

## Parkinson's Awareness is on the rise

*by Michelle Haub, Parkinson's Program Leader*

Since the Meadowlark Parkinson's Program began eleven years ago, the number of people receiving support and services has grown immensely. This proves the need for this program and the free activities it provides for those affected by Parkinson's disease (Pd) in the Flint Hills Region. This Program is creating an infrastructure to be able to continue to grow and serve the community, not just residents of Meadowlark. This infrastructure is critical as researchers are predicting that by 2040, Parkinson's disease will be a pandemic.

Presently, it is estimated that there are 6.2 million people in the world living with Parkinson's. It is expected that by 2040, this number will rise to nearly 13 million, more than doubling the population of those living with Pd today. In the U.S., an estimated one million people live with Parkinson's disease, the second-most common neurodegenerative disease after Alzheimer's. Even with the numbers rising, they are still very likely to be underrepresented as many people are living undiagnosed. As our population lives longer, the rate of diagnosis will likely continue to rise because the risk increases with age. Another factor which may be causing an increase in Pd is that less people are smoking, which has proven to decrease the risk of Pd (please don't go out and start smoking to try and 'prevent' Pd!) Men have a greater prevalence of PD than women; however, this statistic is not always reflected in our community. The cause of PD is still unknown, but evidence suggests there are genetic and environmental components involved.

The hallmarks of the disease are rigidity (stiff muscles), bradykinesia (slow movements), resting tremor (although not present in the majority of individuals) and postural instability. A few other



*File photo: [left to right] Michelle Haub, Coach Bill Snyder & Bud Cox at 2017 Pig Out for Parkinson's event.*

common features present in Pd include: depression, quiet voice, constipation, vision changes and sleep disturbances. Although Pd is a progressive neurological degenerative disease, it typically progresses slowly and people often live with the disease for many years. Multiple System Atrophy (MSA), Lewy Body Dementia and Progressive Supranuclear Palsy (PSP) are other diseases that are in the Parkinson's family and are often referred to as "Atypical Parkinson's," "Parkinson's Plus" or "Parkinsonism." These diseases present with similar features but often progress more rapidly and in different manners. Whether one has the symptoms of typical or atypical Parkinson's, it is beneficial to work closely with a Movement Disorder Specialist or Neurologist to optimize quality of care.

Optimal medication management is imperative for individuals with Pd and can help decrease the symptoms of the disease. With the right medications,

*See Parkinson's, page 6*

## **Meadowlark Community Garden Plots**

Its that time of year again—time to select your gardening plot at the Meadowlark Community Garden. If you're interested in planting in the garden this year, please contact Nyle Larson at (785) 539-6688.

## **Meadowlark Library News**

*submitted by the Library Committee*

It is no longer necessary to check books in and out of the library! The committee asks that when you take a book out of the library, to then place the book in the smaller, round basket on the library hearth when you return it. The Library Committee will then shelve the returned book and hope this system will make it simpler for everyone!

We will keep the box of check out cards for about a month or so for you to take your own if you want it for keeping track of what books you have read. The cards will then be destroyed.

The committee greatly appreciates all of the wonderful books that you continue to donate to the library!

## **Save the Date**

Brook Marcotte's baby due date is fast approaching! Save the date for Tuesday, May 1, when we will celebrate with Brook and Baby Marcotte at Coffee Corner for a Sip'n'See, a baby shower *after* the baby so we can meet him or her!

## **Olympiad Kick-Off Party**

*Friday, April 6, at 2 p.m.*

The Olympiad will begin Friday, April 6, in the Community Room from 2 to 3 p.m. with a kick-off party! Join the party to receive participant packets, learn about the rules and compete in the first challenge. Please contact Jeff Heidbreder in the Caul Fitness Center or at (785) 341-2995 if you will not be able to attend the kick-off event, so we can arrange to get you the materials.

Participants will begin tracking physical activity next week and are encouraged to achieve 30 minutes or more each day. A group walk will be held on Monday, April 9, and Wednesday, April 11, please meet at the Village Entrance at noon to participate.

Lisa Schwarz will hold a nutrition seminar in

conjunction with the Olympiad at 2 p.m.

Wednesday, April 11, in the KSU Classroom. The Triathlon Challenge will be held on Friday, April 13, from 3 to 4 p.m. To participate, please meet at the Village Entrance.

## **Present Day Situation of the Roma**

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

*Submitted by Virginia Koon*

I am looking forward to seeing you on Friday, April 6, for another presentation sponsored by "Friends of the Gypsy Roma." Many people requested that I do a program on the present-day situation of the Roma. I will do that at 7 p.m. Friday, April 6, in the Community Room and give you some startling video of their situation from the dump in the city of Cluj to a city in Hungary where Roma are being ejected from the homes that they have lived in for years. The people involved there had their children in school, many of them had jobs and were paying their rent but were evicted anyway.

Please come and we will have time at the end for questions and discussion.

## **Vespers Services**

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

The Vespers services will be led by Rev. John Parsley from First Baptist Church. Vespers service will begin at 7 p.m. Sunday, April 8, in the Community Room. All are welcome.

## **ARTful Making**

*Monday, April 9, at 11 a.m.*

Join the Meadowlark Memory Program and the Marianna Kistler Beach Museum of Art for a terrific way to de-stress, improve fine motor skills and socialize with friends. Come to ARTful Making class from 11 a.m. to 12:30 p.m. Monday, April 9, in the KSU Classroom at Meadowlark Hills. Together, we will develop new skills or revisit old ones while engaging in various art making activities (i.e. watercolor, collage).

The class meets monthly and is free of charge. The Meadowlark Memory Program will provide you with the supplies you need and the Beach Museum will help provide you with the inspiration and instruction to create your art. Sign up in the Blue Book, as seating and supplies are limited.

### **Muffins with Meadowlark**

*Tuesday, April 10, depart at 9:45 a.m.*

The next Muffins with Meadowlark event is scheduled for Tuesday, April 10, from 10 to 11 a.m. Residents will have the opportunity to visit a local daycare in Manhattan and spend time with little ones (age 2-5 years old), listen to story time, and eat yummy muffins! Jamboree is a licensed daycare provider, so all of the children have been vaccinated. The facility is also wheelchair accessible for residents who might want to participate, but are wheelchair bound.

Transportation will be provided for all residents and will depart from the Village Entrance at 9:45 a.m. Please sign up in the Blue Book if you are interested.

### **Memorial Service for Maxine Burkhard**

*Tuesday, April 10, at 10:30 a.m.*

A memorial service for Maxine Burkhard will be held at 10:30 a.m. Tuesday, April 10, in the Community Room. All are welcome to attend.

### **Emily's Feature Dessert**

*Tuesday, April 10, at 3 p.m.*

Emily's Feature Dessert for Coffee Corner Tuesday, April 10, is Cold Citrus Soufflé. Come early and don't miss this unique afternoon treat!

### **Building & Grounds Committee**

*Wednesday, April 11, at 9 a.m.*

The Building and Grounds Committee will begin meeting in April. Meetings are scheduled for 9 a.m. the second Wednesday of each month through September in the Flint Hills Room. If you have questions, please contact Bob Klemm, chairman of the committee, at (785) 537-0980.

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

*Wednesday, April 11, at 6:30 p.m.*

You're invited to join Kim Richards from the Beach Museum of Art for a discussion on Robert Smithson. The group will meet at 6:30 p.m. Wednesday, April 11, in the KSU Classroom. All who are interested are welcome to attend.

### **Resident Focus Group**

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

The April Resident Focus Group will spotlight Verna Belle's Café team member, Linda Graham. The group will meet at 10 a.m. Thursday, April 12, in the KSU Classroom.

### **A Sense of the Past**

*Thursday, April 12, at 10:30 a.m.*

Do you love painting or drawing? Well if so, this class is for you! Join Rachel Severt at 10:30 a.m. Thursday, April 12, in the South Conference Room (formerly the Tranquility Room) for a student-led painting activity as she works at helping participants relive memories through the use of the five senses. Each week, participants will create a piece of artwork showcasing a small aspect of this memory.

Thursday, April 12, participants will be taking a step out of their comfort zone through celebrating "National Walk on Your Wild Side Day." To celebrate this holiday, people are encouraged to take a chance and do something out of the ordinary. With this, participants will be learning a new painting technique involving the use of red wine! Come out as we think of unusual activities we have participated in throughout our lives while doing something out of the ordinary of painting rather than drinking wine on this day!

### **Meadowlark Ladies Luncheon**

*Thursday, April 12, at 12 p.m.*

Copper has been used and cherished for around 9,000 years. Copper, considered a native metal because it is found in nature in its metallic form, would have been especially useful to ancient man as it was much stronger than gold, hard enough to be made into useful items such as fishhooks and woodworking tools, but still soft enough to be easily shaped. Chefs have long known that pots made of copper are ideal heat-conductors; the material is durable, hygienic and corrosion-resistant.

Meadowlark resident Marlis Mann and Becky Fitzgerald, Development Director, are both fans of copper and will display pieces from their copper collections at the April Ladies Luncheon, which is planned for noon on Thursday, April 12, in the Manhattan Room. Please register in the Blue Book by Friday, April 6; all ladies are welcome to attend. If you have a piece of copper you like to wear or share, please bring it and your story about it to lunch on the 12<sup>th</sup>.

### **Flint Hills Playback Company**

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

For the first time Meadowlark welcomes the Flint

*Continued on page 4, see events*



# LEADER OF THE PACK

Congratulations to Meadowlark's April 2018 Leader of the Pack, Kayla Weber! Kayla is the Clinical Coordinator for Collins House. She maintains a positive, take-charge attitude, while remaining calm during stressful situations. She has shown great professional adaptability and flexibility, with staff growing to know her as an approachable, kind, compassionate leader and caregiver. Kayla sets an incredible example for others to follow. Meadowlark is glad to have Kayla as a part of the team!

*Events continued from page 3*

**Hills Playback Company!** This group is ensemble-based improvisational theater where members of the audience are invited to share stories that the actors “play back” to the spectators. It is a unique way to connect with people and share their stories in a different form of theatre. The theme for the night will be *Living. Breathing. Blooming.* Please join the group at 7 p.m. Friday, April 13, in the Community Room. All are welcome to attend.

## **Calling at 4-Hers!**

**Saturday, April 14, at 9 a.m.**

A group of local 4-H youth will be coming to Meadowlark, on Saturday, April 14, from 9 a.m. to 1 p.m., to come and learn more about what makes our community so special and meet some of our wonderful residents! These youth are a part of a unique group that focuses on leadership and citizenship. If you would be interested in talking about your own 4-H experience during a casual discussion with these 4-Hers, please sign up in the Blue Book, or contact Jana at (785) 323-3890.

## **Haskell Indian College Performance**

**Saturday, April 14, at 9:30 a.m.**

You're invited to enjoy a performance from the Haskell Indian College Dance Troop at 9:30 a.m. Saturday, April 14, in the Community Room. All who are interested are invited to attend!

## **Trip to Hobby Lobby & Dollar Tree**

**Saturday, April 14, depart at 10:30 a.m.**

Starting Saturday, April 14, transportation will be provided to Dollar Tree & Hobby Lobby for shopping trips. The bus will depart from the Village Entrance at 10:30 a.m. and will return around 11:45 a.m. The cost for transportation is \$3 per person and the trip will occur the second

Saturday of each month. Please sign up in the Blue Book at the Hospitality Desk.

## **Coach Bill Snyder & players visit**

**Tuesday, April 17, at 2:30 p.m.**

Following an eight-win season, including a Cactus Bowl victory over UCLA, KSU Football Head Coach Bill Snyder and the KSU Wildcats are primed for a run at the Big 12 Championship. It's never too early to get excited about K-State Football, so join us at 2:30 p.m. Tuesday, April 17, in the Community Room for a special edition of our weekly Coffee Corner with Coach Snyder and the players. All are welcome to attend!

## **Haymakers**

**Friday, April 20, at 7 p.m.**

On Friday, April 20, Meadowlark welcomes back the Haymakers! The Haymakers are no strangers to Meadowlark Hills. They will be performing a variety of music, including traditional Kansas songs, old-time tunes, Bluegrass and Country songs from the '30s and '40s.

So if you are looking for a good time, come on down to the Community Room at 7 p.m. Friday, April 20, and enjoy a performance by the Haymakers!

## **Kansas Plant Presentation**

**Wednesday, April 18, at 1:30 p.m.**

Join Gregg Eyestone at 1:30 p.m. Wednesday, April 18, in the Community Room as he presents on Kansas plants. Gregg is the Riley County Horticulture Agent and his areas of specialty included Adapted Varieties for Kansas and Composting. He is also their Master Gardner Coordinator. All who are interested are invited to attend.

## **Take Me Out to the Ballgame!**

***Wednesday, May 30, depart at 1:15 p.m.***

Residents, staff and family members are invited to Kansas City's Kaufman Stadium to watch the 2018 Royals. This year's trip is scheduled for Wednesday, May 30, with the first pitch at 7:30 p.m. against the Minnesota Twins. The cost of the trip is \$35, which includes a ticket to the game, transportation on a chartered 56-passenger bus, and a tailgate supper catered by Prairie Star Restaurant.

The bus will depart from the visitor parking area by Prairie Star's Patio at 1:15 p.m. Travelers should arrive by 12:30 p.m. Upon arrival at the stadium, the tailgate-supper will be set up and will include an assortment of sandwiches, chips and dip, fruit, salads, water and soda. Attendees are encouraged to bring lawn chairs, coolers with adult beverages, tailgating games, cash for food/drinks inside of the stadium and snacks for the ride home. Plates and silverware will be provided. Adult beverages are permitted and can be transported in the storage area under the bus.

Registration for the KC Royals trip is open and a sign-up sheet is in the Blue Book located at the Hospitality Desk. When signing up, please include your name, phone number, and indicate whether you are a resident or staff member and your method of payment. There is a limited amount of tickets available and registration will be on a first-come, first-serve basis. Cancellations need to be made by Wednesday May 23 for full reimbursement. Cost of the event can be paid via cash, check, and credit card or can be charged to your monthly statement. Employees can have the cost deducted from their paycheck.

Departure from the stadium to return home will be contingent on when the game ends, but expect to return around midnight. Let's go Royals!

## **Outdoor Encounters**

***submitted by Nathan Bolls***

Last Sunday we celebrated both Easter Sunday and April Fool's Day. Just a few of us had to think twice before realizing that manipulation of calendars is the only reason for that timing. True, for some the ideas of a Godhead and of The Creation are folly. And far too many of those who do accept The Creation—in whatever

interpretation of it they can tolerate—try to separate themselves from the rest of The Creation. Too Many people consider only humans—and no other living forms—as sacred. Many do not want to think of themselves as animals or of being related to other animals. This is folly, but this mindset has thus far been a common *modus operandi*.

Far too many still have to think twice before realizing that the Creation is not intrinsically evil, is not an enemy that has to be conquered and controlled. Being evil is not the same as being dangerous. Far too many have to think twice before realizing that they do not own this Earth, that it does not exist solely for their pleasure and exploitation. Unfortunately, some never reach this level of perspective.

Far too many still have to think twice before realizing that the fragile crust of our planet is destructible; that it is neither a renewable nor a controllable resource; that we have a finite amount of time to grow a healthy, ever-enduring, give-and-take relationship with this Mother Earth that sustains us. Still have to think twice before realizing that the vibrant bursting forth of flowering plants, the great verdancy of our campus and Natural Area, just may cease to happen if we persist in caring not what we do. Still have to think twice before realizing that robins, meadowlarks, and wrens may not always sing from their perches; that deer and turkeys may not feed across our meadows; that coyotes, whip-poor-wills, and barred and great horned owls may no longer add mystery to the night. Have to think twice before realizing that rising oceans; toxic soils and waters; super intense storms and droughts will one day make this land unfit for human habitation.

Far too many never consider that if people (to borrow a term from poet Maxine Kumin) are to have a significant "Ground Time" on Spaceship Earth, any interaction we have with the "Good Earth" must be done with the care and grace of a kind shepherd. If we run out of time before getting our act together, it will not be coincidental. And each dawn thereafter will give birth to an authentic April Fool's Day.



*Parkinson's, from page 1*

therapy and exercise, individuals often regain some control and confidence in their daily living skills and improve their quality of life.

Interventions earlier in the disease process can prove to be most effective, however progress and changes can occur at all stages of the disease.

The Meadowlark Parkinson's Program's goal is to help individuals affected by Pd live well. The Program offers bi-weekly exercise classes & yoga classes, weekly voice classes, Rock Steady Boxing classes, bimonthly care-partner support groups, a monthly education group, a monthly Young Onset meeting, consultations, a lending library of resources and equipment as well as other outreach, educational and scholarship opportunities. All services are provided free of charge to anyone in the Flint Hills.

Wednesday, April 11, 2018 is Parkinson's Awareness Day and the month of April is National Parkinson's Awareness Month. To help us elevate people's understanding of Pd, we are celebrating the **8<sup>th</sup> Annual Pig Out for Parkinson's at Cox Bros. BBQ on Thursday, April 19.** Cox Bros. BBQ donates 10-percent of the sales from this day to the Program. K-State Football Coach, Bill Snyder, will be present at lunch for autographs and pictures. The evening is filled with activity including: a hog roast buffet & performance by country singer Bryton Stoll.

Additionally we have an exciting raffle opportunity this year! Take your chances to win the ultimate **K-State Football Fan Experience**, which includes two Presidential Suite tickets to the Texas Tech game on November 14, an autographed pair of Nike Cortez shoes (like Coach Snyder wears) and a \$100 gift certificate to Academy Sports. Tickets are \$1 for one/\$5 for six and can be purchased at the Hospitality Desk and Verna Belle's Café (until noon on Thursday, April 19) and at Cox Bros BBQ. The winner will be drawn at Pig out for Parkinson's at 8:30 p.m. and need not be present to win.

I look forward to seeing you at *Pig Out for Parkinson's* at Cox Bros BBQ on Thursday, April 19, to celebrate National Parkinson's Awareness Month!

## **On the Dog with a Good Ear**

*submitted by Helen Roser*

Lynn was a beautiful Sicilian with lots of curves, dark curly hair and a husky singing voice. She had been a performer since her teens and married the band leader when she became an adult. She was the vocalist for his band and emotionally dependent on him. When he died suddenly, she vowed to keep his band together and she became its vocalist-leader.

She missed her husband terribly and got a little dog for company. It was a little short-haired terrier who sensed her need and fell madly in love with her and was her protector from then on.

Lynn rehearsed the band in her house. The sofa was shoved to the side of the room and chairs lined up for the band. She stood in front of them to lead and sing. Her dog was fully aware that Lynn was their leader and he stood beside her, listening intently.

She often asked me to sit by during the rehearsals, which I did on the sofa. As they prepared for a special gig at a new club, Lynn got word that her trumpet player was sick. It was hard to get a player on short notice, but she found a trumpet player she didn't know but who said he could hustle over for the rehearsal.

The band had played a few numbers by the time he arrived and he got his instrument out in a hurry and took his seat in the front row. Lynn's dog was very interested in this stranger and stood at alert, looking at the new man.

It was bad enough playing with an unfamiliar band, but having a dog, whose hair seemed to be bristling, staring at him was unnerving and did not lend to the best playing. They began to play and, sure enough, he hit a note off-key. (To one with a *good ear*, off-key notes are as comfortable to hear as a fingernail scratching across a blackboard.) Lynn's dog let out a loud bark and he rushed to errant player and gave him a piece of his dog mind.

Lynn, who was appreciative that this man had rushed to help her, told her dog to "Go sit on the sofa with Helen." So he did, but still alert and not at all happy. The band started playing again and the trumpet was in a different world, key-wise. Lynn's dog that had been ordered to hush, bristled and whimpered unhappily. I soothed him, saying: "Yes, I know, but he is trying to help Lynn." Since

then, I've told everyone that Lynn's dog has a better ear than most people. Thankfully, her trumpet man recovered in time for them to play their special gig. I spread the word: "Lynn's dog is her protector. Do not play to play a bad note in her band."

**Another year gone by**  
by Sarah Duggan



Eilish Wynnette, my sweet baby, turns one-year-old this Saturday. As a mom who crossed this bridge just a couple years ago with Murphy Rose, I am surprised to say I wasn't expecting the same bittersweet feeling because, you know, I've *been through it*. Wrong.

Tuesday evening while I was home alone with Eilish—Murphy is a semi-serious preschool gymnast every Tuesday night—I watched her pull up and push a walker toy across the whole room without me. Eilish was *walking*, with aide of the toy but nonetheless, walking. My baby is not far away from walking on her own and we all know what happens then. They talk, eat real food, form their own ideas, go to school and move out. Yes, I'm exaggerating, but from my mommy-lensed glasses I feel like someone pushed the fast-forward button without asking if I was ready.

We've planned a small get together to celebrate Baby Eilish this weekend. Fingers crossed I get through the festivities without tears. But even so, a few tears couldn't hurt, right? Life is always changing.



# LUNCH SPECIALS

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

**Monday, April 9**

Triple Meat Pizza  
*pepperoni, sausage & bacon on a flatbread crust with mozzarella & marinara sauce*  
**\$3.99 / \$5.99**

**Tuesday, April 10**

Grilled Chicken Sandwich with Choice of Side  
*grilled chicken breast & swiss cheese on a butter-toasted bun with lettuce, tomato & roasted garlic aioli*  
**\$5.99**

**Wednesday, April 11**

Turkey Cranberry Panini with Choice of Side  
*turkey, cranberry sauce & swiss cheese on a butter-toasted wheatberry bread*  
**\$3.99 / \$5.99**

**Thursday, April 12**

Bacon & Tomato Grilled Cheese with Tomato Soup  
*bacon, tomato, cheddar & american cheese on your choice of italian or wheatberry bread*  
**\$3.99 / \$5.99**

**Friday, April 13**

Hamburger with Baked Beans & Chips  
*grilled hamburger on a butter-toasted bun with lettuce, tomato & pickle*  
**\$3.99 / \$5.99**

## **IL Resident Council Minutes, March 5, 2018**

**Members present:** Pat Vogt, Jean Beatty, Bob Crawford, Nyle Larson, Betty Love, Jo Call, Marilyn Ray, Steve Owens, Polly Ferrell, Charlotte Kelley, Carol Balding, Pam Oehme, Sharon Smith, Bea Rasmussen, Janice Parsons and Jo Lyle

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

Pat welcomed all meeting attendees.

### **Updates**

General Update: Lonnie spoke on the challenge of retaining employees at Meadowlark, as well as other organizations and businesses in Manhattan. Over the last five years as employers in the area narrow their focus on maintaining quality staff members, we continue to see inflation in wages with competition and will probably see that climb even more in the future. Another factor that plays a part in low staff recruitment numbers is the decrease in student enrollment at K-State. Our biggest employment challenge currently is nurses. We simply don't have enough in the area. People are changing their practices to accommodate, with Ft. Riley pushing their wages up and the hospital has increased sign-on incentives.

Meadowlark is being proactive and looking to reach out to high school students with a Junior Volunteer Program. We want to bring them in, show them what we do and encourage them into a high school CNA programs. Phase two of these efforts is through the Meadowlark Foundation, as we investigate creating nursing scholarships. With this program, we are hoping to identify people who want to remain in Manhattan and enjoy being a nurse.

In the recent survey regarding Town Meeting, resident responses indicated that not much needed to change in the meeting structure. Many surveys expressed that people attend Town Meeting to stay current for the upcoming month and the happenings around Meadowlark. Addressing questions that were brought up on the average age of Independent Living residents the following statistics were gathered: From 2005 to 2014, the average age of a person that moved into IL was 81.54 years of age. From 2015 to 2017, the

average age is 82.23.

Support Services Update: Art Mingle will take place Friday, March 9. This is a great opportunity for the residents of Meadowlark and the surrounding community to learn more about the Meadowlark Memory Program and enjoy the art collection on our campus.

The potential renovation plan with Prairie Star's kitchen is still in the early stages. The team has met with two companies to explore the options available for the space.

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

### **New Business**

Board Members, Jean Beatty, Bob Crawford and Nyle Larson introduced themselves to the new representatives.

Charlotte Kelly was introduced as the new Fourth Floor Representative.

Pam Oehme was introduced as the new Meadowlark Rd. Eastside Representative.

**Old Business:** None.

### **Additional Discussion Topics**

A question concerning the cow lot west of Meadowlark was brought up. Resident were curious if the University reached out to us prior to moving it to its current location. There is also concern of the smell and the view for those residents facing the west.

Pam Oehme, Eastside Representative asked about the process when a new resident moves into a neighborhood or floor. It was explained that Monte Spiller provides and reviews a handbook to all new residents, then the neighborhood or floor rep would follow up with the new resident to go over any other questions they may have.

A question about the voting process on representatives when there is only one candidate was brought up. It was explained the process of moving forward to vote "yes" or "no" even if there was one candidate.

**Meeting adjourned**



## Town Meeting Notes, April 2

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

**Welcome** Monte welcomed the meeting attendees. IL second-floor resident Harry Manges introduced himself to the meeting attendees.

**Campus Update** Many people received an e-mail from Meadowlark regarding the state budgeting process that began last week. One of the items up for discussion at the state level is an increase in the Medicaid reimbursement that providers, like Meadowlark, receive when caring for residents who have outlived their resources. Those who are interested can reach out to our representatives to encourage them to advocate for the increase.

Meadowlark is again exploring the option of operating a daycare facility on our campus as a service to our employees. Currently only 60-percent of the daycare need in Manhattan is currently being met. The exploration of this opportunity is still in the beginning phases.

**Support Service Update** Abby Cavender is doing a fantastic job of selling our available independent living apartments, duplexes and cottages. Meadowlark currently has eight signed LOIs. She recently sold 2003 Meadowlark Road apt. 3, which has been used as a guest suite. The guest suite will be moved to 2263 Meadowlark Road in the next couple of weeks.

Jayne thanked everyone who attended Easter Brunch. She asked that when signing up for monthly floor and neighborhood meals, to please sign up at least 48 hours in advance. If you sign up with less than 48-hours notice, you may not receive the planned menu, but will receive the daily special.

Prairie Star Restaurant is hiring new people who will be Evening Service Managers who will be dressed in business casual clothing while they are working and be responsible for customer satisfaction during evening meal service.

**Wellness Olympiad & Stepping On** The Meadowlark Wellness Olympiad starts this week with a Kick-Off Party at 2 p.m. Friday, April 6. Sign up ends April 2 and the Olympiad starts Monday,

April 9. The next session of the Stepping On Falls Prevention Class will begin Thursday, April 5. The session runs for seven weeks and meets on Thursdays between 2 and 4 p.m. Please let Jeff Heidbreder, Fitness Leader, know if you are interested in participating.

**Change & Loss Series** The new Change & Loss Series will begin Wednesday, April 4. This session will be led by Chaplain Patty Brown-Barnett, Bridget Larkin and Ebonie Christion. The group will have a new, more flexible format and will not focus on required reading.

**Pig Out for Parkinson's** Pig Out for Parkinson's is scheduled for Thursday, April 19, at Cox Bros. BBQ. There will be a slider buffet for lunch and a hog-roast buffet for dinner. Coach Snyder will visit the event around the noon-time meal. Raffle tickets are available for purchase at Verna Belle's Café, the Hospitality Desk and Cox Bros. BBQ.

**Grown Green Match Day** The sixth annual Grown Green Match Day (4th time Meadowlark has participated) is Friday, April 20, at the Greater Manhattan Community Foundation. On this day, every donation made will be matched by Phil Howe at 50-percent. If you'd like to travel to GMCF to make a donation toward Meadowlark, there will be transportation available at two different times. Please contact Becky Fitzgerald for more information.

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

### March Gifts to Meadowlark Foundation

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

#### Memory of

Bob Benedict  
Imogene L. Bolls  
Jacquie Brewer

Kitty Cool  
Pat Edwards  
Bonnie Nespor

John Vogt

*If you have questions regarding Meadowlark Foundation, please contact Becky Fitzgerald, 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.

<b>SUNDAY</b>	April 8 ~ Lunch \$12	Dinner \$12
	Pot Roast with Carrots, Onions & Celery Roasted Red Potatoes Vegetable du Jour	Beef Tips Fettucine Vegetable du Jour
<b>MONDAY</b>	April 9 ~ Lunch \$10	Dinner \$13
	Turkey Loaf Mashed Potatoes & Gravy Vegetable du Jour	Stuffed Cajun Pork Tenderloin Red Beans & Rice Vegetable du Jour
<b>TUESDAY</b>	April 10 ~ Lunch \$7	Dinner \$13
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Swiss Steak Mashed Potatoes & Gravy Vegetable du Jour
<b>WED.</b>	April 11 ~ Lunch \$10	Dinner \$12
	Braised Lemon Thyme Drumsticks Wild Rice Choice of Vegetable	Chicken Fried Chicken Mashed Potatoes Vegetable du Jour
<b>THURS.</b>	April 12 ~ Lunch \$7	Dinner \$14
	Soup & Salad Bar <i>(does not include drink, starter, or dessert)</i>	Shrimp Linguini with Tomato Basil Sauce Vegetable du Jour
<b>FRIDAY</b>	April 13 ~ Lunch \$10	Dinner \$12
	BBQ Brisket Sandwich Potato Salad Choice of Vegetable	Mushroom & Creamed Spinach Smothered Chicken Rice Pilaf Vegetable du Jour
<b>SAT.</b>	April 14 ~ Lunch \$10	Dinner \$15
	Grilled Chicken Parmesan Sandwich French Fries Choice of Vegetable	Steak Baked Potato Vegetable du Jour

**DRINK  
SPECIAL**

**Daiquiri**  
 2 oz. Bacardi Superior Rum, 1 oz. Lime Juice & 3/4 oz. Simple Syrup  
**\$3.75**

## **Grosh Cinema Movies**

Sunday, April 8, to Saturday, April 14, 2018

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

### **Sunday, April 8 – Leap! (2016)**

An orphan girl dreams of becoming a ballerina and flees her rural Brittany for Paris, where she passes for someone else and accedes to the position of pupil at the Grand Opera house.

Co-Starring: Elle Fanning, Dane DeHaan & Carly Rae Jepsen

Rated PG; 1 hr. 29 min.

### **Monday, April 9 – Mamma Mia! (2008)**

Set on a colorful Greek island, the plot serves as a background for a wealth of ABBA songs. A young woman about to be married discovers that any one of three men could be her father. She invites all three to the wedding without telling her mother

Co-Starring: Meryl Streep, Pierce Brosnan & Amanda Seyfried

Rated PG-13; 1 hr. 48 min.

### **Tuesday, April 10 – Revolutionary Road (2008)**

A young couple living in a Connecticut suburb during the mid-1950s struggle to come to terms with their personal problems while trying to raise their two children.

Co-Starring: Leonardo DiCaprio, Kate Winslet & Christopher Fitzgerald

Rated R for language and sexual content; 1 hr. 59 min.

### **Wednesday, April 11 – The Homesman (2014)**

Three women who have been driven mad by pioneer life are to be transported across the country by covered wagon by the pious, independent-minded Mary Bee Cuddy, who in turn employs low-life drifter George Briggs to assist her.

Co-Starring: Tommy Lee Jones, Hilary Swank & Grace Gummer

Rated R for violence and some sexual content; 2 hrs. 2 min.

### **Thursday, April 12 – Independence Day (1996)**

The aliens are coming and their goal is to invade and destroy Earth. Fighting superior technology, mankind's best weapon is the will to survive.

Co-Starring: Will Smith, Bill Pullman & Jeff Goldblum

Rated PG-13; 2 hrs. 25 min.

### **Friday, April 13 – Dunkirk (2017)**

Allied soldiers from Belgium, the British Empire and France are surrounded by the German Army, and evacuated during a fierce battle in World War II.

Co-Starring: Fionn Whitehead, Barry Keoghan & Mark Rylance

Rated PG-13; 1 hr. 46 min.

### **Saturday, April 14 – The Woman in Gold (2015)**

Maria Altmann, an octogenarian Jewish refugee, takes on the Austrian government to recover artwork she believes rightfully belongs to her family.

Co-Starring: Helen Mirren, Ryan Reynolds & Daniel Brühl

Rated PG-13; 1 hr. 49 min.

# Weekly Opportunities Calendar April 8- April 14

## Sunday • April 8

*Verna Belle's—Omelets with Fruit*

- 9:30 a.m. ~ Miller Worship Service, MFR
- 10:30 a.m. ~ Worship Service, CR
- 2:00 p.m. ~ Wroten Worship Service, WL
- 7:00 p.m. ~ Vespers with Rev. John Parsley, CR

## Monday • April 9

*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
- 11:00 a.m. ~ ARTful Making, KSU CL
- 11:30 a.m. ~ Meadowlark Valley Luncheon, FHR
- 12:00 p.m. ~ Yoga, CR
- 12:00 p.m. ~ 1st Pres. Men's Luncheon, MR
- 12:00 p.m. ~ Group Walk, VE
- 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!, KSU CL
- 7:00 p.m. ~ Community Bingo, CR

## Tuesday • April 10

*Trash pick-up day*

*Breakfast at Verna Belle's—Breakfast Sandwich w/Fruit*

- 9:30 a.m. ~ Literature of Aging, WCR
- 9:45 a.m. ~ Depart for Muffins with Meadowlark, VE
- 10:30 a.m. ~ Maxine Burkhard Memorial Service, CR
- 12:00 p.m. ~ Seven Dolors Book Discussion, FHR
- 3:00 p.m. ~ Coffee Corner, CR—FEATURE DESSERT!
- 4:00 p.m. ~ Newspaper & Bible, FHR

## Wednesday • April 11

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

- 9:00 a.m. ~ Building & Grounds Meeting, FHR
- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 10:00 a.m. ~ Worship Service, FHR
- 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
- 12:00 p.m. ~ Group Walk, VE
- 1:00 p.m. ~ Pitch, GR
- 2:00 p.m. ~ Wellness Olympiad Seminar, KSU CL
- 2:00 p.m. ~ Change & Loss Series, SCR

- 3:00 p.m. ~ Rock Steady Boxing, CR
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 4:00 p.m. ~ Lutheran Video Worship Service, FHR
- 6:30 p.m. ~ Artist Discussion: Beach Museum, KSU

## Thursday • April 12

*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, FHR
- 10:00 a.m. ~ Resident Focus Group, KSU CL
- 10:30 a.m. ~ Steady Yourself, CR
- 10:30 a.m. ~ A Sense of the Past, SCR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Meadowlark Ladies Luncheon, MR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 2:30 p.m. ~ Gerontology Class, CR
- 2:00 p.m. ~ Stepping On, KSU CL
- 4:00 p.m. ~ Great Decisions, FHR

## Friday • April 13

*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. ~ Hand & Foot Card Games, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Parkinson's Care Partner Support Grp, FHR
- 2:30 p.m. ~ Rock Steady Boxing, CSC
- 3:00 p.m. ~ Wellness Olympiad Challenge, VE
- 7:00 p.m. ~ Flint Hills Playback Company, CR

## Saturday • April 14

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

- 9:00 a.m. ~ 4-H Youth Visit, WCS & KSU CL
- 9:30 a.m. ~ Painting for Fun, SCR
- 9:30 a.m. ~ Haskell Indian College Performance, CR
- 10:30 a.m. ~ Trip to Hobby Lobby & Dollar Tree, VE

### Room Abbreviations

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