



# MEADOWLARK

Messenger

February 8, 2018  
Manhattan, Kansas  
Messenger Editor: Sarah Duggan

*A local not-for-profit organization  
enhancing senior lifestyles*



## Opportunity to participate in cancer research

Individuals who are currently being treated or have previously been treated for prostate cancer are invited to participate in a study at K-State's Clinical Integrative Physiology Lab, located on the top floor of the Lafene Health Center. This is a single-visit study exploring heart health in prostate cancer patients under the age of 80, via non-invasive ultrasound images. All participants must be a nonsmoker, free of cardiovascular disease — stroke, heart attack and bypass surgery.

If you are interested in participating, please contact Hunter Post, graduate student in kinesiology, for more information at (785) 534-9990 or via e-mail at [hunterpost4@k-state.edu](mailto:hunterpost4@k-state.edu).

*Note: This study has been reviewed by the Institutional Review Board and received approval No. 8861.*

## Photo contest

Winners for the Live Your Way, Every Day Photo Contest will be announced in the Feb. 15 edition of the Messenger. If you have questions about the contest, please contact Sarah Duggan at (785) 323-3878.

## Meadowlark Travelers headed north!

The location and dates of the next Meadowlark Travelers trip have been set! The group will venture north on a seven-day, six-night adventure to the Apostle Islands of Lake Superior Monday, July 9, through Sunday, July 15. (The average high for July is 81 degrees!) Two of the nights will be spent in Duluth, Minn. and two nights in Bayfield, Wis.

Possible features of the trip include Gooseberry Falls State Park, Split Rock Lighthouse, North Shore Scenic byway, Northern Great Lakes Visitors Center, Madeline Island lunch and tour, Apostle Island Grand Cruise, and Bayfield tour and strolling.

The trip will be hosted, once again, by Becky Fitzgerald, Development Director.

Please watch for more information including trip cost in future editions of the Meadowlark Messenger.

## **Music by Craig Plotner**

**Friday, Feb. 9, at 7 p.m.**

Back by popular request, Meadowlark gladly welcomes Craig Plotner! Craig is joining us from Lucas, Kansas at 7 p.m. Friday, Feb. 9, in the Community Room. Craig has been sharing his music throughout many Kansas communities for the past eight years. Come and enjoy his extensive song list, including some Craig Poltner originals. All are welcome for this fun night of musical entertainment!

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

**Sat., Feb. 10, Wed., Feb. 14, & Sat., Feb. 17**

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, Feb. 10, at 7 p.m. vs Texas Tech on ESPNU (channel 244) - **watch party with refreshments**

~ Wednesday, Feb. 14, at 6 p.m. vs Oklahoma State on ESPNU (channel 244)

~ Saturday, Feb. 17, at Noon vs Iowa State on ESPNU (channel 244) - **watch party with refreshments**

## **Vespers Services**

**Sunday, Feb. 11, at 7 p.m.**

The Vespers services will be led by Rev. Glenn Fogo from First United Methodist Church. Vespers service will begin at 7 p.m. Sunday, Feb. 11, in the Community Room. All are welcome.

## **Muffins with Meadowlark**

**Tuesday, Feb. 13, at 10 a.m.**

Meadowlark has partnered with Jamboree Drop-In Daycare, a local childcare center to offer a new volunteer opportunity! Every second Tuesday, Meadowlark residents will have the opportunity to visit the children at the daycare, ages two to five years old. The first visit is scheduled for Tuesday, Feb. 13, from 10 to 11 a.m. Visits will include time for socializing, story time or another activity, and snacks.

Transportation will be provided for all residents, so please sign up in the Blue Book if you are interested in participating. Please contact Jana at (785) 323-3890 for more details or with questions.

## **Mardi Gras Party**

**Tuesday, Feb. 13, at 5:30 p.m.**

You're invited to an entertaining, Mardi Gras themed event full of fun, food and maybe even a few prizes! The party begins at 5:30 p.m. Tuesday, Feb. 13, in Prairie Star Restaurant.

The cost for the evening is \$19 per person. Reservations are required and can be made at the host stand in Prairie Star Restaurant. The restaurant will close at 2 p.m. the day of the event, however, Verna Belle's Café will remain open until 6 p.m. to serve those who do not participate in the Mardi Gras Party. Please contact Brook Marcotte at (785) 323-3821 with questions.

## **Shopping Trip**

**Wednesday, Feb. 14, at 10 a.m.**

Take advantage of the complimentary transportation to local shopping centers now offered weekly! Transportation will travel to Dillons and Walmart at 10 a.m. Wednesday, Feb. 14, departing from the Village Entrance. Please register in the Blue Book to participate.

## **Ash Wednesday Services**

**Wednesday, Feb. 14, at 10 a.m. & 2 p.m.**

The Season of Lent begins with Ash Wednesday, which falls on Feb. 14 this year. For those who wish to kick off the Lenten season by commemorating Ash Wednesday, there will be opportunities at Meadowlark Hills and throughout the Manhattan community. Both Ash Wednesday services at Meadowlark will take place in the Living Room, at 10 a.m. and 2 p.m., led by Chaplain Patty Brown-Barnett.

A relatively new Ash Wednesday opportunity for those *on the go* in Manhattan is called "Ashes to Go", where local clergy will be stationed in a variety of places in town to offer ashes to the larger community. Chaplain Brown-Barnett will be one of the ministers offering "Ashes to Go" outside the Eastside Dillons (130 Sarber Lane) from 5 to 7 p.m.

Whether you are seated in the Living Room (between the Library and the Front Desk) or *on the go*, I wish you a blessed Lenten season and, just beyond, a glorious Easter.

## **Valentine's Day Party**

**Wednesday, Feb. 14, at 1 p.m.**

Tinklin House cordially invites you to the campus-wide Valentine's Day Party from 1 to 2:30 p.m.

Wednesday, Feb. 14, in the Community Room. Enjoy refreshments, live entertainment and creative crafts! No prior sign up is required.

### **Artist Discussion with the Beach**

**Wednesday, Feb. 14, at 6:30 p.m.**

Join Kim Richards from the Beach Museum of Art for a discussion on artist Mary Moser. The group will meet in the KSU Classroom at 6:30 p.m. Wednesday, Feb. 14. All who are interested are invited to join.

### **Parkinson's Webinar**

**Thursday, Feb. 15, at 11 a.m.**

You're invited to participate in a webinar offered by Meadowlark Parkinson's Program through the Michael J. Fox Foundation at 11 a.m. Thursday, Feb. 15, in the KSU Classroom. This month's topic is *Depression & Anxiety in Parkinson's Disease*. It will discuss the symptoms of depression and anxiety that are caused by Parkinson's disease. It will also provide strategies and types of treatment available for managing symptoms.

### **Low Vision Support Group**

**Thursday, Feb. 15, at 2 p.m.**

The Low Vision Support Group will meet at 2 p.m. Thursday, Feb. 15, in the KSU Classroom. Mandy Smith, an orientation and mobility specialist, will present on service options and share a demonstration of low vision technology. Please sign up in the Blue Book if you plan to attend.

### **Meadowlark Singers Concert**

**Friday, Feb. 16, at 7 p.m.**

Love is in the air! You're invited to the Meadowlark Singers Valentine's Day Concert at 7 p.m. Friday, Feb. 16, in the Community Room. You are sure to leave *loving* the performance!



# **LUNCH SPECIALS**

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

#### **Monday, Feb. 12**

Everything Bagel Sandwich & Choice of Side  
*turkey, ham & swiss cheese on an everything bagel with a dijon mustard glaze*  
**\$3.99 / \$5.99**

#### **Tuesday, Feb. 13**

Napa Valley Chicken Salad Sandwich with Side  
*shredded chicken, grapes, pecans & celery in a creamy dressing on toasted wheatberry bread*  
**\$3.99 / \$5.99**

#### **Wednesday, Feb. 14**

Reuben with Choice of Side  
*corned beef, swiss cheese, sauerkraut & thousand island dressing on toasted rye bread*  
**\$3.99 / \$5.99**

#### **Thursday, Feb. 15**

Hamburger with Baked Bean & Chips  
*grilled hamburger on a toasted bun served with lettuce, tomato & pickle*  
**\$5.99**

#### **Friday, Feb. 16**

Tomato & Bacon Grilled Cheese & Choice of Side  
*bacon and sliced tomato with American & cheddar cheese on your choice of white or wheat bread*  
**\$3.99 / \$5.99**



# LEADER OF THE PACK

Congratulations to Meadowlark's January 2018 Leader of the Pack, John Shapel! John is the Sous Chef in Prairie Star Restaurant. He has shown great leadership abilities in his current position. John goes above and beyond with his dedication to the quality of the food he serves and the time he takes to train new employees. He is extremely dependable and always has a positive attitude. John is an all-around great guy and Meadowlark is proud to have him on the team!

## Lessons in Efficiency and Debate

by Sarah Duggan

I recently read an article titled, *The Other Rush Hour: How to Find Happiness at 6 a.m.* The universe must have heard my sighs of frustration because the timing and content of the blog couldn't have been more fitting.

It was written by a working mom about the hectic, hair-pulling time that rolls around each morning when you are trying to get all the humans in your house dressed, fed and started for the day. Getting out of the door in the morning can sometimes be equivalent to completing an obstacle course while competing in the most rigorous and competitive debate match.

My oldest, Murphy, is three-years-old. However, I am convinced she is a teenager trapped in a preschooler's body. She is stubborn, independent, argumentative and sweet all rolled into one adorable little package. As a result of our morning stand offs when I am asking her to brush her teeth and put on her shoes, I have learned the most hurtful insult ever to be uttered in the toddler and preschooler circles: "You're mean. You're not coming to my birthday."

So, in the middle of getting dressed, organized and in the car, I now have to accept the fact that I have been disinvited to the constantly talked about Cinderella-themed birthday party "coming up" in July. The party I am throwing. My typical answer is okay, that's fine. To which I get the unreasonable onslaught of tears from little Murphy Rose as she moans, "But I want you to come to my birthday! I love you so so so much!"

Needless to say, our morning rush hour often ends in a tear-filled hug and I am once again invited to the party. And the look on little baby Eilish's face says she is convinced she lives in a nuthouse. Life is always changing.

## Town Meeting Notes, Feb. 5

Notes from Feb. 5 Town Meeting conducted by Monte Spiller, Resident Services Leader.

**Welcome** Monte welcomed the meeting attendees. No new residents were in attendance to be introduced.

**Campus Update** A survey regarding Town Meeting will be distributed by floor and neighborhood representatives. Please return completed surveys to the Hospitality Desk. Art Mingle is a new fundraising event that is planned for Friday, March 9. This is a ticketed event that will benefit Meadowlark Memory Program. Staff asks that we keep traffic light in the Community Center the evening of the event in order to accommodate for the fundraiser activities. More information will be available in the coming weeks. Please contact Becky Fitzgerald at 323-3843 with questions.

**Support Services Update** The Hospitality Team will now be offering a nightly shuttle service from the main building back to your residence. This will start Monday, Feb. 12. Hours of shuttle service will be 7 to 8:30 p.m. Monday through Friday and 6:30 to 7:45 p.m. Saturday and Sunday. Prairie Star Restaurant will close at 6 p.m. Friday, Feb. 16, to allow staff the opportunity to attend the annual Meadowlark employee recognition event. A to-go only buffet will be offered.

**Meditation Class Update** Meditation Classes are now offered twice a month—one beginner and one intermediate—through Meadowlark Parkinson's Program and Meadowlark Memory Program. For more information, call Michelle at 323-3899.

**Osher Update** The spring class catalog is now

available for Osher and UFM classes. Residents and Passport members can participate in the classes at no cost. Please visit the Hospitality Desk to pick up more information.

**Traveler Update** The summer trip for the Meadowlark Travelers is set for July 9 to July 15, 2018. The group will visit the Apostle Islands of Lake Superior.

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

### **IL Resident Council Minutes, Jan. 8, 2018**

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

**Staff present:** Jayme Minton and Monte Spiller  
Pat welcomed all meeting attendees.

#### **Updates**

General Update: Jayme explained the transition with the acquisition of Autumn Hills continues to go well. Meadowlark will once again have students from Kansas State University's Anthropology program living on campus for the semester. The students will move in on Friday, January 12, and be housed in apartment 315 and garden apartment 2015, apartment 4.

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

#### **New Business**

With Jo Lindly stepping down as the Fifth Floor representative, Carol Balding will temporarily represent the fifth floor until a nomination and election can take place.

The question regarding the transition time between classes on days that Dr. Tran's foot clinic took place was brought up. After following up with housekeeping, it appeared this was an isolated incident was confirmed there is a 15-minute transition period available for setup.

Jo Lyle shared an FYI about a situation that

occurred on the previous Saturday morning involving a confused individual with a history of mental health walking door to door by the cottages. Monte Spiller was aware of the incident and made contact with Riley County Police the same morning. The situation was resolved without incident. Floor and Neighborhood reps were encouraged to remind residents to be aware of their surroundings.

#### **Old Business**

A request to provide a list of the men's basketball games in the Messenger was requested. The list including the opponent, time, network and station were provided and listed in the Messenger the following week. It was also agreed to have watch parties for those games that fell on a Saturday.

#### **Additional Discussion Topics**

Jean Beatty reported on behalf of the Finance Committee. The annual insurance was renewed. Operating and Foundation Revenues both were favorable to the budget. Both cash on hand and debt service coverage are above budget.

#### **Meeting adjourned**

### **January Gifts to Meadowlark Foundation**

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

**Memory of**  
Twila Bailie  
Dorothy Buller  
Ina Dwyer  
Florence Hull  
Larry Pearson  
Verta Riniker  
Roger Shanks

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



# 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.

SUNDAY	Feb. 11 ~ Lunch \$12	Dinner \$11
	BBQ Chicken Au Gratin Potatoes Vegetable du Jour	White Lasagna Garlic Toast Vegetable du Jour
MONDAY	Feb. 12 ~ Lunch \$10	Dinner \$14
	Beef Tips Fettucine Choice of Vegetable	Seared Scallops with Butter Sauce Twice Baked Potatoes Vegetable du Jour
TUESDAY	Feb. 13 ~ Lunch \$7	Dinner
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Mardi Gras Party
WED.	Feb. 14 ~ Lunch \$10	Dinner \$12
	Pork Stroganoff over Rice Choice of Vegetable	Smothered French Onion Pork Chops Garlic Mashed Potatoes Vegetable du Jour
THURS.	Feb. 15 ~ Lunch \$7	Dinner \$12
	Pizza Bar <i>(does not include drink, starter, or dessert)</i>	Chicken Cordon Bleu Wild Rice Vegetable du Jour
FRIDAY	Feb. 16 ~ Lunch \$10	Dinner \$12
	Philly Steak Sandwich Three-Bean Salad French Fries	<b>Restaurant close at 6 p.m.; to-go only buffet</b> Meatloaf Hash Brown Casserole Vegetable du Jour
SAT.	Feb. 17 ~ Lunch \$10	Dinner \$15
	BBQ Pulled Pork Sandwich Potato Salad Coleslaw	Steak Baked Potato Vegetable du Jour

**DRINK  
SPECIAL**

**Kiss Cocktail**  
 1 oz. Vodka, 2 oz. Cranberry Juice, 1/2 oz. Amaretto & 1 oz. Orange Juice  
 \$3.75

## Grosh Cinema Movies

Sunday, February 11 to 17, 2018

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

### **Sunday, Feb. 11—The Adventures of Tintin (2011)**

George Remi's classic comic strip about the adventures of fearless young journalist Tintin.

Co-Starring: Jamie Bell, Andy Serkis, Daniel Craig, Nick Frost & Simon Pegg

Rated PG; 1 hr. 46 min.

### **Monday, Feb. 12—Viva Knievel (1977)**

Daredevil Evel Knievel stars as himself in this kitschy 1970s adventure.

Co-Starring: Evel Knievel, Gene Kelly & Lauren Hutton

Rated PG; 1 hr. 44 min.

### **Tuesday, Feb. 13— Sherlock Holmes (2009)**

Robert Downey Jr. stars as the legendary sleuth Sherlock Holmes in this Guy Ritchie-helmed reinvention of Sir Arthur Conan Doyle's detective series. The story follows Holmes and Watson as they face off against the villainous Blackwood.

Co-Starring: Robert Downey Jr., Jude Law & Rachel McAdams

Rated PG-13; 2 hrs. 8 min.

### **Wednesday, Feb. 14— The Choice (2016)**

Bachelor Travis Parker is enjoying the single life in his seaside North Carolina town when the beguiling Gabby Holland moves in next door. Almost immediately, the two fall in love despite a host of obstacles -- including Gabby's boyfriend.

Co-Starring: Benjamin Walker, Tersea Palmer & Maggie Grace

Rated PG-13; 1 hr. 51 min.

### **Thursday, Feb. 15— Good Fellas (1990)**

This gripping gangster opus follows real-world mobster Harry Hill, who dreamed of making it big but landed in Witness Protection Program instead.

Co-Starring: Ray Liotta, Robert De Niro, Joe Pesci, Paul Sorvino & Lorraine Bracco

Rated R for nudity, violence and drug references; 2 hrs. 25 min.

### **Friday, Feb. 16 – The Young Victoria (2009)**

Eighteen-year-old British Royal Victoria ascends to the throne and is romanced by future husband Prince Albert in his lush period film.

Co-Starring: Emily Blunt, Rupert Friend & Paul Bettany

Rated PG; 1 hr. 44 min.

### **Saturday, Feb. 17— Fun Mom Dinner (2017)**

Four preschool moms with little in common need a night out to take a break from their kids. But one thing leads to another, and things get rowdy!

Co-Starring: Katie Aselton, Toni Collette, Bridget Everett & Molly Shannon

Rated R for language throughout, crude sexual material, and drug use; 1 hr. 22 min.

# Weekly Opportunities Calendar Feb. 11 - Feb. 17

## Sunday • February 11

*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. Glenn Fogo from First United Methodist Church, CR

## Monday • February 12

*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
- 11:30 a.m. ~ Meadowlark Valley Luncheon, LR
- 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
- 1:30 p.m. ~ Hearing Aid Doctor, WCR
- 1:45 p.m. ~ Parkinson's Voice Class, CR
- 3:30 p.m. ~ MLH Singers Practice, CR
- 6:00 p.m. ~ LEAP! Class, KSU CL
- 7:00 p.m. ~ Community Bingo, CR

## Tuesday • February 13

*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. ~ Mardi Gras Party, PS

## Wednesday • February 14

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

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 10:00 a.m. ~ Ash Wednesday 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, KSU CL
- 1:00 p.m. ~ Pitch, GR
- 1:00 p.m. ~ Valentine's Day Party, CR
- 2:00 p.m. ~ Ash Wednesday Worship Service, LR
- 3:00 p.m. ~ Rock Steady Boxing, CR
- 3:00 p.m. ~ Call Hall Ice Cream, KR

- 4:00 p.m. ~ Lutheran Video Worship Service, LR
- 6:30 p.m. ~ Artist Discussion, KSU CL
- 6:30 p.m. ~ Osher Class: Gunmen, Scoundrels, and Lawmen of the West, CR

## Thursday • February 15

*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
- 11:00 a.m. ~ Parkinson's Webinar, KSU CL
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 2:00 p.m. ~ Stepping On, CR
- 2:00 p.m. ~ Low Vision Support Group, KSU CL
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR

## Friday • February 16

*Breakfast at Verna Belle's—Waffle or Pancake*

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Veterans Group, GC
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:30 p.m. ~ Mending Angel, GR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 3:30 p.m. ~ Catholic Rosary, CR
- 7:00 p.m. ~ Meadowlark Singers Concert, CR

## Saturday • February 17

*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
- 12:00 p.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