



## **Live Your Way, Every Day Photo Contest**

*by Sarah Duggan*

You're invited to participate in Meadowlark's first-ever photo contest! The purpose of the *Live Your Way, Every Day Photo Contest* is to gather resident, family, staff and stakeholder's images that illustrate the uniqueness of Meadowlark and its mission.

There will be two categories: staff and non-staff. For each category, there will be three cash prizes awarded to the top three stories: \$125 (first), \$75 (second) and \$50 (third). Image submissions will be due by 5 p.m. Friday, Feb. 2, and must be submitted with a completed entry form, photo releases and include a caption. The caption cannot exceed 280 characters, including spaces. Winners will be announced in the Feb. 8 edition of the Meadowlark Messenger.

Entry packets are available at the Hospitality Desk, Human Resources office and on the Meadowlark website ([www.meadowlark.org](http://www.meadowlark.org)). If you have questions regarding the contest, please visit the Community Relations office or give me a call at (785) 323-3878. All submissions can be dropped off me in the Community Relations office (between the CEO and Finance Director offices) or via e-mail at [sarah.duggan@meadowlark.org](mailto:sarah.duggan@meadowlark.org).

## **Register now for OSHER classes**

*Submitted by Monte Spiller, Resident Services Leader*

The registration for the spring 2018 Osher Lifelong Learning Program in Manhattan is now open. The Osher Lifelong Learning Institute at the University of Kansas has teamed up with Kansas State University to bring to the Manhattan area the diverse content, innovative learning opportunities, and quality faculty that promote lifelong learning in the community. The program in Manhattan is coordinated by UFM Community Learning Center. Osher Institute offers courses are specially developed for folks 50 and better. The courses promote the joy of learning. Instructors are carefully selected for their expertise, a passion for the topic, and a love of teaching. Courses meet weekly for two hours over a three-week period and require no homework, out-of-class preparation, or testing.

To enroll, call KU Osher toll-free (877) 404-5823 or (785) 864-5823. Meadowlark Hills residents and passport members can enroll in the Osher classes at no cost. This expense has been covered with Meadowlark Hill's sponsorship with the Osher Program.

If you would prefer to enroll in person, Charlene from UFM will be taking registrations at Meadowlark Hills on Monday, Feb. 5, after the Town Meeting from 10:15 to 11:30 a.m. in the Living Room. Osher classes can also be viewed online at [www.osher.ku.edu](http://www.osher.ku.edu).

## **Thank You!**

**Submitted by Pat Miksch**

Thanks to Karen Trail for organizing the Hymn Sing-along and to Vera Williams for her piano accompaniment.

Also a special *thank you* to those who participated so enthusiastically in the singing that evening and asked that we do it again.

We look forward to another Hymn Singing in the future.

## **Greeting Cards for Sale**

Greeting cards are available for purchase at the Hospitality Desk for \$1 each. Choose from cards for all occasions!

## **Drilling in West Tower**

**Thursday, Jan. 18, at 10 a.m.**

Contractors will be on the Meadowlark campus drilling into the concrete today, Jan. 18, between 10 a.m. and 3 p.m. This will cause noise and vibration in the tower. Noise will be kept to the minimum possible.

## **Joshua Lightfoot Band**

**Friday, Jan. 19, at 7 p.m.**

Back by request, the Joshua Lightfoot Band will perform at 7 p.m. Friday, Jan. 19, in the Community Room. Joshua and his wife, Tove, will entertain us with music using many instruments including the banjo, mandolin and fiddle. All are welcome to attend!

## **K-State Men's Basketball Games**

**Saturday, Jan. 20, & Monday, Jan. 22**

Watch the KSU Men's basketball games in the Game Room on the following dates and times. Watch parties with refreshments will be held for weekend games only.

~ Saturday, Jan. 20, at 3 p.m. vs. TCU on ESPNU (channel 244) - **watch party with refreshments**

~ Monday, Jan. 22, at 8 p.m. vs Baylor on ESPNU (channel 244)

## **Vespers Services**

**Sunday, Jan. 21, at 7 p.m.**

The Vespers services will be led by Rev. Clayton Boone from First Presbyterian Church. Vespers

service will begin at 7 p.m. Sunday, Jan. 21, in the Community Room. All are welcome.

## **Evel Knievel & Lunch**

**Wednesday, Jan. 24, depart at 9:15 a.m.**

A day trip to Topeka is planned for Wednesday, Jan. 24, to visit the new Evel Knievel Museum. Evel Knievel's authentic performance leathers, jump bikes and memorabilia are housed in a permanent museum at the historic Harley-Davidson of Topeka. The museum is two stories and 13,000 square feet. It features dozens of Evel's possessions.

The cost of the trip is \$28 per person, which includes transportation, museum admission and lunch. The group will depart from the Village Entrance at 9:15 a.m.

In his 11-year motorcycle-jumping career in the 1960s and '70s, Knievel attempted more than 75 jumps, becoming just as famous for the stunts he landed as those he didn't. Knievel, born Robert Craig Knievel, passed away in 2007 at the age of 69.

## **Artful Memories**

**Wednesday, Jan. 24, at 10 a.m.**

Memory Café and Memory Activities Class (MAC) are joining together with the Marianna Kistler Beach Museum of Art for Artful Memories Class from 10 to 11 a.m. Wednesday, Jan. 24, in the KSU Classroom.

During this monthly session, the museum's Education Assistant, Kim Richards, will conduct a session of Artful Memories by showing the group three pieces of art.

## **Diabetic Support Group**

**Wednesday, Jan. 24, at 1:30 p.m.**

The Diabetic Support Group will meet at 1:30 p.m. Wednesday, Jan. 24, in the KSU Classroom. Please contact Lisa Schwarz at (785) 323-3830 with questions.

## **Parkinson's Partners Luncheon**

**Friday, Jan. 26, at 12 p.m.**

Join the Parkinson's Partners Luncheon for a relaxing lunch from noon to 1 p.m. Friday, Jan. 26, in the Community Room.

Please sign up in the Blue Book by Monday, Jan. 22. Cost is approximately \$9 per person.

## Cowboys & Quartet

*Friday, Jan. 26, at 6 p.m.*

The 2018 Winter Ball event is set for Friday, Jan. 26, from 6 to 9 p.m. in the Community Center, including the Community Room, Game Room and Prairie Star Restaurant.

This year's theme is *Cowboys and Quartet*. You're invited to dress the part in your best formal attire or dance the night away in your boots and jeans! The Community Room will be transformed into a elegant ballroom, while Prairie Star welcomes you to the *Ranch in the Hills*. All residents and staff are invited to attend.

The evening will include music provided by the Wakim Jazz Quartet in the Community Room and Dillon Ray & Lucas in Prairie Star Restaurant beginning at 6 p.m. in both locations. You have the opportunity to mingle between both areas throughout the night and enjoy heavy appetizers catered by Prairie Star Restaurant. No registration is required for this free event. You may come and go as you please.

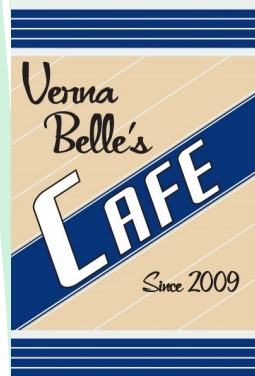
## Concert at Hale Library

*Friday, Feb. 2, at 7:30 p.m.*

You're invited to Hale Library to enjoy a concert provided by Dr. David Littrell, cello, and Amanda Arrington, piano.

The concert will begin at 7:30 p.m. Friday, Feb. 2, in the Hale Library Hemisphere Room. There will be free transportation provided to and from Meadowlark and Hale Library. If you would like to attend, please contact Darchelle Martin for tickets at 532-7442. The free transportation can be reserved in the Blue Book at the Hospitality Desk.

Dr. Littrell is retiring from Kansas State University and this concert will salute his distinguished career at the university.



# LUNCH SPECIALS

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

### Monday, Jan. 22

Blackberry Bacon Grilled Cheese with Side  
*blackberry jam, bacon & swiss cheese on toasted white or wheat bread with optional fresh jalopenos*  
**\$3.99 / \$5.99**

### Tuesday, Jan. 23

Crunchy BBQ Chicken Sandwich with Side  
*grilled chicken, swiss cheese, bbq sauce & french-fried onions on a toasted hamburger bun*  
**\$5.99**

### Wednesday, Jan. 24

Cuban with Choice of Side  
*pulled pork, ham, swiss cheese, mustard & pickles on toasted italian bread*  
**\$3.99 / \$5.99**

### Thursday, Jan. 25

Patty Melt with Choice of Side  
*grilled hamburger, swiss cheese, sautéed onions & thousand island dressing on toasted rye bread*  
**\$3.99 / \$5.99**

### Friday, Jan. 26

Chicago Dog with Choice of Side  
*grilled hot dog topped with onion, relish, pickle spear, tomatoes, pepperoncini peppers, mustard & celery salt on a poppy seed bun*  
**\$3.99 / \$5.99**

## MHK Public Library Events

### Chess Club

Every Monday / 6 to 8:30 p.m.

First floor of Library

The K-State Chess Club hosts this weekly event for chess players of all ages and skill levels. Meet friends, practice your skills and enjoy a fun evening together.

### Yack & Yarn

Every Tuesday / 6 to 8 p.m.

Groesbeck Meeting Room

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.

### Tech Training: Computer Basics

Jan. 23/ 2 p.m.

From hardware to software, come learn the basic terminology and components that make up a computer. Register online at [www.MHKLibrary.org](http://www.MHKLibrary.org) or by calling the library at (785) 776-4741 ext. 300.

### TALK20MHK

Jan. 25/ 7 p.m.

The goal of TALK20MHK is to build strong community connections through the sharing of stories, skills and knowledge.

Register online at [www.MHKLibrary.org](http://www.MHKLibrary.org) or by calling the library at (785) 776-4741 ext. 300.

## Kansas Symbols

*Submitted by Polly Ferrell*

Many persons around the globe think of Kansas as the wheat capital of the world and so our 2018 Meadowlark Kansas Day Celebration will highlight that commodity. The celebration starts at 10 a.m. Monday, Jan. 29, at the Kansas Wheat Innovation Center, Kimball Avenue, just across from the football stadium. We are already nearly one-third of the way to our attendance goal of 30 persons! ML buses will give you a ride or you may choose to drive yourself. There is free parking and no steps into the building. Kansas refreshments will be plentiful — if everyone let's us know they are coming — so sign up now in the Blue Book, even if you are doing your own driving.

Last week in our Trivia Time you were challenged to name the author of the song, "It Ain't Gonna Rain No More." This was written by Wendell Woods Hall, native son of Kansas, born at St. George in 1896. He was a country singer, vaudeville artist, songwriter, pioneer radio performer and ukulele player. The song was released in 1923 and sold nearly 2 million copies. We had no Trivia winners so — let's try for a new question.

Kansas has many official symbols, starting with our Great Seal — approved by the first Kansas legislature in 1861. Today we claim 13 official symbols. Ironically, wheat is not one of them. It was 42 years after statehood before the second symbol was selected.

**What is that second symbol selected in 1903? Leave your name and answer in Polly's Cubby Box #422 and you will receive a "prize."**

## On a Lovable Grouch: A Man Called Ove

*Submitted by Helen Roser*

If the movie is half as good as the book it's based on, we are in for a treat when A Man Called Ove shows in our Grosh Cinema Saturday.

The book was the first novel by a Swedish truck driver with a magnificent heart and a way with words that sent it to best seller recognition.

Ove reports all the goings-on each week when he takes fresh pink flowers to his wife's grave. He reports his inept new neighbor who ran over and smashed his letterbox before borrowing Ove's ladder. The fool used it to climb to his upstairs window that was stuck which he planned to

unstuck using a silver dinner knife. That was how he got all his broken bones, thus necessitating Ove taking the wife to the hospital. The outrageous hospital charges for parking. Imagine. Hospitals are where you go to die, not park.

Ove's young neighbor adores him. With her crayons, she draws pictures of people around her. All over her page are black figures. Those are everyone else. In the center are bright colors. That's how she sees Ove.

Not one to do things half-way, Ove tests doors to make sure they are locked by giving them a hearty three yanks, to be sure. If you still have your care, you may want to adopt Ove's practice of always carrying newspapers in the car. That is in case you give someone a lift you will have the papers to spread over the seats. I have read the book twice, so far. What a special man.

## Servanthood

*Submitted by Ron Williams*

Some folks may know I was once on the Meadowlark Board, representing Blue Valley Church. At one meeting Steve Shields made a statement something like this. "It is one of my dreams that the staff of Meadowlark Hills will look on their jobs as servants in a huge southern stately mansion. I hope that will give that kind of care to the residents."

When we moved here just over a year ago, I was curious to see if this vision of service still existed. I am happy to say, even to shout it from someone's fifth floor balcony, that Steve's vision of servanthood has carried thru to today, greatly, and with magnificence.

Vera and I are retired United Methodist pastors. Of course, for the most part, we have been treated well, with respect and kindness. Sure, there have been times, or there have been the exception, but, for the most part we have been treated well.

But, I have a strong, deep voice that could sometimes be taken as anger or rudeness, whether that was what I was trying to express. As I have grown older and become a bit forgetful, I have had a growing fear, as many of us have, that I will have a growing dementia and less control of my temperament and behavior. I imagine that this is common among the 80+ generation.

With the strength of my voice, personality, and vocabulary, and the possibility of losing some of

my self-control, I have had the fear of simply becoming a cranky, loud, obnoxious old man. (Vera might say I have already made it.) I have the fear of becoming a person unpleasant to be around. How would staff people treat me at that point?

I need to say that since we have moved here, I have observed very few times when the decorum of the residents was less than polite, proper and gracious. But we are campus of some 400 old folks, with aches, pains, frustrations, often having to do things we don't want to, in places we would rather not be and often without the mental acuity to deal with life's challenges. We often have reason to be cranky.

But, the Steve Shields' dream of having a staff with a culture of compassionate servanthood stands strong and complete. I don't know if it is selective hiring or training or whatever, we residents are blessed with a staff that is compassionate, polite, caring and dare I say, sweet, always.

So, probably Vera and I are here permanently, and I am assured by experience that if I become a cranky, loud, difficult, harsh old man, I will still be treated with compassion, kindness, and dignity. And I have peace. Thanks Steve; thanks Lonnie; thanks to all Staff!

## Warmer weather, please!

*by Sarah Duggan*



These pictures are a flash back to Jan. 7—the last day the Duggans enjoyed even a *bit* of bearable weather in our backyard! Baby Eilish was able to test drive her gift from Santa, a brand-new swing for the swing set, and big sister Murphy was there to show her how swinging is done. Fingers crossed we can get back out there soon. Stay warm! Life is always changing.

# PRAIRIE★STAR RESTAURANT

**Restaurant Hours**  
**Monday to Saturday, 10:30 a.m. to 8 p.m.**  
**Sunday, 10:30 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>	Jan. 21 ~ Lunch \$13	Dinner \$11
	Roast Brisket with Mushroom Sauce Hashbrown Casserole Vegetable du Jour	Black Eyed Peas & Ham Cornbread Vegetable du Jour
<b>MONDAY</b>	Jan. 22 ~ Lunch \$10	Dinner \$12
	Turkey Reuben Sweet Potato Fries Choice of Vegetable	Sautéed Chicken Breast with Sundried Tomato Cream Sauce Rice Pilaf Vegetable du Jour
<b>TUESDAY</b>	Jan. 23 ~ Lunch \$8	Dinner \$13
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Beef Stroganoff Noodles Vegetable du Jour
<b>WED.</b>	Jan. 24 ~ Lunch \$10	Dinner \$13
	BBQ Chicken Legs Au Gratin Potatoes Choice of Vegetable	Swiss Steak Mashed Potatoes with Gravy Vegetable du Jour
<b>THURS.</b>	Jan. 25 ~ Lunch \$8	Dinner \$12
	Pasta Bar <i>(does not include drink, starter, or dessert)</i>	Baked Ham with Peach Sauce Wild Rice Cake Vegetable du Jour
<b>FRIDAY</b>	Jan. 26 ~ Lunch \$8	Dinner
	Lunch Buffet	<i>Restaurant Closed for Winter Ball.</i>
<b>SAT.</b>	Jan. 27 ~ Lunch \$10	Dinner \$14
	Fried Catfish Coleslaw French Fries	Stuffed Orange Roughy with Shrimp Roasted Red Potatoes Vegetable du Jour

**DRINK SPECIAL** | Gin & Tonic  
 1.5 oz. Tanqueray Gin & 4 oz. Tonic Water  
 \$3.75

## Grosh Cinema Movies

Sunday, January 21-January 27, 2018

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

### **Sunday, Jan. 21 — Smurfs The Lost Village (2017)**

Smurfette and best pals Brainy, Clumsy and Hefty journey deep into the Forbidden Forest to save a mysterious lost village from evil wizard Gargamel.

**Co-Starring: Demi Lavato, Rainn Wilson, Joe Manganiello & Jack McBrayer**

**Rated PG; 1 hr. 29 min.**

### **Monday, Jan. 22— Man of the Year (2006)**

A comedian who hosts a news satire program decides to run for president, and a computerized voting machine malfunction gets him elected.

**Co-Starring: Robin Williams, Laura Linney & Lewis Black**

**Rated PG-13; 1 hr. 55 min.**

### **Tuesday, Jan. 23— My Big Fat Greek Wedding (2002)**

A young Greek woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity.

**Co-Starring: Nia Vardalos, John Corbett & Michael Constantine**

**Rated PG; 1 hr. 35 min.**

### **Wednesday, Jan. 24— Paul Blart Mall Cop (2009)**

When a shopping mall is taken over by a gang of organized crooks it's up to a mild-mannered security guard to save the day!

**Co-Starring: Kevin James, Keir O'Donnell & Jayma Mays**

**Rated PG-13; 1 hr. 31 min.**

### **Thursday, Jan. 25— The Golden Compass (2007)**

In a parallel universe, young Lyra Belacqua journeys to the far North to save her best friend and other kidnapped children from terrible experiments by a mysterious organization.

**Co-Starring: Nicole Kidman, Daniel Craig & Dakota Blue Richards**

**Rated PG-13; 1 hr. 53 min.**

### **Friday, Jan. 26 — To Rome With Love (2012)**

The lives of some visitors and residents of Rome and the romances, adventures and predicaments they get into.

**Co-Starring: Woody Allen, Penelope Cruz & Jesse Eisenberg**

**Rated R for sexual references; 1 hr. 52 min.**

### **Saturday, Jan. 27— Bright (2017)**

Set in a world where fantasy creatures live side by side with humans. A human cop is forced to work with an Orc to find a weapon everyone is prepared to kill for.

**Co-Starring: Will Smith, Joel Edgerton & Noomi Rapace**

**Rated TV-MA; 1 hr. 57 min.**

# Weekly Opportunities Calendar Jan. 21 - Jan. 27

## Sunday • January 21

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

- 9:00 a.m. ~ Miller Worship Service, MFR
- 10:00 a.m. ~ Worship Service, CR
- 2:00 p.m. ~ Wroten Worship Service, WL
- 7:00 p.m. ~ Vespers with Rev. Clayton Boone from the First Presbyterian Church, CR

## Monday • January 22

*Breakfast at Verna Belle's—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
- 12:00 p.m. ~ Yoga, CR
- 12:00 p.m. ~ 1st pres. Men's Luncheon, MR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 3:30 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ Eastside Supper, MR
- 6:00 p.m. ~ LEAP! Class, KSU CL
- 7:00 p.m. ~ Community Bingo, CR

## Tuesday • January 23

*Trash pick-up day*

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

- 9:30 a.m. ~ Literature of Aging, WCR
- 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. ~ 3rd Floor Supper, CR

## Wednesday • January 24

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

- 9:15 a.m. ~ Depart for Evel Knievel trip, VE
- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Worship Service, LR
- 10:00 a.m. ~ ArtFull Memories Class, KSU CL
- 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. ~ Pitch, GR
- 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
- 1:30 p.m. ~ Diabetic Support Group, KSU CL
- 3:00 p.m. ~ Rock Steady Boxing, KSU CL

- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 4:00 p.m. ~ Lutheran Video Worship Service, LR
- 5:30 p.m. ~ 1st Floor Supper, LR

## Thursday • January 25

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

- 8:30 a.m. ~ Messenger Ladies, WCR
- 9:30 a.m. ~ Literature of Aging, 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
- 2:00 p.m. ~ Stepping On, KSU CL
- 4:00 p.m. ~ St. Paul's Episcopal Church Service, LR

## Friday • January 26

*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
- 12:00 p.m. ~ Parkinson's Partners Luncheon, CR
- 1:00 p.m. ~ Parkinson's Exercise Class, KSU CL
- 6:00 p.m. ~ Winter Ball, Community Center

## Saturday • January 27

*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
- 1:00 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	CSC, Combative Sports Center
HD, Hospitality Desk	MS, Miller Spa

\*Meadowlark News Channel can be viewed on Channel 1960

(785) 537-4610 • [www.meadowlark.org](http://www.meadowlark.org)