slider combo, available from the restaurant's opening to closing at 9 p.m., and a hog roast buffet beginning at 6 p.m.

Back by popular demand will be two nods to traditional Oktoberfest favorites. Live music will be provided by accordion player Rusty Schwerdt, Bud Cox's brother-in-law, and a beer tasting and buying station will be operated by Flint Hills Beverage beginning at 6 p.m.

HOGtoberfest would certainly be fun with just barbecue, brews and music, but keep reading, there's more! In order to create additional opportunities to raise money and awareness for the Good Samaritan Fund, a Hog & Kisses Contest has begun, and 50/50 raffle tickets are

cont. page 8, HOGtoberfest

KSU Libraries presents Black Cowboys along the Chisholm Trail

By Sarah McGreer Hoyt, KSU Libraries

Learn about the black cowboy experience from Civil Rights Movement veteran and Augusta University Professor Emeritus Michael N. Searles—also known as Cowboy Mike.

Cowboy Mike will enlighten and dispel myths about the Wild West 3 to 4 p.m. Thursday, Sept. 28, in the Hemisphere Room on Hale Library's fifth floor. More than a lecturer, Cowboy Mike brings the lives of black cowboys on the western frontier to the fore with his persona and display of artifacts.

Cowboy Mike has spoken to diverse groups, including schools and colleges across the nation and abroad. As an award-winning editor and writer, he has contributed scholarship on black cowboys, Buffalo Soldiers, and the black West.

The event is presented in conjunction with the final weeks of K-State Libraries' "Chisholm Trail: History & Legacy." This free exhibit is part of a regional celebration of the trail's 150th anniversary. On view through Oct. 13 in Hale Library's fifth floor gallery, it includes selections from the Richard L. D.

cont. page 7, Cowboys

Music with Tracy Weaver

Friday, Sept. 15, at 7 p.m.

On Friday, Sept. 15, at 7 p.m. Meadowlark welcomes Tracy Weaver to the Community Room! Tracy will be playing a chromatic button accordion, presenting an entertaining program of familiar songs from the 20th century. Some of the music performed comes from a variety of composers, including Margie Aman, Whoopee John Wilfahrt, and many more. Bring your polka shoes for a good time!

KSU Watch Parties

Saturday, Sept. 16, at 6:30 p.m. & Sept. 30, time TBA

Come to the Game Room for the KSU Watch Parties listed below. Go STATE!

- Sept. 16 ~ KSU vs. Vanderbilt; 6:30 pm. kick-off time & refreshments served at 5:45 p.m.
- Sept. 30 ~ KSU vs. Baylor, kick-off time to be announced & refreshments will be served

Vespers Services

Sunday, Sept. 17, at 7 p.m.

The Vespers services will be led by Rev. Sarah Marsh from First United Methodist Church. Vespers service will begin at 7 p.m. Sunday,

Sept. 17, in the Community Room. All are welcome.

Life Story Writing Group, 5th Tuesdays

Tuesday, Sept. 19, at 2 p.m.

The LifeStory Writing Group meets every first and third Tuesdays. During months that a fifth Tuesday occurs, the group *will* meet that day. This will make the first and fifth Tuesday meetings back to back.

The group is always accepting new members! If you are interested in joining, please visit our next meeting at 2 p.m. Tuesday, Sept. 19, in the Living Room.

Memory Care Partner Support Group

Wednesday, Sept. 20, at 10 a.m.

Memory Care Partners Support Group will meet from 10 to 11 a.m. Wednesday, Sept. 20, in the Tranquility Room. The guest speaker will be Rita Harsch who will lead a discussion on financial issues related to caregiving. Please contact Bridget Larkin at 323-3837 with questions.

Parkinson's Webinar

Thursday, Sept. 21, at 12 p.m.

You're invited to view a webinar entitled *Keeping Step with Parkinson's: Balance, Posture and Gait* at noon Thursday, Sept. 21, in the KSU Classroom. This webinar discusses managing gait and balance dysfunction. If you have questions, please contact Michelle Haub at 323-3899.

Fall Prevention Seminar

Friday, Sept. 22, at 2:30 p.m.

You're invited to the Fall Prevention Seminar at 2:30 p.m. Friday, Sept. 22, in the Community Room. Jason Fox, regional director of Summit Care, a therapy services company, and Jeff Heidbreder, Meadowlark's Fitness Services Leader, are pairing up to keep you on your feet. All are welcome, refreshments will be available, and registration is not necessary.

Seminar topics include fall risks, home safety, prevention techniques, fear of falling, reacting after a fall and more. Jason plans to demonstrate a balance assessment using one of the therapy team's Biodex machines. Seminar attendees may register for a free assessment to be offered at a later date.

August Gifts to Meadowlark Foundation

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

Memory of
Bernd Foerster
Gene Hoerman
Craig Kohls
Ralph Turnquist
CG Schinstock

Honor of
Barb Harlan
Mary Kramer
Sally Landsdowne
Phyllis Mentgen
Lea Orsborn
Team Pop Pop
Team Rasmussen
Virginia Snodgrass
The Vanderbilts

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

This and future seminars are part of a comprehensive Falls Prevention Program. The program is funded with a grant from the Greater Manhattan Community Foundation.

The Two J's: Jane & Jim

Friday, Sept. 22, at 2:30 p.m.

Jane and Jim, the two J's, are no strangers to Meadowlark. You're invited to enjoy Jane Boys and Jim Shanteau's presentation of *An Evening with Gershwin* at 7 p.m. Friday, Sept. 22, in the Community Room. They will be playing Gershwin favorites such as *But Not For Me*, *Embraceable You*, *I Got Rhythm*, *'S Wonderful*, *Strike Up the Band*, and *Summertime*. Jane will be playing piano and Jim will be playing Alto, Tenor and Baritone Saxophone. This will be an evening of great entertainment!

Foundations of LEAP!

Monday, Sept. 25, at 6 p.m.

Today, Sept. 14, is the last day to sign up for the Foundations of LEAP! class, which begins Monday, Sept. 25, at 6 p.m. This is a six-week workshop series offering practical information on lifestyle changes you can make to promote brain health. After the series ends, we'll provide continued opportunities throughout the year to grow your knowledge and apply it to your life. The cost is \$75 per person and a sign-up sheet is available in the Blue Book. If you have questions, please contact Michelle Haub at 323-3899.

Visions of the Flint Hills Art Show

Friday, Oct. 6, depart at 2:45 p.m.

You're invited to the opening reception for the Visions of the Flint Hills Art Show at 5 p.m. Friday, Oct. 6, at the Buttonwood Art Space in Kansas City, MO. The evening will feature flint-hills themed food, beverages and a live performance by Annie Wilson's Tallgrass Express String Band. If you are interested in attending, please sign up in the Blue Book at the Hospitality Desk. Free transportation will depart at 2:45 p.m. Please contact Becky Fitzgerald at 323-3843 with questions.

★ ★ ★ ★ ★

★ JOIN US ON THE PRAIRIE STAR PATIO FOR ★

★ *S'mores & More* ★

★ THURSDAY, SEPTEMBER 28 ★

★ Dinner served at 6 p.m. ★
★ Live Music starting at 6:30 p.m. ★

★ PLEASE RESERVE YOUR SPOT AT ★
★ THE PRAIRIE STAR RESTAURANT HOST STAND ★

★ *Menu* ★
★ \$25 PER PERSON ★

★ *Trail Mix Station* ★
★ Build-Your-Own Trail Mix ★

★ *Salad* ★
★ Grilled Romaine Salad with Balsamic ★
★ Reduction Dressing ★

★ *Entree* ★
★ Swordfish & Beef Kabobs ★
★ Chili Lime Grilled Corn on the Cobb ★
★ Five Bean and Bacon Salad ★
★ Jicama Slaw ★

★ *Dessert* ★
★ Tabletop S'mores ★



★ ★ ★ ★ ★



LEADER OF THE PACK

Congratulations to Meadowlark's September Leader of the Pack, Madison Findley! Madison makes a huge impact with staff & residents. She carries herself in a manner which earns respect amongst those she serves, as well as those that work with her. She is always willing to help with household matters & her devotion to those under her care is genuine. Madison's spirit & soul for nursing is evident as she interacts with the residents. Meadowlark is blessed to have Madison as a part of the team!

IL Resident Council Minutes, August 7, 2017

Members present: Pat Vogt, Jean Beatty, Bob Crawford, Nyle Larson, Betty Love, Verlyn Richards, Marilyn Ray, Steve Owens, Polly Ferrell, Jo Lindly, Jo Lyle, Janice Parsons, Bea Rasmussen and Sharon Smith.

Staff present: Lonnie Baker, Jayme Minton and Monte Spiller

Pat welcomed all meeting attendees.

Updates

General Update: Lonnie explained he recently had the opportunity to visit two different retirement communities in Colorado, which got him thinking about how self-directed everything is at Meadowlark. We have done a great job of embracing flexibility and self-direction in the past and maybe we should start having conversations about opportunities for new or different ideas, or possibly revisiting things that we have done before.

Census is up around campus. Meadowlark census is currently at 95 percent, which translates to positive finances. Additionally, Meadowlark will continue to explore opportunities to grow.

Gift Committee: Pat Murray spoke on behalf of the Gift Committee. Nyle Larson and Janice Parsons have been great help. Envelopes have been stuffed and will be delivered August 23.

Approval of July Minutes: Motion to approve minutes was moved and passed.

New Business: Pat Vogt introduced Steve Owens as the new "West Wing" Representative for the

third floor. Pat also explained that Marilyn Ray would remain as the "East Wing" Representative for the third floor.

Old Business: Monte Spiller stated in response to help with communication on campus, cancellation notices have been posted. There is now highly visible event cancellation notices located in the Game Room and in the west hallway leading towards the Physician's Office.

Additional Discussion Topics: Questions about the recent fire alarm arose. Lonnie explained that once the fire department arrives on scene we follow their lead. At that point, our staff jobs are to support the fire department in whatever way we can with residents. There was some miscommunication of what role staff was to play, and given it was a weekend morning, made the task even more difficult being there were less staff available. With , the plan in place worked and all were safe. The Fire Department responded in a very timely manner and the available staff did a great job of making sure no one was injured. We will continue to look at ways to improve communication during situations like this. It was also encouraged for the representatives to review with their floors and communities the Fire Alarm Procedure pertaining to their specific location.

Bea Rasmussen stated concern about speeding on campus has been expressed and appears to be an ongoing problem. Several options in an attempt to reduce speeding were presented, including 15 mph stickers on vehicles, a reminder in the Messenger, an e-mail to all Meadowlark staff and supervisors communicating with their staff personally. Meadowlark will be proactive in reducing speeding as much as possible.

Meeting adjourned

From the Readers

On Changes in the Oval Office

By Helen Roser

With each new president, there are changes in the oval office at the White House, as chosen by the president. Usually it has been stiff and proper, with historic touches.

With the glaring exception of one president who used it for his flea bag motel type romantic purposes, the oval room has been a place of formality and seriousness.

The current oval office probably was decorated according to the tastes of the president's daughter, with her professionally developed taste and sure awareness of her father's needs. Hence the oval office is now a working place, for long hours and possible contention. It fairly crackles with energy, but energy that warms and lifts.

Its walls are very light. Even the picture frames are light. Instead of stiff arrangement, seating on warm-hued cushy looking sofas are drawn into a circle. Seated together on one side is the president and vice president, each in his chair upholstered in light yellow leather.

Having never read the president's book on his "Art of the Deal," I don't know if there is any mention of the environment in which deals are made but, for sure, his oval office is intended as a working office where ones not in agreement get things done. The sight of the president and vice president sitting in their yellow chairs is impressive. I would bet that none of the occupants were nodding off or bored.

Thank You

By Ron Williams

Well, here I am watching a mystery on television and Vera is on the bus going to watch the Royals play. In a few days we will celebrate a year that we have been at Meadowlark Hills, and we are enjoying it. It has been a good year for us.

One thing about our apartment is a bit unique and I want to mention it. Our apartment is #128, and we share a common wall with the Community Room equipment closet. Therefore we are quite aware of the little bumps and other sounds that come with sharing that wall. Surely we want you to know that this is not a complaint about these

sounds, but to say that we are really aware of how much work that the staff puts in, in setting up chairs and tables and returning them to the closet. What my real reason for writing this is to express appreciation to the staff for their hard work and patience in doing all of this work. There has been times that there have been up to five changes in the Community Room in one day. It is my purpose to simply say thank-you to that staff for all this work, and also for the staff that does things like vacuuming our hallway, and the every other month check to be sure bugs have not snuck in. Vera has not mowed a bit of lawn, or moved a shovel of snow. It is all appreciated, and we need to express our appreciation more.

We really were not expecting these courtesies. Thanks a bunch.

Outdoor Adventure

By Sue Hunt

I took a walk on the quarry trail last Wednesday. This trail runs behind the east Meadowlark Road houses. I was blessed with the sight of a field of purple gay flowers. On closer observation every stem was covered with a butterfly colored like a monarch, but much smaller called a fritillary.

There were also some very tall plants with white flowers called Joe-Pye Weed along with the sumac leaves turning bright red made for a wonderful stroll.

The trail is mowed, it has a few rocks, it curves past the quarry and comes out on Meadowlark Circle. Everyone should get out of doors on cool fall days and enjoy the wonders of nature.



Voter Registration

Its almost time to vote again! If you have moved since the last vote, you must re-register for voting. Moves include moving to Meadowlark Hills and moving *within* Meadowlark to a different location.

To register for voting, please visit the Hospitality Desk to pick up a form. Completed forms can be taken to the courthouse or left at the Hospitality Desk to be submitted.

3rd annual BENEFIT AUCTION!

9:30 a.m., Saturday, Sept. 23

St. Thomas More Catholic Church,
2900 Kimball Ave., Manhattan, Kan.

*(Enter church property via east driveway; auction hall is
on northeast side of building.)*

Auctioneer: Vern Gannon

To see photos, visit
<http://www.meadowlark.org/giving>
and click the Meadowlark Auction link

Town Meeting Notes, Sept. 11

*Notes from Sept. 11 Town Meeting conducted by
Monte Spiller, Resident Services Leader.*

Welcome Monte welcomed the meeting attendees. There weren't any new residents in attendance to introduce. He led the group in a moment of silence in recognition of those who lost their lives in the attacks Sept. 11, 2001.

Campus Update Lonnie reported that the team is looking to re-vamp the Game Room space. He invited the residents to discuss their thoughts on moving the internal mailboxes to another location at their next floor supper. Lonnie explained the functions of the Good Samaritan Fund. This fund allows Meadowlark to fill the financial gap between what Medicaid pays for long-term care and the actual cost of care.

Support Services Update Jayme reminded the group that carpet installation in the Community Center starts Monday, Sept. 11, at 5 p.m. Bingo for that evening has been moved to the KSU Classroom at the usual start time of 7 p.m.

HOGtoberfest Becky introduced the HOG kissing contestants for the 2017 HOGtoberfest event. Each contestant is part of the real estate community in Manhattan. HOGtoberfest is set for Thursday, Oct. 26, at Cox Bros. BBQ. Ten percent of Cox Bros proceeds will be donated to the Good Samaritan Fund for that day. Tickets for the 50/50 Raffle are now on sale at the Hospitality Desk and in Prairie Star Restaurant.

Voter Registration Update Kay Shanks reminded everyone that it is time to vote soon and if anyone has moved in to Meadowlark or to a new location within Meadowlark since the last vote, then they must re-register. Please remind new neighbors of this. There are forms at the

Hospitality Desk and we have until Oct. 17 to complete them. Once you have your form ready to go, you can either take it to the courthouse or drop it off at the Hospitality Desk and Kay will take it for you. Permanently registering for an advance ballot is also an option. Please contact Kay or the Hospitality Desk staff if you have questions.

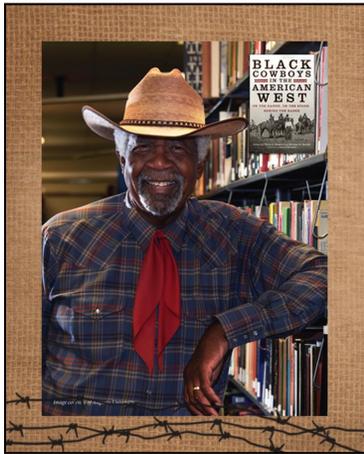
KSU Center on Aging Maggie Syme from the KSU Center on Aging is recruiting residents to be mentors to the advance gerontology students this semester. The class is looking to recruit six to seven new mentors. Please contact Maggie at (785) 532-5945 if you are interested in participating.

Fall Prevention Seminar Jeff Heidbreder shared that the Fall Prevention Seminar is scheduled for 2:30 p.m. Friday, Sept. 22, in the Community Room. This will be taught by Jason Fox and Jeff, who have both been certified through a fall prevention program. Before the end of the year, there will be a seven-week fall prevention course offered which will meet one time per week. Please watch the Meadowlark Messenger for more information.

Speedy PD & LEAP! Sarah Duggan spoke on behalf of Michelle Haub regarding this year's Speedy PD Race and the upcoming LEAP! class. The 2017 Speedy PD Race for Parkinson's Disease was the biggest and best year yet. Over \$79,000 were raised in cash and in-kind donations. The cash portion was over \$55,000. There were 825 registered participants and 33 teams. The weather was fantastic and the even went well. Next year's race is scheduled for Saturday, Aug. 25. The next Foundations of LEAP! class is set to begin Sept. 25. This class is a six-week workshop series offering practical information on lifestyle changes you can make to promote brain health. After the series ends, we'll provide continued opportunities throughout the year to grow your knowledge and apply it to your life. The cost is \$75 per person and a sign-up sheet is available in the Blue Book.

Osher Classes Jim Peters shared the upcoming Osher class and trip offerings. Class catalogs are available at the Hospitality Desk. Registration is open now.

Upcoming Events Monte reviewed the events coming up in the month of September. Please see the weekly Meadowlark Messenger for details.



Cowboys, from page 1

and Marjorie J. Morse Department of Special Collections, the Kansas City Museum, and K-State's Historic Costume and Textile Museum. Following his presentation, Cowboy Mike will sign copies of his book, *Black Cowboys in the American West*. For more information, contact libsc@k-state.edu. Cowboy Mike will also appear at the Manhattan Public Library 7 to 8 p.m. Thursday, Aug. 28, in the auditorium. Contact Diedre Lemon, (785) 776-4741, ext. 300, for more information.

[left] Civil Rights Movement veteran and Augusta University Professor Emeritus Michael N. Searles—also known as Cowboy Mike.

Autumn or Fall, its all a delight!

By Sarah Duggan



Summer as we know it is over (the first day of Fall technically isn't until Sept. 22), and school has started again. This change ignites an almost daily question at my house, "Is it Halloween today?"

Fall brings many wonderful things, including Halloween. Beautiful

Autumn leaves, cooler temperatures and everything pumpkin. Murphy and Eilish have big plans this Halloween. Murphy plans to be a witch, "Not a nice witch, Mom. A SCARY witch!"

I know its impossible for an adorable three-year-old to actually pull off being a scary witch; anything she chooses will be just cute as a button. But I'm no dream crusher, so a SCARY witch it is.

Eilish is going to ring in her first Halloween as the most adorable little black cat. I wonder how long I can get away with coordinating their Halloween costumes together...?

At Meadowlark we are gearing up for another exciting fall and holiday season. Of course, this will include our traditional events such as, HOGtoberfest, hosting trick-or-treaters, Thanksgiving dinner in the restaurant and Christmas Carousel. But don't forget to also keep your eyes peeled for items like the Fall Prevention Seminar, cleverly planned for the first day of *fall*, and Flu Shot Clinics. The dates and times for flu shot administration on the Meadowlark campus will be available in the next few weeks.

Then, of course, the season always brings the possibility of finding yourself in a discussion on which term is correct to label the season between summer and winter. Some prefer *fall* and others prefer *autumn*. I haven't looked too far into why this season has two names and the others are stuck with one, but it seems it could be a golden-child situation and being the oldest of four, it takes one to know one.

The cooler temperatures provide opportunity for even cooler fashion to come out of hiding. It won't be long before boots, sweaters, scarves and flannel can be spotted all over Manhappiness.

I, on the other hand, am most looking forward to my first pot of chili for the season. And you know what comes after Halloween? That's right, folks. It will be Thanksgiving before we know it. So here's to soaking up one of my favorite times of year—Falltumn. Just likes the leaves, life is always changing.



[left] Murphy Rose dressed as Minnie Mouse for Halloween 2016. She is pictured in the Meadowlark lobby near the Hospitality Desk as her group waits to trick-or-treat through campus.

HOGtoberfest, from page 1

now on sale. The 50/50 raffle winner takes home half of the money collected by ticket sales, and half of the proceeds support the Good Samaritan Fund. Our goal this year is to sell \$5000 worth of tickets, meaning the winner would receive a HOG-size cash prize of \$2500!

Raffle tickets are \$5 each, and may be purchased at the Hospitality Desk, at the Prairie Star Restaurant hostess station or from the following resident board members: Jean Beatty, Bob Crawford, Sandra Emley, Harriette Janke and Nyle Larson.

Five hog kissing candidates will solicit votes in the form of dollars, with the candidate collecting the most money kissing a (young) hog shortly after 6 p.m. on Oct. 26 at Cox Bros. Our little hog was born recently at Parks Farm east of Manhattan, so her snout will be just the right size for smooching in late October.

The Foundation reached out to Manhattan real estate agencies, and fun-loving, enthusiastic realtors or brokers answered our call for kissing candidates. Participating (in alphabetical order) are Keith Eyestone, Alliance Realty; Travis Hecht, Coldwell Banker Realty Group One; Cindy Sloan, Rockhill Real Estate Group; Jodi Thierer, Legacy Realty of Kansas, and Jerry Weis, Realty Executives Weis Real Estate Co. Last year, the Rev. Cam McConnell, senior pastor at First Presbyterian Church, was our top vote-getter and hog kisser.

Vote for the candidate of your choice by placing cash or check in his/her hog jar, located in the lobby, or online at www.meadowlark.org. Click the HOG & Kisses Contest link at the top right of the home page.

Residents and employees who purchased HOGtoberfest T-shirts are invited to wear them on a special Jeans Day for employees on Tuesday, Oct. 10, Wednesday, Oct. 18, and on the day of the event. Employees who pay at least a \$1 on the 10th and 18th and 26th may wear jeans, and those dollars will support the kissing candidates.

Monte Spiller, Resident Services Leader, is working to arrange free transportation to Cox Bros. on Oct. 26 for those who would like a ride. Watch future Messengers and the Blue Book for a



[above] Cox Bros. BBQ uses marquee to invite the community to HOGtoberfest in October 2016. This year the event is set for Thursday, Oct. 26, at the restaurant's Manhattan location.

departure time and registration sheet.

HOGtoberfest wouldn't be possible without the help of local businesses. In addition to Cox Bros. BBQ, Meadowlark Foundation would like to acknowledge returning sponsors McCullough Development, Flint Hills Beverage, B104.7 and GoPowercat.com/247 Sports and NZone. New sponsors this year are E&K Premier Specialty Contractor, which is part of the NBAF project, and Sunny 102.5.

Please circle Oct. 26 on your calendars and support HOGtoberfest in one of the ways described. It's sure to be a day of FOOD, FRIENDS and FUNdraising!

Verna Belle's renovation

By Becky Fitzgerald, Development Director

The renovation progress in Verna Belle's continues to move forward and remain on schedule. For those who are curious about the work that has been completed so far, here's a peek behind the plastic!

The concrete half wall that formerly separated the kitchen from the grocery area has been removed and a large support beam has been installed, see photo at right. The wall that was between Verna Belle's and the adjacent office space has been taken down. The office window and the heating/cooling unit is now gone. A larger window will be installed in its place. The new window will match the existing Café window. In the courtyard a trench was dug to allow for the plumbing for a grease trap.

Friday, Sept. 15, the crew will start framing in the Café. There will be some noise associated with this work. The framing should only take a couple of days.

The registry party for the Café was Tuesday, Sept. 12. Becky Fitzgerald and Jayme Minton received feedback regarding the proposed chairs, dishes, glasses and a painting called Bazaar Dawn by Zac Barnes. The shower raised \$1,997 to help purchase dinnerware, flatware and cookware.

Persons who weren't able to attend the shower, but who would like to contribute to the Café project are invited to contact Becky Fitzgerald at 323-3843 to see a gift registry. Donations may be paid with cash, check, credit card or added to monthly statements. Please make a donation check to Meadowlark Foundation and write Verna Belle's on the memo line.

Get involved, KSU Gerontology class

Submitted by Maggie Syme, Assistant Professor

KSU Center on Aging is recruiting residents to be paired with an advanced Gerontology students this semester. Mentors are paired up with one of our students and meet with them six times across the semester to talk about current issues in aging and your experiences as an older adult. The class will meet at Meadowlark on six Wednesday evenings this semester, in the Community Room from 6:30 to 7:50 p.m.

If you are interested in this opportunity and would like to know more, please call (785) 532-5945.



[left] Sunflower accent plate chosen for Verna Belle's Café. To purchase a plate for the Café off the registry, contact Becky at 323-3843. This plate is \$20, which includes tax and shipping costs.



[top left] Support beam put in place above the kitchen.

[top right] Wall previously separating the Café from office space has been removed.

[bottom] Trenching in the courtyard to install the necessary grease trap.

PRAIRIE STAR RESTAURANT

Extended Hours
Monday to Friday, 7 a.m. to 8 p.m.
Saturday, 9 a.m. to 8 p.m. Sunday, 9 a.m. to 7 p.m.

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 | Sept. 17 ~ Lunch \$12 | Dinner \$10 |
| | Pot Roast with Carrots, Onions & Celery Mashed Potatoes & Gravy Vegetable du Jour | Spaghetti & Meat Sauce Garlic Toast Vegetable du Jour |
| MONDAY | Sept. 18 ~ Lunch \$7 | Dinner \$12 |
| | BBQ Pulled Chicken Sandwich French Fries Coleslaw <i>No starter or dessert included.</i> | Baked Ham with Brown Sugar Glaze Scalloped Potatoes Vegetable du Jour |
| TUESDAY | Sept. 19 ~ Lunch \$8 | Dinner \$12 |
| | Fajita Bar <i>(does not include drink, starter, or dessert)</i> | Braised Chicken Thighs with Lemon Thyme Sauce Mixed Grains Vegetable du Jour |
| WED. | Sept. 20 ~ Lunch \$7 | Dinner \$12 |
| | Turkey Loaf Mashed Potatoes & Gravy Choice of Vegetable <i>No starter or dessert included.</i> | Pork Tenderloin Piccata Anna Potatoes Vegetable du Jour |
| THURS. | Sept. 21 ~ Lunch \$8 | Dinner \$13 |
| | Baked Potato & Sweet Potato Bar <i>(does not include drink, starter, or dessert)</i> | Roast Brisket Potato Pancakes Vegetable du Jour |
| FRIDAY | Sept. 22 ~ Lunch \$7 | Dinner \$14 |
| | Fish & Chips Coleslaw <i>No starter or dessert included.</i> | Baked Orange Roughy Florentine Baked Potato Vegetable du Jour |
| SAT. | Sept. 23 ~ Lunch \$10 | Dinner \$14 |
| | Shepherd's Pie Choice of Vegetable | Cheesy Shrimp & Grits Vegetable du Jour |

**DRINK
SPECIAL**

New York Sour
 2 oz. Bourbon, 1/2 oz. Red Wine, 3/4 oz. Lemon Juice, 1/2 oz. Orange Juice & 1 oz. Simple Syrup
\$3.75

Grosh Cinema Movies

Sunday, September 17 to Saturday, September 23

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

2 and 6 p.m., Sunday

Sunday, Sept. 17 – The Secret Garden (1993)

This evocative adaptation of the beloved children's novel recounts the tale of a strong-willed English girl who's orphaned during an earthquake.

Co-Starring: Kate Maberly, Maggie Smith & Heydon Prowse

Rated G; 1 hr. 41 min.

Monday, Sept. 18 – The Monuments Men (2014)

In a race against time, a crew of art historians and museum curators unite to recover renowned works of art stolen by Nazis before Hitler destroys them.

Co-Starring: George Clooney, Matt Damon & Bill Murray

Rated PG-13; 1 hr. 58 min.

Tuesday, Sept. 19 – I Am Sam (2001)

A grown man with the mental capacity of a 7-year-old raises his baby alone until child protective services deems him an unfit guardian.

Co-Starring: Sean Penn, Michelle Pfeiffer & Dianne Wiest

Rated PG-13; 2 hrs. 12 min.

Wednesday, Sept. 20 – The Electric Horseman (1979)

An alcoholic former rodeo champion who's been shilling for a cereal company steals a valuable but mistreated horse during an advertising stunt.

Co-Starring: Robert Redford, Jane Fonda & Valerie Perrine

Rated PG; 2 hrs.

Thursday, Sept. 21 – Tootsie (1982)

Michael Dorsey transforms himself into a woman to prove he can get hired on a soap opera.

Co-Starring: Dustin Hoffman, Jessica Lange & Teri Garr

Rated PG; 1 hr. 59 min.

Friday, Sept. 22 – The Chase (1965)

After Bubber Reeves escapes from prison, he finds himself pursued by both his dogged hometown sheriff and an oil tycoon with personal motives.

Co-Starring: Robert Redford, Jane Fonda & Marion Brando

Rated PG; 2 hrs. 13 min.

Saturday, Sept. 23 – Dead Poets Society (1989)

An unconventional teacher inspires students through poetry—and when the school fires him, his devastated students rally behind him.

Co-Starring: Robin Williams, Robert Sean Leonard & Ethan Hawke

Rated PG; 2 hrs. 8 min.

Weekly Opportunities Calendar *Sept. 17 to Sept. 23*

Sunday • September 17

Breakfast at Prairie Star—Pastries 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. Sarah Marsh from First United Methodist Church, CR

Monday • September 18

Breakfast at Prairie Star—Biscuits & Sausage Gravy

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 & Responder 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 • September 19

Trash pick-up day

Breakfast at Prairie Star—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
4:00 p.m. ~ Newspaper & Bible, LR
5:30 p.m. ~ 2nd Floor Supper, CR

Wednesday • September 20

Breakfast at Prairie Star—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, KR
10:00 a.m. ~ Memory Care Partners Support Grp, TR
12:00 p.m. Yoga, KSU CL
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
4:00 p.m. ~ Lutheran Video Worship Service, LR
6:30 p.m. ~ Gerontology Class, CR

Thursday • September 21

Breakfast at Prairie Star—Biscuits & Sausage Gravy

8:30 a.m. ~ Messenger Ladies, CON
10:00 a.m. ~ Meadowlark Bible Study, LR
10:30 a.m. ~ Steady Yourself, CR
11:00 a.m. ~ Parkinson's Webinar, KSU CL
11:15 a.m. ~ Chair Yoga, CR
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
1:30 p.m. ~ Osher Class: The Reformation, CR
5:30 p.m. Meadowlark Circle Dinner, MR

Friday • September 22

Breakfast at Prairie Star—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
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 Partners Support Grp, LR
2:30 p.m. ~ Fall Prevention Seminar, CR
7:00 p.m. ~ The Two J's, CR

Saturday • September 23

Breakfast at Prairie Star—Pastries with Fruit

9:00 a.m. ~ Meadowlark Auction, St. Thomas More
9:00 a.m. ~ Rock Steady Boxing, CSC
9:30 a.m. ~ Painting for Fun, KSU CL

Room Abbreviations

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|-------------------------|------------------------------|
| 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 | MS, Miller Spa |

*Meadowlark News Channel can be viewed on Channel 1960

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