



[left to right] Keith Eyestone, Cindy Sloan, Jodi Thierer, Jerry Weis & Travis Hecht—2017 HOG Kissing Candidates.

## PUCKER UP!

*Five candidates vying to kiss a hog on Oct. 26*

by *Becky Fitzgerald, Development Director*

Adept at selling acreage and houses, five members of the local real estate community are selling the home-for-many mission of Meadowlark as contestants in a HOG & Kisses Contest. The candidates are asking their friends, family, co-workers, colleagues and Meadowlark stakeholders to help them raise money for the Good Samaritan Fund.

The contest is a feature of the 4<sup>th</sup> annual HOGTOBERFEST, set for Thursday, Oct. 26, at Cox Bros. BBQ. The contestant who receives the most votes, in the form of dollars, will kiss a live (young) hog shortly after 6 p.m. at the barbecue restaurant, operated by Bud and Bobby Cox, sons of Meadowlark resident Ellie Cox.

Vote for your favorite candidate by placing cash or checks in his or her donation jar, located across from the Meadowlark Hospitality Desk. Another option is to vote online with a credit card at [www.meadowlark.org](http://www.meadowlark.org). Click the HOG & Kisses Contest button in the upper right-hand corner of the home page. Donations/votes are tax-deductible; gift receipts will be given to anyone providing a name and address with a contribution.

Several “votes” have already been received, and as

of Oct. 4, Cindy Sloan is in first place, with Jodi Thierer in second and Travis Hecht in third. Keith Eyestone and Jerry Weis are not far behind. The five candidates introduced themselves at the September Town Meeting, sharing biographical information and their hog-kissing qualifications. Please continue reading to learn more about our enthusiastic participants.

### **Keith Eyestone, real estate advisor, Alliance Realty**

A Manhattan native, Eyestone graduated from Manhattan High School and earned a bachelor’s of science degree from Kansas State. For 23 years, he owned bars in Aggieville, including one called The Purple Pig. He’s worked in real estate for six years.

His father, Merle, lived at Meadowlark from 2004-08. His Uncle Cecil lived at Meadowlark prior to his death in 2016; his Aunt Phyllis is a Lyle House resident.

Eyestone is a member of First United Methodist Church.

He said he wants to help as many residents at Meadowlark as he can by being a contestant and raising money for the Good Samaritan Fund, which benefits residents living in a Meadowlark Hills

*cont. page 6, Kissers*

### **Parkinson's Exercise time change**

Starting Friday, Oct. 6, both sessions of Parkinson's Exercise class will meet at 1 p.m. Parkinson's Exercise class is every Monday and Friday in the Community Room.

### **Artist Discussion, canceled**

The October session of the Artist Discussion with the Beach Museum has been canceled. Kim Richards, group leader, plans to resume meeting Wednesday, Nov. 8, at 6:30 p.m.

### **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.

### **Music with Jenna Henry**

**Friday, Oct. 6, at 7 p.m.**

You're invited to enjoy Music with Jenna Henry at 7 p.m. Friday, Oct. 6, in the Community Room. Jenna is a freshman at K-State from Olathe KS, majoring in Social Work. Jenna has been singing since she was a small child. It started with casual singing around the house which turned into private voice lessons in sixth grade through high school. Jenna has been part of all-girls choirs, ensembles and advanced choirs. Jenna currently volunteers at Meadowlark Hills and has performed at Miller Place for several of their residents.

### **KSU Watch Parties**

**Saturday, Oct. 7, at 6 p.m. & Oct. 14 at 11 a.m.**

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

- Oct. 7 ~ KSU vs. Texas, 6 p.m. kick-off time & refreshments will be served at 5:30 p.m.
- Oct. 14 ~ KSU vs. TCU, 11 a.m. kick-off time & refreshments will be served at 10:30 a.m.

### **Vespers Services**

**Sunday, Oct. 8, at 7 p.m.**

The Vespers services will be led by the Trinity Presbyterian Board of Deacons from Trinity Presbyterian Church. Vespers service will begin at 7 p.m. Sunday, Oct. 8, in the Community Room. All are welcome.

### **Fall Clothing Drive with ML Ambassadors**

**Tuesday, Oct. 10, at 8 a.m.**

The Meadowlark Ambassador invite you to donate to the annual Clothing Drive between 8 a.m. and noon Tuesday, Oct. 10, in the Living Room at Meadowlark Hills. All who are interested in participating are encouraged to bring gently-used clothing items to the drive. Items will be donated to local organizations in need.

Last year's donations benefited the Ogden Friendship House, School Closet, Encore Shop and the Episcopal Church.

### **IKE & McCarthy with Dr. Nichols**

**Tuesday, Oct. 10, at 7 p.m.**

You're invited to hear from Dr. David Nichols, author of *Ike and McCarthy* at 7 p.m. Tuesday, Oct. 10, in the Community Room.

The book is Dr. Nichols latest. Senator Joseph McCarthy first seized headlines in 1950 when he falsely claimed to have the names of 205 communists in the State Department. Thereafter, he presided over "a permanent floating press conference. Lights, cameras, microphones followed him everywhere." The misperception then, and for decades to follow, is that Eisenhower—elected president in November, 1952—was unwilling to personally challenge McCarthy as he relentlessly pursued his anti-Communist witch hunt. *Ike and McCarthy* proves this portrayal is false: Eisenhower loathed McCarthy and absolutely understood the threat he posed.

Dr. Nichols, a leading expert on the Eisenhower presidency, holds a PhD in History from the College of William and Mary. He is the author of *A Matter of Juscitce: Eisenhower and the Beginning of the Civil Rights Revolution* and *Eisenhower 1956: The President's Year of Crisis*.

### **Shopping Trip**

**Wednesday, Oct. 11, at 10 a.m.**

Take advantage of the complimentary transportation to local shopping centers. Transportation will travel to Dillons and Walmart at 10 a.m. Wednesday, Oct. 11, departing from the Village Entrance. Please register in the Blue Book to participate.

### **Memory Activities Class (MAC)**

**Wednesday, Oct. 11, 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, Oct. 11, in the KSU Classroom.

### **Memory Café**

**Wednesday, Oct. 11, at 10 a.m.**

Memory Café will meet in the West Conference Room at 10 a.m. Wednesday, Oct. 11. 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.

### **Resident Focus Group**

**Thursday, Oct. 12, at 10 a.m.**

The Focus Group scheduled for October will once again spotlight a staff member. The staff attendee will be Hospitality Team member, Maggi Birchmeier. The Focus Group will be at 10 a.m. Thursday, Oct. 12, in the KSU Classroom.

### **Meadowlark Ladies Luncheon**

**Thursday, Oct. 12, at 12:30 p.m.**

All ladies of Meadowlark Hills are welcome to join the monthly Meadowlark Ladies Luncheon. There is no membership required.

Join us at 12:30 p.m. Thursday, Oct. 12, for a "Halloween Party." Fun things are planned! Don't be afraid! No costumes are expected but if you want to, it would be fun to wear some of the colors of Halloween.

Black for witches, vampires, bats and cats. Orange for pumpkins and jack-o-lanterns. Green for goblins and Frankenstein. White for ghosts and mummies, and Red for blood.

Be sure to sign up in the Blue Book located at the Hospitality Desk.

### **Music with David Littrell**

**Friday, Oct. 13, at 7 p.m.**

Dr. David Littrell will perform in the Community Room at 7 p.m. Friday, Oct. 13. He will be accompanied by Amanda Arrington.

Dr. Littrell is a distinguished professor at K-State in the School of Music, Theater and Dance. He has conducted to the K-State Orchestra for 28 years and will retire from the music faculty in June 2018 after 31 years. He founded the Gold Orchestra in 1989 and conducted it for 27 years before retiring from that post in 2015.

Amanda is the faculty collaborative pianist at K-State and performs over 70 concerts a year.

### **Smile for the Camera!**

**Tuesday, Oct. 24, & Oct. 31 at 1:30 p.m.**

Tuesday, Oct. 24 and Oct. 31, from 1:30 to 3:30 p.m., Monte will be taking pictures of all Independent Living residents to update the new software system. Pictures will be taken in the Living Room. This is a come-and-go event, so there is no sign up necessary. Staff thank you, in advance, for your participation. If you have any questions, please contact Monte at 323-3801.

### **Part D Enrollment**

**Friday, Nov. 17, at 9 a.m.**

It is time again to start thinking about Open Enrollment and your Part D plans. The North Central Flint Hills Area Agency on Aging will be coming to Meadowlark Hills at 9 a.m. Friday, Nov. 17, 2017.

We ask to please watch your mail during the upcoming months. Do not put up, shred or throw away any mail that will allow you to make an informed decision during the 2017 Open Enrollment period for the year 2018. Your current Part D plan will notify you if they are changing anything as well.

A sign-up sheet will be available in the Blue Book located at the Hospitality Desk starting this week showing the time slots available.

If you have any questions or concerns please contact Rita Harsch, Financial Counselor, at (785) 323-3891 or by stopping by the Finance office located across the hall from Verna Belle's Café.

## **Responding to Gun Violence in Las Vegas**

*by Chaplain Patty Brown-Barnett, D. Min.*

It's Tuesday, October 3, 2017 as these thoughts are being written down, and the halls of Meadowlark Hills Retirement Community have been preternaturally quiet. Even the usual gathering places seem to be rather sparsely populated. Some of us have been processing the news of the horrific gun violence in Las Vegas last Sunday night in front of television sets. Many have been experiencing some form of "compassion fatigue" with all the previous tragedies related to hurricanes and storms. It's a lot to take in.

Social services leader Bridget Larkin and I would like to invite members of the Meadowlark community, both residents and staff, to gather this Friday, Oct. 6, at 2 p.m. in the K-State Classroom. Our agenda is to create a safe place for people to process this horrific violence in the presence of others who are part of Meadowlark Hills. Some prefer to deal with this news internally. Others benefit from voicing feelings and thoughts, and listening to others. There is no right or wrong way to feel as we seek to provide some support and a safe space for processing this tragic news.

We hope you will feel free to participate, whether you choose to speak or simply wish to listen. All are welcome to come.

Wishing all in our Meadowlark community comfort and peace of mind.

## **September Gifts to Meadowlark Foundation**

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

### **Memory of**

Dorothy Buller  
Roger Shanks  
Hilda Zerfas

### **Honor of**

Keith Eyestone  
Bette La Mar  
Lea Orsborn  
Team Pop Pop  
Team Rasmussen  
Jerry Weis

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

# **WHERE TO DONATE**

*Visit the Hospitality Desk for a list of website addresses for the organizations listed below. Meadowlark employees are available to assist with making online donations.*

## **TEXAS**

The full extent of Hurricane Harvey is beginning to emerge. Gov. Greg Abbott of Texas said the recovery costs might exceed those of Hurricane Katrina, which caused more than \$100 billion in damage.

There are a variety of ways to donate, including through the American Red Cross, All Hands Volunteers, Save the Children and Direct Relief.

## **LAS VEGAS**

Over 50 people were killed and hundreds were injured after a shooting at a Las Vegas music festival on Sunday, Oct. 1.

A verified Go Fund Me account was created by Steve Sisolak—Clark County Commission Chair from Las Vegas. The funds will assist the victims of the tragic Las Vegas shooting. Funds will provide relief and financial support to the victims and families.

## **PUERTO RICO**

Recovery from several major hurricanes that have ravaged the Atlantic is beginning in Puerto Rico. This area in particular is facing what local officials have described as a full-blown humanitarian crisis, with devastation they call "apocalyptic."

The American Red Cross, Direct Relief, Save the Children and United for Puerto Rico are all accepting donations.



## Manhattan Public Library Opportunities

### Yack & Yarn

Every Tuesday from 6 to 8 p.m., you are invited to bring your knitting, crocheting, or other crafting project to the library to relax and visit with other crafters. Some supplies will be on hand, but you should bring something of your own to work on.

### Drop-In Tech Training

Get one-on-one help with your technology questions and conundrums from 2 to 4 p.m. on Tuesday, Oct. 17, in the Manhattan Public Library's Groesbeck Room. Several staff members and volunteers will be on hand to provide expert assistance.

### eBooks & Digital Content

Did you know that you can download free eBooks and more using your library card? Librarians will show you how to use the Sunflower eLibrary, Hoopla, and Flipster from 2 to 4 p.m. Tuesday, Oct. 10. Please register online at [www.MHKLibrary.org](http://www.MHKLibrary.org) or by calling the library at (785) 776-4741, ext. 300.

### 3D Printing Workshop

Have you seen a 3D printer in action? Learn about this exciting new technology and watch it work at the Manhattan Public Library from 7 to 8:30 p.m. Thursday, Oct. 12. Please register online at [www.MHKLibrary.org](http://www.MHKLibrary.org) or by calling the library at (785) 776-4741 ext.300.

### CORRECTION

Unfortunately, an October birthday was left off the list in the Sept. 28 Messenger. Please note **Pat Vogt** will celebrate her birthday **Monday, Oct. 30**. Happy (early!) birthday, Pat!



## From the Readers

### Outdoor Encounters

By *Nathan Bolls*

With many of you, this past 21 August, I witnessed one of the ephemeral fireflies of the Cosmos: the total lunar eclipse of the sun. On Sunday I had searched out a particular site, which turned out to be 35 crow miles NW of Beatrice, NE, and less than a mile from the mid-line of the eclipse totality band. I would have two minutes and 30-plus seconds of totality—enough time for development of the side effects I most wanted to experience: coolness, darkness, quietness of wild creatures, and the diamond ring. I had found a small parking lot with a primitive boat ramp serving a cattail-ringed lake that was the centerpiece of the Swan Lake Wildlife Management Area. Important were the site's remoteness and the fact that it was surrounded by trees, shrubs, and cattails, making it both prime bird habitat and a good place to overnight in my van/camper. Only one other vehicle overnighted there.

By late Monday morning, six other cars had found the lot before show time. As the moon began cutting into our star, a deepening mid-day dusk shadowed the cooling air. Vocal cords revealed an increasing excitement. Red-winged blackbirds and marsh wrens, usually busy in and around the cattails, were becoming less active. The number of bank swallows slicing air in pursuit of insects was decreasing. Soon there were none.

When the moon snapped shut that last rim of sun, a sharp drop in visibility occurred; I could not read a license plate 30 feet away. The air became cooler, faster. The sun's corona glowed full around, and a deep spiritual quiet settled over both land and people. Our period of totality gave sufficient time to absorb a good dose of humility. But, aware of dire forecasts associated with the approaching storm "Harvey," I was conflicted.

As the spheres moved on—the sun's corona still in view—an arc of sun rim flashed free from behind the moon's trailing edge, giving us a beautiful, but ephemeral, diamond ring. While the spheres moved apart, the insight arose that none of us had the slightest measure of control over any of what we had just seen.

Then came the realization that that ring stood for us. For each of the countless thousands of us who watched the shadow of that ephemeral celestial union racing eastward across our great and troubled land. For each of us, during our own period of darkness, as we symbolically joined hands and hearts to share a moment of wonderment.

*Kissers, from page 1*

healthcare household who have exhausted their financial resources. “It’s no big deal to kiss a hog!”

**Travis Hecht, broker,  
Coldwell Banker Realty Group One**

A graduate of Bern High School near Seneca, Hecht earned degrees from Kansas State in business administration and economics. He worked in banking after graduation, then worked for Life Care Centers of America, which owns long-term care organizations in 28 states. Hecht was an administrator at facilities in Andover and Seneca, and with his banking background, he did financial audits for various Life Care organizations.

He’s had a real estate license for 12 years, and joined the Manhattan Coldwell Banker agency in 2014.

At the September meeting, he pulled some chap stick from his pocket, and announced he’d be applying it three times a day in preparation to be the HOG & Kisses winner.

**Cindy Sloan, realtor,  
Rockhill Real Estate Group**

Sloan started life on a farm near Bird City, and attended a one-room school house for the first six years of her education. After graduation from Bird City High School, she majored in clothing and retailing at K-State, where she met her husband, Wayne of Manhattan.

After a short time in Wichita, the couple returned to Manhattan, and Wayne joined his father, Bob, in his business: Green Construction. The firm built the West Tower at Meadowlark Hills, and Bob Sloan was a Meadowlark resident for many years. One of the community’s six healthcare households bears the Sloan name.

Cindy Sloan has pursued a career in real estate since 1995, and has been active in several local philanthropic organizations. This summer, she joined Meadowlark Foundation’s Board of Directors.

Sloan’s campaign mascot is a prize-winning pink pig named Meadow.

**Jodi Thierer, broker and owner,  
Legacy Realty of Kansas**

Born and raised in Salina, Thierer earned bachelor’s degrees in business and human ecology

and a master’s of business administration from Kansas State, where she met her husband, Larry. She was a member of the K-State College of Business faculty for 15 years, and has worked in real estate the past 22 years.

Larry’s mother, Rae Ellen, lived at Meadowlark Hills for 12 years, the majority of that in a first floor apartment. Because of her mother-in-law’s positive experience, Thierer didn’t hesitate to participate in a contest that benefits persons who’ve outlived their resources.

Community involvement has long been a priority for Thierer, and she has volunteered her time and talents in a number of capacities, including the Chi Omega sorority, Junior League of the Flint Hills, Allegro Ringers at the First United Methodist Church, as well as numerous short-term board appointments and advisory positions throughout the community and KSU.

Jodi joked during the September Town Meeting that her Legacy co-workers are part of her Kiss the Hog effort. Patty Boomer is serving as her campaign manager. Jolene Roberts is her press secretary, and Jennifer Foveaux is her finance manager.

**Jerry Weis, realtor,  
Realty Executives Weis Real Estate Company**

Born in Salina, Weis graduated from Salina High School in 1954 and proceeded to spend the next 46 years on college campuses. Experiences in learning, teaching, helping, counseling, organization and administration have been central to his interactions with people – be they students or colleagues – and he’s known around the office and community as the ultimate “people person”.

A member of First Lutheran, one of Meadowlark’s founding churches, Weis has known many Meadowlark residents, many of whom were colleagues during his longtime teaching and administrative role in the Division of Biology at K-State.

Weis’s volunteer efforts have benefited the Manhattan Arts Council, Manhattan Rotary and the United Way, to name a few organizations.

A city boy, Weis confessed he fell in love with a country girl named Linda, and married her despite an unfortunate mishap with one of her family’s roosters. If Weis wins the contest, he promised to “kiss that hog’s curly tail straight”!

## Online Ordering now available in Prairie Star Restaurant

Online ordering will be available for Prairie Star Restaurant beginning today, Oct. 5. To access online ordering, go to <https://portal.fullcount.net/rp/meadowlarkhills>.

Your username is first initial and last name, no spaces (i.e. jminton for Jayme Minton). Passwords for residents is last four numbers of your social security number. Passwords for employees will be your clock-in number. When ordering food online, please remember that delivery times may vary. As we roll out this new feature, know that we expect there may be a few bumps along the way. Please make sure to communicate any feedback regarding the online system to Brook or Jayme as soon as possible so we can ensure issues are resolved in a timely manner.

## Ordering grocery items

During the Verna Belle's renovation, grocery items can be ordered through Prairie Star Restaurant. To place an order, call the restaurant at 323-3820 or visit the host stand during operating hours (M to F, 7 a.m. to 8 p.m. & Weekends, 9 a.m. to 8 p.m.). The order can either be delivered within 24 hours or picked up at the host stand, subject to item availability.

A \$2 charge will be added to all delivery orders. If an item isn't available, it will arrive the following Wednesday. Please direct questions or concerns regarding the ordering process to Brook Marcotte at 323-3821.

## Voter Registration due Oct. 17

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. Voter registrations are due by Oct. 17.

# From the Editor



## Routines & schedules: keeping us sane or driving us crazy?

by Sarah Duggan

Sometimes when my husband and I are driving through town, we happen upon our old apartments that we lived in when we were dating, engaged and first married. Usually one of us says,

"Remember when..." and we spend the next couple minutes reminiscing about the glory days before kids, busy schedules and house payments.

Remember when we would go out for dinner, stay for drinks and not go home until after midnight?

Remember when we took off at a moment's notice to spend the weekend in The City?

Remember when we slept in late then waited for an hour to eat at The Chef, drinking coffee and reading the paper while we waited?

The conversation typically ends with fading laughter and a reminder to each other that nothing could replace the joy we have now, despite our schedules.

Since those glory days, I have come to appreciate the comfort of a routine. I learned with Murphy how much children thrive on routine and knowing what comes next. Becoming accustomed to a routine is wonderful, until it is interrupted and changed.

We missed nap time on Saturday. There was a birthday party at the zoo for one of Murphy's friends and it was right smack in the middle of when she is usually soaking up her afternoon rest. (Eilish can still sleep just about anywhere!) Man did we pay for missing nap time. Unreasonable tears and whining followed us into the evening until finally Dad and I said bedtime is now, which ended up being an hour early. Yikes!

Disruption in routine has the potential to be hard on many of us. The shift causes change and change, no matter how bad or good, can end up stressing us. Sometimes the routine is evolving to something new and sometimes it's temporary and things will return to "normal" in a short time.

My routine has recently changed with Eilish's arrival, but I think we're finally getting into a rhythm. And I know that will last about six months before we need to adjust again. Life is always changing.



# LEADER OF THE PACK

Congratulations to Meadowlark's October Leader of the Pack, Timothy Oliver, a CNA in Honstead House! From day one Tim has had a positive attitude. Tim is very responsible, respectful and friendly. He understands the Meadowlark mission and culture and he does an excellent job training new employees and caring for the residents in Honstead House. Thank you Tim for honoring Meadowlark's culture, mission and those we serve.

## **IL Resident Council Minutes, Sept. 11, 2017**

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

**Staff present:** Lonnie Baker, Jayme Minton and Monte Spiller

Pat welcomed all meeting attendees.

### **Updates**

**General Update:** Lonnie shared that the demolition phase for the renovation in Verna Belle's Café is complete. Framing will start after Sept. 20. Carpet will be installed in the Community Room starting at 5 p.m. today, Sept. 11. We are also looking to add carpet in the Tranquility Room and to make it more useful for meeting room space.

Moving forward, we are looking at options for better usage of the courtyard and patio area. Some ideas that have been presented are having a garden party and other events that can be held outside. We also plan to entertain ideas on looking to maximize the use of the Game Room. We will work with Becky Fitzgerald and the Foundation when addressing possible redesigns of the area. Part of this process would include re-locating the mailboxes/internal cubbies from the Game Room to outside the Community Room. This would mean creating cart storage on each floor to house a specific number of carts per area.

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

**New Business:** Nyle Larson reported on behalf of the Gift Committee. Envelopes were delivered and mailed out on August 23, both locally and out of town. Their next meeting is scheduled for October 25.

**Old Business:** Bob Crawford reported the Board of Trustees met on August 31, 2017. The meeting was called to order by Fred Borck. Lonnie Baker reported to the Board, the census of residents at Meadowlark was trending upward with the past two months showing the highest healthcare census since October of 2014. Lonnie also reported the executive staff continues to explore new opportunities to better position Meadowlark to deal with the ever changing environment on senior living and health care.

The Board received and approved various financial statements including an overall report of satisfaction from the auditors concerning the fiscal health of Meadowlark. The Board also approved updated policies for various services and it was expressed Meadowlark is consistent with policies remaining in full compliance with regulations. Meadowlark Foundation remains in good health.

**Additional Discussion Topics:** A question in regards to longer delivery time on orders from the kitchen in Prairie Star was brought up. It was explained due to Verna Belle's being closed for renovations, the number of customers have increased in the restaurant which limits the kitchens ability to provide the orders in their normal time.

**Meeting adjourned**



## **Town Meeting Notes, Oct. 2**

*Notes from Oct. 2 Town Meeting conducted by Monte Spiller, Resident Services Leader.*

**Welcome** Monte welcomed the meeting attendees. New residents Glenna Fogo and Eleanor Deibler introduced themselves to the meeting attendees.

**Campus Update** Lonnie shared that the regulatory environment in the state of Kansas continues to shift for the long-term care and healthcare industries. Staff stays updated and aware of changes. Additionally, after receiving feedback from residents it has been decided that the internal mailboxes located in the Game Room will not be moved to a new location.

**Support Services Update** Jayme shared that Meadowlark is participating in a new Chamber program where businesses have the opportunity to “adopt” a fourth grade class for the 2017-2018 school year. Meadowlark was paired with Mrs. Hydeman’s fourth grade class at Frank Bergman Elementary. There will be opportunities to interact with the teacher and students throughout the year, including visiting the class, becoming a pen pal with a student and helping the kids practice their reading skills. Also, online ordering for Prairie Star Restaurant will be available this week. See page # for more information.

**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. 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. The November election is for City Commission and School Board representatives. There will also be a tax question listed on the ballot.

**Personhood & Dementia** Michelle Haub introduced Katie Sigman from K-State Center on Aging. She shared about the upcoming event, Personhood & Dementia, which is free and open to everyone. The event is from 9 to 11 a.m. and 1 to 3 p.m. Thursday, Nov. 2, at the Bluemont Hotel in Manhattan. The target audience for this opportunity are individuals with cognitive loss (dementia and/or Alzheimer’s), caregivers, loved ones and medical professionals. To learn more about Personhood & Dementia, visit [www.he.k-state.edu/aging/outreach/personhood-dementia](http://www.he.k-state.edu/aging/outreach/personhood-dementia).

**Parkinson’s Program Update** Michelle thanked everyone for their support of the 2017 Speedy PD Race for Parkinson’s Disease. She presented Don and Bea Rasmussen with an award for winning Most Donations Raised. Team Rasmussen raised over \$7,400 for the Parkinson’s Program during Speedy PD.

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



**Thurs., Oct. 26  
11 a.m. to 9 p.m.  
Cox Bros BBQ**

# 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.

<b>SUNDAY</b>	Oct. 8 ~ Lunch \$13	Dinner \$12
	Pot Roast with Carrots, Onions & Celery Mashed Potatoes Vegetable du Jour	Spaghetti & Meat Sauce Garlic Toast Vegetable du Jour
<b>MONDAY</b>	Oct. 9 ~ Lunch \$7	Dinner \$12
	BBQ Brisket Sandwich Sweet Potato Fries Choice of Vegetable <i>No starter or dessert included.</i>	Chicken Milanese Wild Rice Vegetable du Jour
<b>TUESDAY</b>	Oct. 10 ~ Lunch \$7	Dinner \$12
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Roast Turkey with Sausage & Sage Dressing Mashed Potatoes & Gravy Vegetable du Jour
<b>WED.</b>	Oct. 11 ~ Lunch \$7	Dinner \$12
	Ham Loaf Roasted Yukon Gold Potatoes Choice of Vegetable <i>No starter or dessert included.</i>	Beef Stew Vegetable du Jour
<b>THURS.</b>	Oct. 12 ~ Lunch \$8	Dinner \$12
	Pizza Bar <i>(does not include drink, starter, or dessert)</i>	Grilled Lemon Sage Chicken Breast Pumpkin Fettucine Alfredo Vegetable du Jour
<b>FRIDAY</b>	Oct. 13 ~ Lunch \$7	Dinner \$14
	Turkey Reuben Three-Bean Salad French Fries <i>No starter or dessert included.</i>	Herb-Crusted Cod Filet Sun-Dried Tomato Suace Mixed Grains Vegetable du Jour
<b>SAT.</b>	Oct. 14 ~ Lunch \$10	Dinner \$15
	BBQ Wings Carrot & Celery Sticks Macaroni & Cheese	Steak Baked Potato Vegetable du Jour

**DRINK SPECIAL** | Caramel Candy Apple  
 1.5 oz. Buttershots, 1.5 oz. Sour Apple Pucker & 1 oz. Triple Sec  
 \$3.75

## Grosh Cinema Movies

Sunday, October 8th-Saturday October 14th, 2017

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

2 and 6 p.m., Sunday

### **Sunday, Oct. 8 Scooby-Doo (2002)**

A magical force is awakened that could spell doom for the human race. But the Mystery Inc. gang remains skeptical that there are any ghosts at work

**Co-Starring: Freddie Prinze Jr., Sarah Michelle Gellar & Matthew Lillard,**  
**Rated PG; 1 hr. 26 min.**

### **Monday, Oct. 9 – Our Souls at Night (2017)**

Though widow Addie Moore and widower Louis Waters have been next-door neighbors for decades, they've scarcely had any contact since their spouses died. But everything changes when Addie, looking to make a connection, pays Louis a visit.

**Co-Starring: Jane Fonda, Robert Redford, Matthias Schoenaerts & Judy Greer**  
**Rated TV-14; 1 hr. 43min.**

### **Tuesday, Oct. 10– Shall We Dance? (2004)**

While Clark finds a new spark in his life, his wife, Beverly, grows suspicious of his frequent absences, since he decides to keep his dancing a secret.

**Co-Starring: Richard Gere, Jennifer Lopez, Susan Sarandon, Nick Cannon & Stanley Tucci**  
**Rated PG-13; 1 hrs. 56 min.**

### **Wednesday, Oct. 11 – Miss Congeniality (2006)**

FBI agent Gracie Hart needs a serious makeover before going undercover as Miss United States beauty pageant contestant to catch a terrorist.

**Co-Starring: Sandra Bullock, Michael Caine, Benjamin Bratt & William Shatner**  
**Rated PG-13; 1 hrs. 50 min.**

### **Thursday, Oct. 12– Divine Secrets of the Ya-Ya Sisterhood (2002)**

Southern-fried comedy, based on Rebecca Wells's best-selling novels, which follows a group of lifelong friends over decades of ups and downs.

**Co-Starring: Sandra Bullock, Ashley Judd, Ellen Burstyn, James Garner, Maggie Smith**  
**Rated PG-13; 1 hr. 56 min.**

### **Friday, Oct. 13 – The Wizard of Oz (1939)**

There's no place like home for young Dorothy who's been swept away from her farm in Kansas to a wonderland of munchkins, flying monkeys and different-colored horses. She must follow the Yellow Brick Road to the all-knowing Wizard of Oz to find her way home

**Co-Starring: Judy Garland, Ray Bolger, Jack Haley, Bert Lahr & Margaret Hamilton**  
**Rated G; 1hrs. 43 min.**

### **Saturday, Oct. 07 – Annie Hall (1977)**

Winner of four Oscars -- including Best Picture and Best Actress -- director Woody Allen's iconic romantic comedy charts the relationship between neurotic writer Alvy Singer and quirky aspiring singer Annie Hall.

**Co-Starring: Woody Allen, Diane Keaton & Tony Roberts**  
**Rated PG; 1 hrs. 33 min.**

# Weekly Opportunities Calendar Oct. 8 to Oct. 14

## Sunday • October 8

*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 Trinity Presbyterian Board of Deacons from Trinity Presbyterian Church, CR

## Monday • October 9

*Breakfast at Prairie Star—Biscuits & Sausage Gravy*

- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:30 p.m. ~ Meadowlark Valley Luncheon, LR
- 12:00 p.m. ~ 1st Pres. Men's Luncheon, MR
- 12:00 p.m. ~ Yoga, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 1:30 p.m. ~ Hearing Aid Doctor, WCR
- 1:45 p.m. ~ Parkinson's Voice Class, CR
- 3:00 p.m. ~ MLH Singers Practice, CR
- 7:00 p.m. ~ Community Bingo, CR

## Tuesday • October 10

*Trash pick-up day*

*Breakfast at Prairie Star—Breakfast Sandwich with Fruit*

- 8:00 a.m. ~ Ambassador Clothing Drive, LR
- 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
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:30 p.m. ~ 4th Floor Supper, MR
- 7:00 p.m. ~ IKE & McCarthy with Dr. Nichols, CR

## Wednesday • October 11

*Breakfast at Prairie Star—Breakfast Burrito with Fruit*

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 10:00 a.m. ~ Worship Service, LR
- 10:00 a.m. ~ Memory Activities Class, KSU CL
- 10:00 a.m. ~ Memory Café, WCR
- 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
- 4:00 p.m. ~ Lutheran Video Worship Service, LR
- 6:30 p.m. ~ Osher Class: Amelia Earhart, CR

## Thursday • October 12

*Breakfast at Prairie Star—Biscuits & Sausage Gravy*

- 8:30 a.m. ~ Messenger Ladies, WCR
- 10:00 a.m. ~ Meadowlark Bible Study, LR
- 10:00 a.m. ~ Resident Focus Group, KSU CL
- 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 & Responder Clinic, GR
- 1:30 p.m. ~ Osher Class: WWI
- 2:00 p.m. ~ Stepping On, KSU CL
- 4:00 p.m. ~ Great Decisions, LR

## Friday • October 13

*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
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:15 p.m. ~ Parkinson's Care Partners Support Grp, LR
- 7:00 p.m. ~ Music with David Littrell, CR

## Saturday • October 14

*Breakfast at Prairie Star—Pastries with Fruit*

- 9:00 a.m. ~ Rock Steady Boxing, CSC
- 9:30 a.m. ~ Painting for Fun, KSU CL
- 10:30 a.m. ~ KSU Watch Party, GR

### 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 Center	CSC, Combative Sports Center

\*Meadowlark News Channel can be viewed on Channel 1960

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