

Meadowlark Wellness Olympiad

Germany takes the Gold!



[left to right] Team Germany members Cam Beatty, Don Rasmussen and Bea Rasmussen were awarded the Meadowlark Wellness Olympiad trophy for the third straight year. They clenched the gold with their winning recipe at the post party—yellow split pea soup with rye bread croutons.

submitted by Jeff Heidbreder

The 2018 Meadowlark Wellness Olympiad has come to a close! It was a fun six weeks and the participants spent many hours being active. Totalling up the physical activity from all of our participants, they completed roughly 887 hours during the Olympiad. Great job and keep moving!

The competition was tight until the very end and came down to the final challenge at the post party. Team Germany (Cam Beatty, Don

and Bea Rasmussen) were able to pull out the narrow victory, keeping their winning streak alive. Cam, Don and Bea have now won the Olympiad for three straight years!

I would like to thank all of the participants, our committee who helped me organize this event and the volunteers that assisted along the way. Please feel free to contact me with any comments or suggestions that you may have for future events.

June Ladies Luncheon

submitted by Polly Ferrell

All Meadowlark Hills ladies are invited to the Thursday, June 14, Ladies Lunch. Come along for the short trip to JP's Sports Grill located in the KSU Jardine Marketplace building. Lunch will be served in the delightfully eclectic Table Room. We will be seated at a variety of dining table/chair sets, each with a unique KSU history.

Jardine Marketplace has received the LEED Gold certification in recognition of its many innovative sustainability features. Manager Brett Engleman, a former Meadowlark Hills staffer, will share details with us.

Following our lunch of JP's Signature Cobb Salad, Pretzel Crostini, Lemon Tarts and Coffee/Tea/Soda, we will have the opportunity to take the elevator to the fifth floor of the Jardine Tower to experience a panoramic look at the KSU campus and the northern Manhattan landscape, including a view of Meadowlark Hills.

Cost for this Ladies Lunch outing is \$17 and will be added to each persons next monthly MLH billing. Included is our meal, tax, contribution to JP's scholarship fund and transportation. Buses will leave from the Village Entrance at 11:45 a.m. and return at approximately 2 p.m.

Lois Deyoe and Polly Ferrell are hostesses for the day. Please sign up in the Blue Book, so you will be included in the food, fun and history.

Thank you!

submitted by Lois Deyoe

As I was preparing dinner for family and friends on the Friday evening of Memorial Day weekend, I realized our refrigerator was not working. Although hesitant to call at that time, we called maintenance. Within 20 minutes they were here. One and half hours later the old refrigerator was taken out and a fill in for the weekend was installed. This quick fix to the problem not only impressed my guests but it took away the stress that would have occurred if no working refrigerator was available.

Thank you Meadowlark staff for taking good care of us!

Pond Rides

With the warm weather here, golf-cart rides to the pond are now available by appointment. Please call Transportation at (785) 313-1039 to schedule your excursion to Meadowlark's beautiful nature area!

Summerfest reminders

Friday, June 1, at 5 p.m.

Join your friends and family at 5 p.m. Friday, June 1, for Summerfest, the annual block party at Meadowlark Hills.

Our Summerfest celebration will take place on the south side of the building along Meadowlark Road and on Prairie Star patio. Meadowlark Road, between the Valley and the main entrance to the building, will be blocked off all day Friday, June 1. If you have guests visiting, please make sure they are not parked in the visitor parking at 7 a.m. on Friday.

The rented items for the party will be delivered and set up during the morning hours. All rental items will be retrieved by the company in Saturday, June 2.

The Pub will not be open the day of Summerfest and **Prairie Star Restaurant will close at 2 p.m.** Drinks will be served on the Patio at Summerfest.

Vespers Services

Sunday, June 3, at 7 p.m.

The Vespers services will be led by Pastor Chelsea Shrack, Director of KSU Wesley Campus Ministry. Vespers service will begin at 7 p.m. Sunday, June 3, in the Community Room. All are welcome.

Town Meeting

Monday, June 4, at 9:30 a.m.

You're invited to hear the Meadowlark news at the June Town Meeting Monday, June 4, at 9:30 a.m. in the Community Room. This month, Sarah Duggan will share a new organization video titled *Meadowlark: Evolution of Community*. The video was created to communicate the various ways Meadowlark continues to grow and change. The video premiered in May at the 2018 Legacy Society Banquet. All are invited to attend!

Outdoor Opportunities Committee

Monday, June 4, at 1 p.m.

Members of the Outdoor Opportunities Committee will meet Monday, June 4, at 1 p.m. in the West Conference Room. If you have questions prior to the meeting time, please contact Sarah Duggan at (785) 323-3878.

Meditation 101

Tuesday, June 5, at 10:30 a.m.

The next session of Meditation 101, presented by Meadowlark Memory and Parkinson's Programs is scheduled for 10:30 a.m. Tuesday, June 5 in Grosh Cinema. Erin Davis will educate you about the principles of meditation and guide you through a structured session. Please sign up in the Blue Book as seating is limited.

Emily's Feature Dessert

Tuesday, June 5, at 3 p.m.

Emily's Feature Dessert for Coffee Corner Tuesday, June 5, is Coca-Cola Cake. Come enjoy this unique dessert!

Shopping Trip

Wednesday, June 6, at 10 a.m.

Take advantage of the weekly complimentary transportation to local shopping centers! Transportation will travel to Dillons and Walmart at 10 a.m. Wednesday, June 6, departing from the Village Entrance. Please register in the Blue Book to participate.

Memory Program Luncheon

Wednesday, June 6, at 11 a.m.

Join the Meadowlark Memory Program for a relaxing lunch from 11 a.m. to noon Wednesday, June 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. Please sign up in the Blue Book by Monday, June 4. Cost is approximately \$9 per person.

Change & Loss Series

Wednesday, June 6, at 2 p.m.

The topic for the meeting scheduled for 2 p.m. Wednesday, June 6, is *Seek Reconciliation, Not Resolution*. All who are interested are invited to join Social Services Leader Bridget Larkin, Chaplain Patty Brown-Barnett, D.Min., and Social Work Intern Ebonie Christion in The Change & Loss Series. Together they hope to provide a supportive environment for finding hope and healing in a safe place.

PD Education Group

Thursday, June 7, at 2 p.m.

You're invited to the monthly meeting of the Parkinson's Education Group at 2 p.m. Thursday, June 7, in the Community Room. Sara Shenouda, Technical Specialist with Abbott, will present on Deep Brain Stimulation (DBS). No prior registration is required.

Music with Jean Kennedy

Friday, June 8, at 7 p.m.

Jean Kennedy is back by popular demand! Get ready for a delightful performance at 7 p.m. Friday, June 8, in the Community Room. Jean is a jazz and classical guitarist, vocalist and songwriter who come from a rich family tradition of performing music. Jean delights in offering the sounds of songwriting greats like Gershwin, Cole Porter, Rogers and Hammerstein and Jerome Kern. Jean's performance includes memorable musical moments from theater history.

Trip to Hobby Lobby & Dollar Tree

Saturday, June 9, depart at 10:30 a.m.

Starting Saturday, June 9, 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.

On the Horse

Who Knew His Place

submitted by Helen Roser

In following the horses around Southern California tracks, I became interested in their personalities. Once, as attention focused on the fallen rider as the other horses raced on, the riderless horse went over to the rail and looked at the infield, probably thinking how nice it would be to be out there, eating some grass.

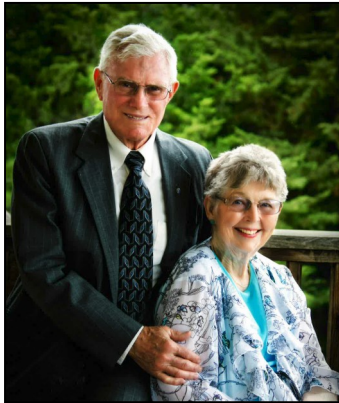
At Del Mar, my seat was on the finish line, on the other side of the fence. Shortly after the race began, it was said a jockey had been bumped off his horse and was on the track. Apparently he wasn't hurt, since no ambulance came.

So where was the horse? He wasn't contemplating eating grass in the infield. So where was he? He was busy, running his race. As the horses, all with riders, came around the last curve and headed for the finish line. The riderless horse, with empty saddle and dangling reins, was running his race, far behind.

As the finishers thundered across the finish line, the usual hoopla from attending grooms began, while my favorite horse was finishing his race. From my position, hanging over the fence, I saw his look of puzzlement. He stopped and thought. Then, with calm confidence, he walked himself over to, and in, the Winners' Circle.

There was a huge whoop and roar of delight from the crowd. The grooms, finally aware they had over-looked one horse, rushed to lead the horse out of the Winners' Circle, there was a roar of protest: "No! No! Let him stay! Give him the flowers!!"

So, as the horse was lead from the Winners' Circle and off the track, it was to cheers and applause and shouts of praise. When you are born and bred to be a winner, you run your race, then depart as the crowd shouts its praise. Who needs a jockey?



90th Birthday Party

Saturday, June 9, at 2 p.m.

The family of Harry and Elaine (Whitney) Manges are hosting a party on Saturday, June 9, from 2 to 4:30 p.m. in the Community Room at Meadowlark Hills to celebrate their 90th birthdays.

Elaine was born May 22, 1928 in Hutchinson, Kan. Harry was born June 18, 1928 in rural Rice County. Everyone is welcome. No gifts, please.

Hey Mom, Watch This!

by Sarah Duggan



Eilish Wynnnette watches her sister play soccer in the park Mother's Day weekend. She turns 14-months-old on June 7.

June Birthdays

Healthcare

6/21 **Jane Westfall**
6/23 Lois Kennedy
6/24 MS Ram

Assisted Living

6/3 Jim Ferguson
6/10 Marjorie Price
6/16 Bernice Munson
6/24 Joanne Michel
6/26 **Ted Ferguson**

Independent Living

6/4 **Jean Brecheisen**
6/4 John Trail
6/6 Faith Roach
6/8 **Barbara Rees**
6/10 Leo Lake
6/12 Joan Friederich
6/14 Pat Miksch
6/14 Kay Shanks
6/15 Bob Kruh
6/17 Evelyn Myers
6/17 Shirley Stone
6/18 **Harry Manges**
6/25 Twila Hoffman
6/26 Helen Roser

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



Employees

6/1 Leah Hecker
6/2 Sara Hillard
6/4 Teri Awbrey
6/5 Michelle Haub
6/5 Aaron Tremblay
6/6 Abigail Johnstone
6/6 Katharine Rosa
6/8 Chelsea Heidrick
6/10 Ashley Freed
6/10 Teresa Wells
6/11 Bailey Alexander
6/13 Kirsti Glotzbach
6/13 Ravon Herbert
6/13 Kayla Weber
6/14 Lonnie Baker
6/14 Hunter Clark
6/14 Kay Shanks
6/15 Shaquila Bachu
6/15 Erika League
6/16 Vivian Dane
6/16 Chris Nelson
6/17 Amanda Spradling
6/18 Laura Nienhaus
6/22 Aaron Deshler
6/24 Lekeathia Franklin
6/24 Erion Pearson
6/25 Jasmine Bobo
6/25 Audra Jonas
6/26 Rebecca Moffitt
6/26 Patrick Monhollon
6/28 BreDanyia Nunez-Luna
6/29 David Fiser
6/29 Siliter Fred
6/30 Rose Howe
6/30 Arlene Lundberg

When I was expecting my second child, Eilish Wynnnette, I was told that each child is different and as a result, I often wondered how my new bundle of joy would differ from her older sister. While an official and final conclusion hasn't been made, the preliminary findings indicate that although I thought I was already raising a head-strong, willful and fiery daughter with Murphy, but it turns out I had only skimmed the surface.

Every day Eilish shows us just a bit more of her determined and independent personality. When she turned one in April, the pediatrician told us that she can now eat "everything we eat unless it's a choking hazard." Delightful! What should we try first? Eggs, watermelon, avocado, noodles—the options seems relatively endless!

It turns out Eilish wasn't interested in beginning to make a transition to

table foods. In fact, she was downright against it. Meal time quickly became a point of struggle and most times ended in tears (mine or hers—probably a mixture of both!). What were we to do? She would gag and become flustered with the table food options, no matter how small the pieces.

Luckily, we were scheduled for a regular appointment with the doctor so I took that opportunity to share with him our food struggles. He listened patiently and assured me we were doing everything right and that now we should back off for a few days and try again later.

At the end of the appointment, doctor handed both girls a cookie. One of the toddler ones that melt in your mouth, which I had been trying to convince Eilish to eat for several days without success. Eilish took the cookie, looked at me, looked at the doctor then proceeded to eat the entire thing right there in the exam room. I was shocked. SHOCKED.

I looked at the doctor and said. “I can not believe she just did that.” To which he laughed probably making a mental note that I must be a little nuts.

When I got home I told Edward that I don’t care what anyone says, I know what happened. Eilish sat there and listened to everything I said to the doctor about her refusal to eat and thought, *I’ll show her.*

You may be pleased to know that she has expanded her palette to include noodles and little toddler puff snacks.

That stubborn little girl may be my toughest challenge yet. Combined with her sister, I wonder some days how I even make it work with matching shoes and in all honesty, sometimes I don’t. Even still, Murphy and Eilish are my most treasured blessings and my greatest accomplishments. Having them in my life has doubled my happiness, laugh lines and gray hair. Life is always changing.



LUNCH & BREAKFAST SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.
Saturday & Sunday, 7 to 11 a.m.
(785) 323-3818

Sunday, June 3

Breakfast: Omelets with Fruit

Monday, June 4

Breakfast: Biscuits & Gravy

Lunch: Italian Wrap with Choice of Side
*ham, pepperoni, salami, lettuce & tomato on a
flavored tortilla with Italian cream cheese spread*
~ \$3.99 / \$5.99

Tuesday, June 5

Breakfast: Breakfast Sandwich & Fruit

Lunch: Tuna Salad Sandwich with Choice of Side
*tuna, relish, mayo, mustard & boiled eggs served on
toasted wheatberry bread* ~ \$3.99 / \$5.99

Wednesday, June 6

Breakfast: Breakfast Burrito & Fruit

Lunch: BBQ Chicken Wrap with Potato Chips
*pulled chicken covered in BBQ sauce inside a flour
tortilla* ~ \$3.99 / \$5.99

Thursday, June 7

Breakfast: Biscuits & Gravy

Lunch: Chili Cheese Dog with Baked Beans
*grilled hot dog topped with chili and cheese on a hot dog
bun* ~ \$5.99

Friday, June 8

Breakfast: Waffle or Pancake

Lunch: Bierock with Choice of Side
*ground beef, onions & cabbage baked inside a flaky
biscuit crust* ~ \$3.99 / \$5.99

Saturday, June 9

Breakfast: Omelets with Fruit

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	June 3 ~ Lunch \$13	Dinner \$11
	Pot Roast <i>with Carrots, Celery & Onions</i> Mashed Potatoes Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	June 4 ~ Lunch \$10	Dinner \$14
	Beef & Sausage Penne Garlic Toast Choice of Vegetable	Grilled Salmon <i>with Dill Sauce</i> Roasted Red Potatoes Vegetable du Jour
TUESDAY	June 5 ~ Lunch \$7	Dinner \$12
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Pork Tenderloin Marsala Wild Rice Vegetable du Jour
WED.	June 6 ~ Lunch \$10	Dinner \$11
	B.B.Q. Pulled Pork Sandwich Coleslaw Baked Beans	Shepard's Pie Vegetable du Jour
THURS.	June 7 ~ Lunch \$8	Dinner \$14
	Caesar Salad Bar <i>(does not include drink, starter, or dessert)</i>	Shrimp Fettucine <i>with Sun Dried Tomato Sauce</i> Garlic Toast Vegetable du Jour
FRIDAY	June 8 ~ Lunch \$10	Dinner \$12
	Catfish Po' Boy French Fries Coleslaw	Chicken Breast <i>with Pecan Dijon Sauce</i> Rice Pilaf Vegetable du Jour
SAT.	June 9 ~ Lunch \$10	Dinner \$15
	Chicken Pot Pie Choice of Vegetable	Sautéed Orange Roughy <i>with Lemon Thyme Butter Sauce</i> Roasted Red Potatoes Vegetable du Jour

DRINK SPECIAL | Long Island Ice Tea
1/2 oz. Vodka, 1/2 oz. Rum, 1/2 oz. Gin,
1/2 oz. Triple sec, 1/2 oz. Tequila & 3 oz. Cola
\$3.75

Grosh Cinema Movies

Sunday, June 3 – Saturday, June 9, 2018

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

Sunday, June 3 — The Great Gilly Hopkins (2015)

Gilly Hopkins has seen more than her share of foster homes and has outwitted every family she has lived with. In an effort to escape her new foster mother Maime Trotter's endless loving care, Gilly concocts a plan that she believes will bring her mother running to her rescue.

Co-Starring: Sophie Nélisse, Kathy Bates & Glenn Close

Rated PG; 1 hr. 39 min.

Monday, June 4 — Pelé: Birth of a Legend (2016)

Pele's meteoric rise from the slums of Sao Paulo to leading Brazil to its first World Cup victory at the age of 17 is chronicled in this biographical drama.

Co-Starring: Vincent D'Onofrio, Rodrigo Santoro & Diego Boneta

Rated PG; 1 hr. 47 min.

Tuesday, June 5 — On Golden Pond (1981)

Norman is a curmudgeon with an estranged relationship with his daughter Chelsea. At Golden Pond, he and his wife nevertheless agree to care for Billy, the son of Chelsea's new boyfriend, and a most unexpected relationship blooms.

Co-Starring: Katharine Hepburn, Henry Fonda & Jane Fonda

Rated PG; 1 hr. 49 min.

Wednesday, June 6 — Shenandoah (1965)

During the Civil War, a Virginia farmer and his family vow to remain neutral, but one of the sons is captured by Union soldiers, sending the farmer to his rescue.

Co-Starring: James Stewart, Doug McClure & Glenn Corbett

Rated NR; 1 hr. 45 min.

Thursday, June 7 — Promised Land (2012)

A salesman for a natural gas company experiences life-changing events after arriving in a small town, where his corporation wants to tap into the available resources.

Co-Starring: Matt Damon, Frances McDormand & John Krasinski

Rated R for language; 1 hr. 46 min.

Friday, June 8 — The Man Who Knew Infinity (2015)

The story of the life and academic career of the pioneer Indian mathematician, Srinivasa Ramanujan, and his friendship with his mentor, Professor G.H. Hardy.

Co-Starring: Dev Patel, Jeremy Irons & Malcolm Sinclair

Rated PG-13; 1 hr. 48 min.

Saturday, June 9 — The Heat (2013) **Resident Request*

An uptight and ambitious FBI Special Agent is paired with a foul-mouthed Boston cop to take down a ruthless drug lord.

Co-Starring: Sandra Bullock, Michael McDonald & Melissa McCarthy

Rated R for language and sexual content; 1 hr. 57 min.

Weekly Opportunities Calendar *June 3 to June 9*

Sunday • June 3

9:30 a.m. ~ Miller Worship Service, MFR
10:30 a.m. ~ Worship Service, CR
2:00 p.m. ~ Wroten Worship Service, WL
2:00 p.m. ~ Depart for Little Apple Chorus, VE
4:00 p.m. ~ United Methodist Communion, FHR
7:00 p.m. ~ Vespers with Pastor Chelsea Shrack, CR

Monday • June 4

7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR
8:30 a.m. ~ IL Resident Council, KSU CL
9:30 a.m. ~ Town Meeting, CR
10:30 a.m. ~ Osher Registration, FHR
11:00 a.m. ~ Sit & Be Fit, CR
12:00 p.m. ~ Weights 101, CR
12:00 p.m. ~ Yoga, KSU CL
1:00 p.m. ~ Parkinson's Exercise, CR
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
1:00 p.m. ~ Outdoor Opportunities Committee, WCR
1:45 p.m. ~ Parkinson's Voice & Conversation, CR
5:30 p.m. ~ Tuttle Creek Supper, MR
7:00 p.m. ~ Community Bingo, CR

Tuesday • June 5

Trash pick-up day

10:30 a.m. ~ Steady Yourself, CR
10:30 a.m. ~ Meditation 101, GC
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Kimball Luncheon, MR
12:00 p.m. ~ Seven Dolors Book Discussion, FHR
2:00 p.m. ~ LifeStory Writing Group, FHR
3:00 p.m. ~ Coffee Corner, CR—FEATURE DESSERT!
3:30 p.m. ~ Ambassador Committee Mtg, WCR
4:00 p.m. ~ Newspaper & Bible, FHR
7:00 p.m. ~ Dominoes, GR

Wednesday • June 6

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 CR
10:00 a.m. ~ Memory Café, WCR
10:00 a.m. ~ Memory Care Partners Support Grp, SCR
10:20 a.m. ~ Weights 101, CR
11:00 a.m. ~ Memory Makers Luncheon, MR
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

2:00 p.m. ~ Change & Loss Series, SCR
2:00 p.m. ~ Library Committee Meeting, FHR
3:00 p.m. ~ Rock Steady Boxing, KSU CL
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. ~ Osher Class: Civil War in the East, CR

Thursday • June 7

8:30 a.m. ~ Messenger Team, WCR
10:00 a.m. ~ Meadowlark Bible Study, FHR
10:30 a.m. ~ Steady Yourself, CR
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
2:00 p.m. ~ Parkinson's Education Group, CR
5:30 p.m. ~ Meadowlark Circle Supper, MR

Friday • June 8

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 Care Partner Group, FHR
1:00 p.m. ~ Parkinson's Exercise Class, CR
7:00 p.m. ~ Music by Jean Kennedy, CR

Saturday • June 9

9:30 a.m. ~ Painting for Fun, KSU CL
10:30 a.m. ~ Hobby Lobby/Dollar Tree Trip, VE
2:00 p.m. ~ 90th Birthday Party for Harry & Elaine Manges, CR

Room Abbreviations

BP, Billiards Parlor	CH, Collins House
WCR, West 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

*Meadowlark News Channel can be viewed on Channel 1960