

## Open for Business

### *Verna Belle's Café doors open today*

*by Jayme Minton, Support Services Director*

9,644,400 seconds! That's how long the anticipation has been building for the big reveal of the newly-renovated Verna Belle's Café! For those without their calculators handy, that's almost 112 days!

But good news, the wait is over and as of 7 a.m. Thursday, Nov. 30, Verna Belle's Café is open for business!

The Café returns to its previous hours of 7 a.m. to 4 p.m. Monday through Friday and 7 to 11 a.m. on the weekends; though the hours may be one of the few things that didn't change. The renovation nearly doubled the seating capacity and expanded the menu. The Café plans to highlight its new equipment

by offering a daily salad bar (charged by the pound), an all-day omelet bar, more straight-from-the-grill specials will be offered.

Brook Marcotte, Dining Services Leader, and Becky Fitzgerald, Development Director, hosted a Preview Party Thursday, Nov. 28, for those who have donated to the project. Fifty residents and guests dined on new menu items including homemade sticky buns, breakfast bierocks and chicken kabobs. Each attendee also had the opportunity to sample the salad bar and even take a salad to go.

Please stop by the Café and see our new look! Thank you to all of our donors for making this project possible.



**Renovation complete!** The seating capacity for Verna Belle's Café increased from 18 to 28 seats. The square footage was expanded by 300 square feet. Verna Belle's new design features snow bound cabinets, white granite countertops and two new pieces of Zak Barnes artwork. The new-to-the-café stone-top tables were relocated from the Game Room and the Manhattan Room.

**New menu items!** The Café will now be serving grill-top pizzas, kabobs, sliders, a fresh salad bar, breakfast bierocks, all-day omelets and egg scrambles.



### **Trust Company Holiday Classic**

**Friday, Dec. 1, at 3 p.m.**

The Trust Company Holiday Classic begins with refreshments at 3 p.m. Friday, Dec. 1, in Prairie Star Restaurant and the Manhattan Room. Entertainment will start at 4 p.m.

Prairie Star Restaurant will close at 1 p.m. tomorrow, Dec. 1, to prepare for the event

Reservations are required. Call (785) 323-3820 or visit the host stand in Prairie Star Restaurant to sign up. Invitations were previously distributed.

### **Spirit of the Holidays Lighted Parade**

**Friday, Dec. 1, at 3 p.m.**

Meadowlark will be participating in the Spirit of the Holidays Lighted Parade Friday, Dec. 1. To enter into the parade, all participants must donate food items or cash to the Flint Hills Breadbasket.

In the week leading up to the parade (Nov. 27 to Dec. 1), Meadowlark will be collecting food items to donate. Look for collection boxes placed in Prairie Star Restaurant and near the Hospitality Desk to make a contribution.

Meadowlark will be decorating two golf carts with battery-operated lights to utilize in the parade.

### **New date & time: Glenn's Music Teacher Recital**

**Sunday, Dec. 3, at 2 p.m.**

Student performers from ages 7 to 16 will share holiday music at a new time and on a new date. Please join the group at **2 p.m. Sunday, Dec. 3**, in the Community Room. This was originally scheduled for Friday, Dec. 1.

Glenn's Music Teacher Recital from the piano studio of Bonnie Zack will bring the student's youthful enthusiasm to their musical pieces. Please join us for a lovely, musical afternoon.

### **Vespers Services**

**Sunday, Dec. 3, at 7 p.m.**

The Vespers services will be led by Rev. Kent Dorsey and the Quartet from First Christian Church. Vespers service will begin at 7 p.m. Sunday, Dec. 3, in the Community Room. All are welcome.

### **Memory Program Luncheon**

**Wednesday, Dec. 6, at 11 a.m.**

Join the Meadowlark Memory Program for a relaxing lunch from 11 a.m. to noon Wednesday, Dec. 6, in the Manhattan Room. This is an opportunity to visit with others who may be experiencing some changes in their memory. The lunch will begin immediately after the Memory Activities Class, Memory Café and Memory Care Partners Support Group, so it's a wonderful way to carry-over the things you learn in these classes in a non-threatening social environment. Please sign up in the Blue Book by Monday, Dec. 4. Cost is approximately \$9 per person.

### **Cuz'n Jed's Christmas**

**Friday, Dec. 8, at 7 p.m.**

You're invited to come and enjoy a fun-filled hour of Christmas classics with Jed Wymore at 7 p.m. Friday, Dec. 8, in the Community Room. Jed will be joined by other musicians to entertain Meadowlark with an array of Christmas and Holiday music.

### **Christmas Carousel**

**Wednesday, Dec. 13, varied start times**

It's time to get signed up for the 2017 Christmas Carousel, a holiday party for independent living residents and Passport members! This year's theme is *Mystery at the North Pole*, and during the evening of Wednesday, Dec. 13, you (and your fellow elves) will be following the clues to solving the crime of the season.

The rotation for the rooms will be structured the same way it was the previous two years, however, we'll be starting in a different location. Each group will begin in Verna Belle's Café then continue down the Community Center hallways in 30-minute intervals. The start times for each group will be staggered. The groups will have staff members along to help guide you through the evening's events.

Reservations are required (and limited) for this event. As of Nov. 29, the remaining available slots are in Group Five, with a start time of 5:35 p.m.

Prairie Star Restaurant will be a destination during Christmas Carousel and as a result will be closed the day of the party, Dec. 13. There will be a buffet lunch option available in the Pub, to-go only. Verna Belle's Café will be open Dec. 13 until

12:30 p.m. and will serve a brunch-style meal.

Please contact Monte Spiller, Resident Services Leader, at 323-3801 with questions regarding Christmas Carousel.

### **Meadowlark Ladies Luncheon**

**Thursday, Dec. 14, at 12:30 p.m.**

The monthly meeting of the Meadowlark Ladies will be at 12:30 p.m. Thursday, Dec. 14, in the Manhattan Room. All women are invited to come. Please sign up in the Blue Book at the Hospitality Desk.

For a Christmas treat, we will have a jewelry exchange! Many have donated items ahead of time and one will be a little bag for your Christmas present. If you can't wear the one you receive, you can try to trade with someone else.

The menu will be *small* servings of ham, sweet potatoes, green beans, cranberry sauce, a roll and a bit of Call Hall ice cream for dessert. The cost of the meal will be \$10.90 per person. The hostesses for December are Mary Lou Gibbs and Harriette Janke.

### **Line Dancing**

**Thursday, Dec. 14, at 7 p.m.**

Line Dancing starts at 7 p.m. Thursday, Dec. 14 in the Community Room with Jayme Minton, Support Services Director. Class will meet at 7 p.m. for five consecutive weeks on Thursdays starting with Dec. 14. For the first class, Jayme will lead the Electric Slide and Cupid Shuffle. No prior sign up is necessary.

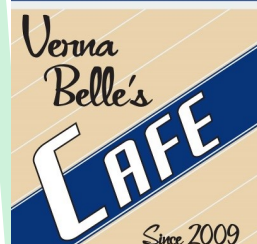
Future classes will cover the following line dances. Please contact Jayme with questions.

Dec. 21, Achy Breaky Heart

Dec. 28, The Hustle

Jan. 4, Macrena

Jan. 11, To Be Determined



## **LUNCH SPECIALS**

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

### **Monday, Dec. 4**

Turkey Club Sandwich with Choice of Side  
*hot turkey with bacon, swiss cheese & roasted garlic aioli on toasted Italian or wheatberry bread*  
**\$3.99 / \$5.99**

### **Tuesday, Dec. 5**

Pizza Day  
*create your own pizza from toppings on the salad bar*  
**\$5.99**

### **Wednesday, Dec. 6**

Soup & Salad  
*your choice of tomato basil, potato or broccoli cheese soup served in a bread bowl with a side salad from the salad bar*  
**\$5.99**

### **Thursday, Dec. 7**

Chicken Fajita Wrap with Choice of Side  
*turkey avocado & swiss cheese on a flavored wrap with lettuce & tomato*  
**\$3.99 / \$5.99**

### **Friday, Dec. 8**

Teriyaki Pork Kabobs with Choice of Side  
*grilled hamburger topped with swiss cheese & sautéed onions on a butter-toasted bun*  
**\$3.99 / \$5.99**



## Recognizing Caregivers

*November is National Caregivers Month  
by Bridget Larkin, Social Services Leader*

National Family Caregivers Month has taken place every November since President Bill Clinton signed the first Presidential Proclamation in 1997. Its purpose is to honor and recognize family caregivers, as well as raise awareness about issues affecting this population. The theme of the month this year is "Caregiving Around the Clock" because caring for a family member can be a 24-7 job.

At Meadowlark, there are many individuals caring for loved ones with memory loss, Parkinson's, and other chronic conditions. Being a family caregiver can be a stressful and isolating experience, so it is important for family caregivers to take time for themselves and focus on their own health needs. The Caregiver Action Network lists the following tips for family caregivers:

- ◇ Seek support from other caregivers. You are not alone!
- ◇ Take care of your own health so that you can be strong enough to take care of your loved one.
- ◇ Accept offers of help and suggest specific things people can do to help you.
- ◇ Learn how to communicate effectively with doctors.
- ◇ Caregiving is hard work so take respite breaks often.
- ◇ Watch out for signs of depression and don't delay getting professional help when you need it.
- ◇ Be open to new technologies that can help you care for your loved one.
- ◇ Organize medical information so it's up to date

and easy to find.

- ◇ Make sure legal documents are in order.
- ◇ Give yourself credit for doing the best you can in one of the toughest jobs there is!

The Meadowlark Memory Program and Parkinson's Program offer support groups for family caregivers. Support groups provide caregivers the opportunity to network, learn about resources, and provide support for one another. Memory Care Partner Support Group meets on the first and third Wednesday of every month from 10 to 11 a.m. in the Tranquility Room. Registration is not required, and the group is open to residents and community members.

Parkinson's Care Partner Support group meets on the second and fourth Friday of each month from 1 to 2 p.m. in the Living Room.

To learn more about National Family Caregiver Month, visit <http://caregiveraction.org/national-family-caregivers-month>.

## 2018 Part D Open Enrollment Update

*Submitted by Rita Harsh, Financial Counselor*

Meadowlark would like to thank the residents and their family members who participated in the Part D Open Enrollment day, which took place Nov. 17, 2017.

The Area Agency on Aging reported that 28 individuals, including six couples, participated in Open Enrollment at Meadowlark. These participants saved a collective total of \$20,540.84.

If you have changed your medical insurance plans for 2018 (medical, prescriptions, etc.), please bring a copy of your new insurance card(s) to the Finance office so your file information can be updated.

## Pen Pals Needed!

As you may know, Meadowlark is sponsoring a fourth grade class for the 2017-2018 school year through the Classroom to Career program at the Manhattan Area Chamber of Commerce.

Meadowlark was paired with Mrs. Hydeman's fourth grade class at Frank Bergman Elementary.

The students are excited to write to people who live at Meadowlark. If you are interested in having a fourth grade pen pal from now through May 2018, please contact Hether Birchmeier at 323-3890 for more information.



## Christmas Cinema

by Sarah Duggan

Welcome to one of the best times of year—the Holiday Season. There are many ways to celebrate, but one of my favorite ways to ring in Christmas is by

watching the best of the best holiday movies. Listed below are my top five favorite Christmas movies! Watch the Grosh Cinema Movie Listing for *Sarah's Pick!* through the month of December.

#5 ~ The Family Stone (2005): This one is a tear jerker and I am a sucker for crying in movies. Holiday gatherings make already functionally dysfunctional families at little bit more crazy and the Stones are no exception.

#4 ~ Elf (2003): "The best way to spread Christmas cheer is singing loud for all to hear!" - Buddy the Elf, the cheeriest sweetest elf to ever hit New York City.

#3 ~ Jingle All the Way (1996): As a kid, this was a great movie. As a parent, I now identify more with dad who is fighting tooth and nail to get that one special gift for his kid on Christmas day. And of course, hilarity ensues.

#2 ~ The Santa Clause (1994): Have you ever wondered what happens if Santa falls off the roof? Wonder no more—The Santa Clause has all the answers and more. And remember, it's all in the fine print.

#1 Miracle on 34th Street (1994, 1947): Even as a kid I believed this Santa was perfectly cast. This movie, no matter my mood, makes me feel warm and happy. And reminds me that I believe, I believe, I believe. Because like Kris Kringle says, Christmas isn't just a day, it's a frame of mind.

Here's to a joyous Holiday season!

## December Birthdays

### Healthcare

12/4 Leroy Johnston  
12/9 Calvin Thurlow  
12/11 Mary Smith  
12/16 Betty Roudybush  
12/17 Frances Ellis  
**12/17 Ina Dwyer**  
12/17 Ruth Diller  
12/19 Betty Banks  
12/26 Fred Atchison  
12/28 Marva Manus

### Assisted Living

12/2 Ann Weston  
12/7 William Sesler  
12/15 Janice Lee  
12/16 Marjorie Schlegel  
12/29 Pauline Livingston  
12/29 Alice Edmunds

### Independent Living

12/1 Donna Alexander  
12/1 Bob Cranmer  
12/2 Mertcyce Rohles  
12/4 Bill Phillips  
12/4 Arnold Spencer  
12/4 Gene Laughlin  
12/7 Pauline Lindgren  
12/12 Bob Pulford  
**12/13 Wayne Engelhardt**  
12/14 Sue Hunt  
12/21 Verna Turnquist  
12/23 Fred Rohles  
12/26 Janice Parsons  
12/27 Bea Rasmussen  
**12/28 Orlan Buller**  
12/28 Bob Robinson  
**12/30 Linda Hood**  
12/31 Don Emley

### Employees

12/1 Doug Fiser  
12/1 Allison Pfeifer  
12/2 Lupita Guerrero  
12/4 Ebonie Christion  
12/4 Hailey Havenstein  
12/5 Madison Cina-Billings  
12/5 Kenneth Kelley  
12/5 Angela Osburn  
12/7 Rita Alouya  
12/9 Ed Payne  
12/9 Amber Theobald  
12/9 Sarah Wood  
12/11 Lauryn Bufford  
12/11 Londyn Bufford  
12/12 Abby Cavender  
12/12 Anna Guess  
12/13 Ashley Biggs  
12/13 Kennadi Martin  
12/14 Adylen Laws  
12/16 Sydney Markley  
12/16 Irina Rehberg  
12/18 Macy Hawkins  
12/19 Jennie Brown  
12/24 Karina Ector  
12/25 Brenda Emory  
12/30 Dorothea Mies  
12/30 Terri Polk



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

# 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>	Dec. 3 ~ Lunch \$12	Dinner \$10
	Grilled Chicken Raspberry Wild Rice Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
<b>MONDAY</b>	Dec. 4 ~ Lunch \$10	Dinner \$12
	BBQ Pulled Pork Sandwich Coleslaw French Fries	Beef Stroganoff Buttered Noodles Vegetable du Jour
<b>TUESDAY</b>	Dec. 5 ~ Lunch \$7	Dinner \$12
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Glazed Meatloaf Loaded Mashed Potatoes Vegetable du Jour
<b>WED.</b>	Dec. 6 ~ Lunch \$10	Dinner \$12
	Bacon & Spinach Quiche Rice Pilaf Choice of Vegetable	Chicken Piccata Wild Rice Vegetable du Jour
<b>THURS.</b>	Dec. 7 ~ Lunch \$8	Dinner \$12
	Pizza Bar <i>(does not include drink, starter, or dessert)</i>	Grilled Pork Chops with Fried Apples Scalloped Potatoes Vegetable du Jour
<b>FRIDAY</b>	Dec. 8 ~ Lunch \$10	Dinner \$12
	Fog City Mac Choice of Vegetable	Fried Chicken Mashed Potatoes Vegetable du Jour
<b>SAT.</b>	Dec. 9 ~ Lunch \$10	Dinner \$15
	BBQ Wings Carrot & Celery Sticks Sweet Potato Fries	Stuffed Orange Roughy with Shrimp Roasted Red Potatoes Vegetable du Jour

**DRINK SPECIAL** | White Russian  
 2 oz. Vodka, 1 oz. Kahlua & Half'n'Half Cream  
 \$3.75

## Grosh Cinema Movies

Sunday, December 3, to Saturday, December 9

Show Times: 1, 4 and 7 p.m., Monday – Saturday / 2 and 6 p.m., Sunday

### **Sunday, Dec. 3 – The Grinch Stole Christmas (2000)**

The Grinch decides to rob Whoville of Christmas—but a dash of kindness from little Cindy Lou Who and her family may be enough to melt his heart.

Co-Starring: Jim Carey, Taylor Momsen, Jeffery Tambor & Christine Baranski / Rated PG; 1 hr. 44 min.

### **Monday, Dec. 4 – Seabiscuit (2003)**

A knobble-kneed colt becomes a winning thoroughbred at the hands of its owner, its unorthodox trainer and its jockey, a half-blind prizefighter, in this Depression-era drama based on the true story of champion racehorse Seabiscuit.

Co-Starting: Tobey Maguire, Jeff Bridges and Chris Cooper / Rated PG; 2 hrs. 21 min.

### **Tuesday, Dec. 5 – Monster-In-Law (2005)**

Office temp Charlotte thinks she's found Mr. Right when she starts dating a gorgeous surgeon. But there's a problem standing in the way of everlasting bliss: Kevin's overbearing mom, who decides to become the world's worst mother-in-law.

Co-Starring: Jennifer Lopez, Jane Fonda & Michael Vartan / Rated PG-13; 1 hr. 42 min.

### **Wednesday, Dec. 6 – The Family That Preys (2008)**

This poignant dramedy centered on a pair of friends—wealthy socialite Charlotte and working-class Alice, whose families stand to be ripped apart by greed and scandal. To prevent the collapse and save their families, the two mothers take a road trip in a vintage convertible that carries them both beyond their wildest expectations.

Co-Starring: Kathy Bates, Alfre Woodard & Sanaa Lathan / Rated PG-13; 1 hr. 51 min.

### **Thursday, Dec. 7 The Day After Tomorrow (2004)**

After years of unabated global warming, the greenhouse effect is wreaking havoc all over the globe in the form of catastrophic hurricanes, tornadoes, tidal waves, floods and most ominously, the beginning of the next Ice Age.

Co-Starring: Dennis Quaid, Jake Gyllenhaal & Emmy Rossum / Rated PG-13; 2 hrs. 3 min.

### **Friday, Dec. 8 – The Christmas Candle (2013)**

In the village of Gladbury, its believed that every 25 years an angel comes on Christmas Eve bearing a miracle of one of the residents. But the arrival of the new minister with fresh ideas threatens to extinguish the age-old tradition.

Co-Staring: Hans Matheson, Samantha Barks & Lesley Manville / Rated PG; 1 hr. 40 min.

### **Saturday, Dec. 9 – Always (1989)**

Pete Sandich, a firefighting pilot, dies in the line of duty but returns as a guardian angel to fledgling aviator Ted Baker. Pete's task takes an unexpected twist, however, when Ted begins falling for Dorinda Durston, the girl Pete left behind.

Co-Starring: Richard Dreyfuss, Holly Hunter, John Goodman & Brad Johnson / Rated PG; 2 hrs. 3 min.

# Weekly Opportunities Calendar Dec. 3- Dec 9

## Sunday • December 3

*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
- 2:00 p.m. ~ Piano Recital, CR
- 7:00 p.m. ~ Vespers with Rev. Kent Dorsey & the Quartet from First Christian Church, CR

## Monday • December 4

*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
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:00 a.m. ~ St. Luke's Communion, TR
- 12:00 p.m. ~ Yoga, KSU CL
- 12:00 p.m. ~ Weights 101, 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
- 3:30 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ Tuttle Creek Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

## Tuesday • December 5

*Trash pick-up day*

*Breakfast at Verna Belle's—Breakfast Bierock with Fruit*

- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Kimball Luncheon, MR
- 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

## Wednesday • December 6

*Breakfast at Verna Belle's—Breakfast Burrito with Fruit*

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Memory Activities Class, KSU CL
- 10:00 a.m. ~ Memory Café, WCR
- 10:00 a.m. ~ Memory Care Partners Support Grp, TR
- 10:00 a.m. ~ Worship Service, LR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:00 a.m. ~ Memory Luncheon, MR
- 12:00 p.m. ~ Yoga, CR
- 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR

- 1:00 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, KSU CL
- 4:00 p.m. ~ Lutheran Video Worship Service, LR
- 5:30 p.m. ~ Gerontology Class, CR
- 6:30 p.m. ~ Artist Discussion: Beach Museum, KSU CL

## Thursday • December 7

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*

- 8:30 a.m. ~ Messenger Ladies, WCR
- 10:00 a.m. ~ Meadowlark Bible Study, LR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 1:30 p.m. ~ Parkinson's Education Group, CR
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR

## Friday • December 8

*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. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Parkinson's Care Partners Support Grp, LR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 7:00 p.m. ~ Cuz'n Jed's Christmas, CR

## Saturday • December 9

*Breakfast at Verna Belle's—Omelets with fruit*

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

### Room Abbreviations

BP, Billiards Parlor	LB, Library
CH, Collins House	LR, Living Room
CR, Community Room	MFR, Miller Friendship Rm
CON, Conference Room	MR, Manhattan Room
GR, Game Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	TR, Tranquility Room
KR, Kansas Room (Pub)	VE, Village Entrance
KSU CL, KSU Classroom	WL, Wroten Library
PSP, Prairie Star Patio	CSC, Combative Sports Center
HD, Hospitality Desk	MS, Miller Spa

\*Meadowlark News Channel can be viewed on Channel 1960