

## New Medicare Cards, what you need to know

Medicare is mailing new cards with new Medicare numbers to all people with Medicare. Instead of your Social Security Number, the new card will have a new number that's unique to you. You don't have to do anything to get your new card — Medicare will automatically mail it to you, so be sure your address is current with the Social Security Administration (SSA).

Once you get your new Medicare card, destroy your old Medicare card and start using the new one right away. Mailing all of the cards will take time, so you might get your card at a different time than your spouse, friend, or neighbor.

It's very important to keep your Medicare card safe and in good condition. Your wallet may be a good place to keep it because you can then have it with you at doctor visits. But do safeguard it, as you would any identity document or credit card.

The new card will be paper and the Social Security department advises against card lamination in general because the card may have built-in security features that could be compromised by lamination. As an alternative, for a few dollars at your local business supply store, you can purchase a plastic ID card holder to protect your Medicare card. The card will be safe, and security features will not be compromised.

If you lose your Medicare card, or it becomes damaged, you can contact Social Security Administration by calling 1-800-772-1213 or visit [www.medicare.gov](http://www.medicare.gov).

## Gone Fishin'



The Meadowlark Fishing Tournament wrapped up Friday, July 6, with an Awards and Post-Tournament Party. Prizes were awarded to Don Rasmussen for Most Bluegills Caught; Alyssa Chabrier for Most Bass Caught; and Alberto Chabrier for Most Catfish Caught and Overall Most Fish Caught. Congratulations to our prize winners and thank you to all of this year's participants!

## Advance Ballot Voting

Permanent advanced ballots will be mailed out starting Wednesday, July 18. Advanced ballots must be mailed or may be hand-delivered to the county election office or to any polling place within the county by close of polls by Tuesday, August 7. For assistance with managing your advanced ballot and the voting process, please call the Hospitality Desk at (785) 323-3847 to arrange to meet with Kay Shanks or a Meadowlark Ambassador. Registration for the General Election on Nov. 6 will begin in September.

### **Love Handles**

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

The Love Handles are a harmony-based acoustic group made up of Joan Nelson, Sally Schafer and Mary Louis Stahl. Their musical choices include bluegrass, country, folk and anything that strikes their fancy. These ladies will be performing at 7 p.m. Friday, July 20, in the Community Room. All are invited to attend.

### **Birthday Party for Nyle Larson**

*Saturday, July 21, at 2 p.m.*

You're invited to celebrate Nyle Larson's 80th Birthday at 2 p.m. Saturday, July 21, in the Community Room. Refreshments will be served and Nyle requests no gifts, please. All are invited to attend.

### **Vespers Services**

*Sunday, July 22, at 7 p.m.*

The Vespers service will be led by Reverend Glenn Fogo from United Methodist Church. Vespers service will begin at 7 p.m. Sunday, July 22, in the Community Room. All are welcome.

### **Feature Dessert at Coffee Corner**

*Tuesday, July 24, at 3 p.m.*

The Feature Dessert for Coffee Corner will now be created in the Verna Belle's Café kitchen! Don't miss out on this opportunity to sample some of the delightful bakery items from the Café. The Feature Dessert for Tuesday, July 24, will be Lemon Bars. Yum!

### **ARTful Memories**

*Wednesday, July 25, 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, July 25, 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.

### **Out to Lunch!**

*Wednesday, July 25, depart at 11:45 a.m.*

Join Monte on a trip out to lunch at Longhorn's Steakhouse Wednesday, July 25. The cost of each resident's meal will be the responsibility of each

individual. Please sign up in the Blue Book if you would like to attend. Transportation will depart at 11:45 a.m. and the cost will be \$3 per attendee.

### **Diabetic Support Group**

*Wednesday, July 25, at 1:30 p.m.*

The Diabetic Support Group will meet at 1:30 p.m. Wednesday, July 25, in the KSU Classroom. All who are interested are welcome to attend.

### **Card Making with Michelle**

*Wednesday, July 25, at 1:30 p.m.*

You're invited to make cards for all occasions with Michelle Lehmer at 1:30 p.m. Wednesday, July 25, in the Flint Hills Room. All who are interested are welcome to attend.

### **Speedy Pd Training Session**

*Thursday, July 26, at 9 a.m.*

You're invited to join the Speedy Pd Training Walking Group to prepare for the 2018 Speedy Pd Race for Parkinson's Disease! The group will meet at 9 a.m. in the Village Entrance every Thursday starting July 26 until Aug. 23. The group will be led on various routes around the Meadowlark Hills campus by Jeff Heidbreder, Fitness Leader. All walking paces and abilities are welcome!

### **Speedy Pd Art Class**

*Thursday, July 26, at 10:30 a.m.*

Join us for the final Speedy Pd Art Class to make the art for the age-group awards for the Speedy Pd Race. The group will meet in the South Conference Room at Meadowlark Hills Thursday, July 26, from 10:30 a.m. to 12 p.m.

### **J-Pegs**

*Friday, July 27, at 7 p.m.*

The J-Pegs will be back in town on Friday, July 27! This husband and wife duo is a familiar pair at Meadowlark. Jonathan and Peg Mcbee, performs a great variety of musical genres which includes: classic rock from the fifties all the way to modern songs you may hear on the radio today. They also perform vintage country, folk music and blues. The show starts at 7 p.m. in the Community Room.

### **Memorial Service for Adella Gaston**

*Thursday, Aug. 9, at 1:30 p.m.*

A Memorial Service for Adella Gaston will be held in the Community Room at 1:30 p.m. Thursday, Aug. 9. All are invited.

## On Your Attention, Please.

*submitted by Helen Roser*

The truck was waiting for the million dollar horse. Its ramp was on the track for the horse to board after its morning workout. Then he'd be off to his private plane for his trip to another big race.

A million dollar horse is smart and doesn't waste energy. Compliantly, he was led to the waiting truck. The two men leading the special horse were deep in conversation, paying him no attention. He might as well have been a horse who pulls a milk wagon.

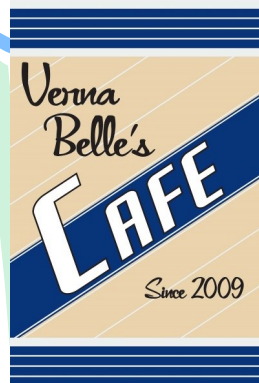
When they reached the truck and stopped talking long enough to try to steer him up the ramp, he finally had their attention. He didn't budge. The two knew better than to try to yank or shove him up the ramp. So one left and returned with a carrot. He climbed into the truck and held the carrot out. In million dollar horse language, the horse's silence said: "Please! Do you think I will move a muscle for a carrot?"

Now alarmed, the carrot holder joined the other on the track. The lead had been dropped as they conferred, their backs to the horse.

Observing their alarm with satisfaction, the horse walked up the ramp, into the truck and turned around. With their conference over, the two turned to look at the problem horse. But he wasn't there. In astonished alarm, they finally saw him, standing in the truck, looking at them.

An observer (me) burst into hysterical laughter, which the two men did not appreciate. One grumbled something about "that dumb horse".

Dumb horse? I don't think so. When dealing with a million dollar horse, remember that getting across that finish line first is not as simple as it sounds. And if you ignore him. Guess who is going to end up sweating? So, your attention, please. Thank you.



## LUNCH & BREAKFAST SPECIALS

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

### Sunday, July 22

**Breakfast:** Omelets with Fruit

### Monday, July 23

**Breakfast:** Biscuits & Gravy

**Lunch:** BBQ Pork Quesadilla with Choice of Side  
*pulled pork, BBQ sauce, red onion, roasted corn & shredded cheddar cheese inside a crispy flour tortilla*  
~ \$5.99

### Tuesday, July 24

**Breakfast:** Breakfast Sandwich & Fruit

**Lunch:** Tomato and Bacon Grilled Cheese  
*bacon, tomato, American & cheddar cheese on butter toasted wheatberry or Italian bread* ~ \$3.99/ \$5.99

### Wednesday, July 25

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** Turkey Reuben with Choice of Side  
*turkey, Swiss cheese, sauerkraut & Thousand Island dressing on butter toasted rye bread* ~ \$3.99 / \$5.99

### Thursday, July 26

**Breakfast:** Biscuits & Gravy

**Lunch:** Cheesy Chicken Bagel Melt with Side  
*shredded chicken mixed with cream cheese, bacon & ranch seasonings on a bagel* ~ &3.99 / \$5.99

### Friday, July 27

**Breakfast:** Waffle or Pancake

**Lunch:** Cowboy Dog with Choice of Side  
*grilled hotdog topped with shredded cheddar cheese, sautéed onions, BBQ sauce & bacon on a hotdog bun*  
~\$5.99

### Saturday, July 28

**Breakfast:** Omelets with Fruit



## Meadowlark Travelers enjoy nature's beauty in and near Lake Superior

*Story and photos by Becky Fitzgerald*

See the long sleeves and jackets in these photos? Not only did the Meadowlark Travelers visit a variety of scenic and historic sites last week, but also temperatures in the 60s and 70s were a welcome relief from Manhattan's 100-degree days.

From July 9 through 15, 47 travelers visited several locations around Lake Superior, the largest of the five Great Lakes.

In Duluth, Minn., we took a driving tour, learning about Duluth's history as a shipping port for copper, iron ore and lumber. Canal Park, the Great Lakes Aquarium and dinner at a renovated iron works factory were part of our visit.

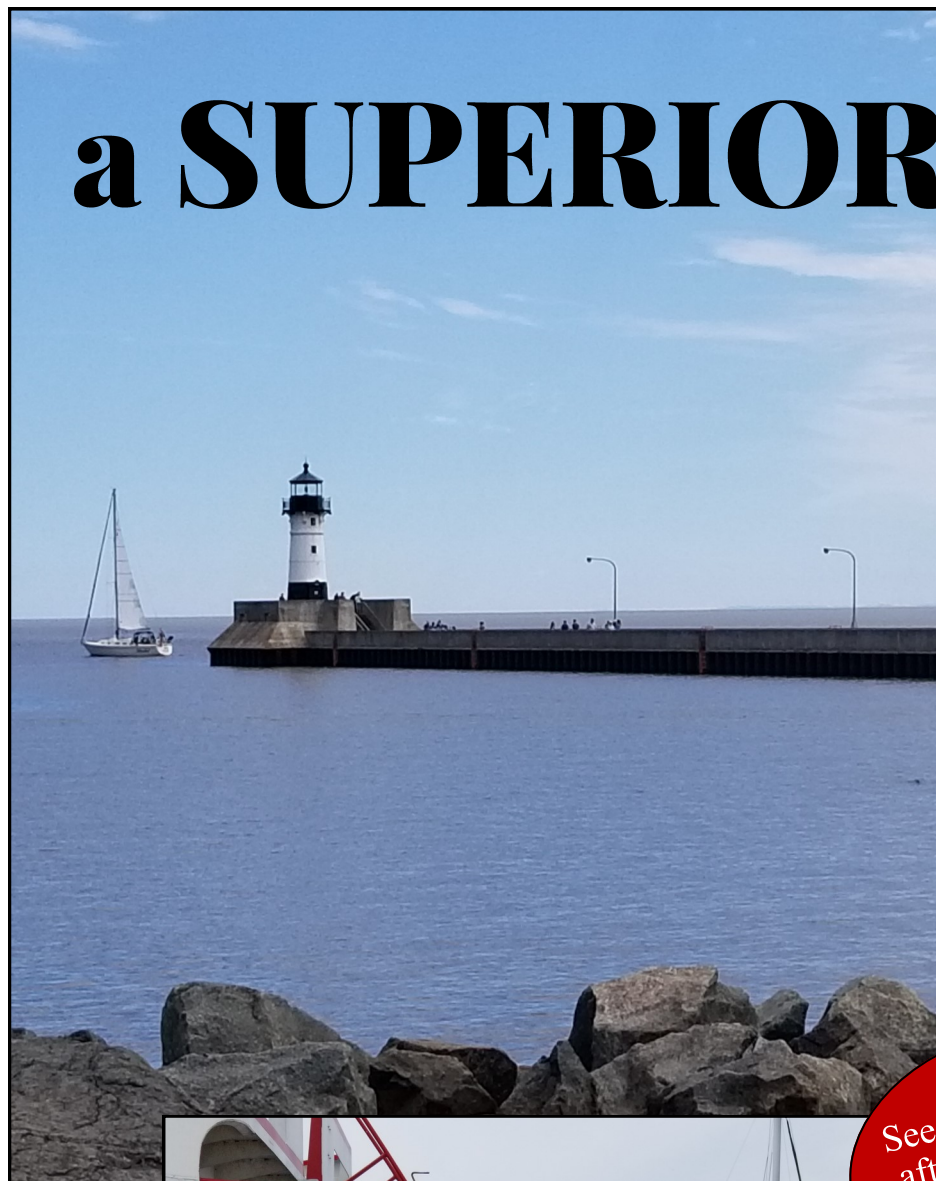
North of Duluth, we spent time photographing the upper, middle and lower falls at Gooseberry Falls State Park, and at Split Rock Lighthouse, we could envision the isolated lifestyle of the small staff who guided the lake's freighter captains by beacon and fog horn.

Another two days were spent in Wisconsin, seeing the Apostle Islands. We took a ferry from Bayfield, Wis., to Madeline Island, the largest of the 22

islands. A year-round inhabitant of La Pointe, the island's small town, described island living and took us to places of interest, including a barrier beach accessible by a boardwalk.

Another morning was spent cruising around the Apostle Islands. We saw eagles, lighthouses, fantastic sandstone formations and sea caves. Our captain and guide told us the islands were named by Jesuits who drew maps of the area in the early 18th century.

Also in Wisconsin, we visited the Fresh Water Fishing Hall of Fame and a winery. The sight-seeing portion of the trip concluded in Iowa at the Greater Des Moines Botanical Garden.



Top: Lake Superior as seen from Canal Park in Duluth.

Above: Becky Fitzgerald, Jeff Heidbreder and Krystal Nelson pose by their Apostle Island Cruise boat.

Right: Residents Ed and Velma Skidmore on Madeline Island.



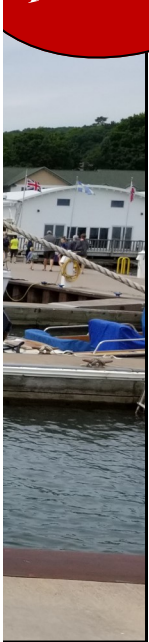
# R vacation



See more photos  
after the Aug. 6  
Town Meeting!



Meadowlark Travelers learn about lighthouse living in the early 1900s at Split Rock Lighthouse on Lake Superior's North Shore. The 47 who traveled last week were composed of residents, Passport members, friends and Meadowlark staff.



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Passport member Karen Hummel and resident Nancy Bowen enjoy Gooseberry Falls State Park near Two Harbors, Minn.



# 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>  | July 22 ~ Lunch \$13   | Dinner \$12   |
|                | Pot Roast<br>with Carrots, Onions, Celery<br>Mashed Potatoes<br>Vegetable du Jour            | Sautéed Chicken Breast Ala Orange<br>Wild Rice<br>Vegetable du Jour                                       |
| <b>MONDAY</b>  | July 23 ~ Lunch \$10   | Dinner \$13   |
|                | Pork Stroganoff<br>Noodles<br>Choice of Vegetable  | Almond Crusted Pork Tenderloin<br>with Balsamic Cherry Sauce<br>Roasted Red Potatoes<br>Vegetable du Jour |
| <b>TUESDAY</b> | July 24 ~ Lunch \$8  | Dinner \$11   |
|                | Fajita Bar<br><i>(does not include drink, starter, or dessert)</i>                           | Chicken Tetrazzini<br>Garlic Toast<br>Vegetable du Jour   |
| <b>WED.</b>    | July 25 ~ Lunch \$10   | Dinner \$11   |
|                | Smothered Cube Steak<br>Mashed Potatoes<br>Choice of Vegetable                               | Smoked Sausage<br>German Potato Salad<br>Vegetable du Jour  |
| <b>THURS.</b>  | July 26 ~ Lunch \$8  | Dinner \$12   |
|                | Baked Potato Bar with Sweet Potatoes<br><i>(does not include drink, starter, or dessert)</i> | Fried Catfish<br>with Tartar Sauce<br>Hashbrown Casserole<br>Vegetable du Jour                            |
| <b>FRIDAY</b>  | July 27 ~ Lunch \$10   | Dinner \$14   |
|                | BBQ Chicken Drumsticks<br>Coleslaw<br>French Fries   | Cajun Grilled Shrimp<br>with Andouille Gravy<br>Red Beans & Rice<br>Vegetable du Jour                     |
| <b>SAT.</b>    | July 28 ~ Lunch \$10   | Dinner \$15   |
|                | Philly Steak Sandwich<br>Sweet Potato Fries<br>Choice of Vegetable                           | Steak<br>Baked Potato<br>Vegetable du Jour  |

## DRINK SPECIAL

**Gin Fizz**  
 1 1/2 oz. Beefeater Gin, 2 oz. Club Soda, 3/4 oz. Lime Juice &  
 1/2 oz. Simple Syrup  
**\$3.75**

## Grosh Cinema Movies

Sunday, July 22, to Saturday, July 28, 2018

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

### **Sunday, July 22 — The Big Friendly Giant (2016)**

An orphan little girl befriends a benevolent giant who takes her to Giant Country, where they attempt to stop the man-eating giants that are invading the human world.

Co-Starring: Mark Rylance, Ruby Barnhill & Penelope Wilton

Rated PG; 1 hr. 57 min.

### **Monday, July 23— The Music of Silence (2017)**

Born with a serious eye condition that eventually leads to his blindness, Bocelli nevertheless rises above the challenges, driven by great ambitions towards his passion. The silent pursuit of his daily mission continues.

Co-Starring: Antonio Banderas, Jordi Molla & Toby Sebastian

Rated PG; 1 hr. 55 min.

### **Tuesday, July 24 — Nights in Rodanthe (2008)**

A doctor who is traveling to see his estranged son sparks with an unhappily married woman at a North Carolina inn.

Co-Starring: Diane Lane, Richard Gere & Christopher Meloni

Rated PG-13; 1 hr. 37 min.

### **Wednesday, July 25 — The African Queen (1951)**

In Africa during World War I, a gin-swilling riverboat captain is persuaded by a strait-laced missionary to use his boat to attack an enemy warship.

Co-Starring: Humphrey Bogart, Katharine Hepburn & Robert Morley

Rated PG; 1 hr. 45 min.

### **Thursday, July 26 — The 15:17 to Paris (2018)**

The world watched in stunned silence as the media reported a thwarted terrorist attack on Thalys train #9364 bound for Paris--an attempt prevented by three courageous young Americans traveling through Europe.

Co-Starring: Alek Skarlatos, Anthony Sadler & Spencer Stone

Rated PG-13; 1 hr. 34 min.

### **Friday, July 27 — The Leisure Seeker (2017) *\*Resident Request***

A runaway couple go on an unforgettable journey in the faithful old RV they call The Leisure Seeker.

Co-Starring: Helen Mirren, Donald Sutherland & Christian McKay

Rated R for some sexual content; 1 hr. 52 min.

### **Saturday, July 28— A Wrinkle in Time (2018) *\*Resident Request***

After the disappearance of her scientist father, three peculiar beings send Meg, her brother, and her friend to space in order to find him.

Co-Starring: Storm Reid, Oprah Winfrey & Reese Witherspoon

Rated PG; 1 hr. 49 min.

# Weekly Opportunities Calendar July 22 to July 28

## Sunday • July 22

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. Glenn Fogo, CR

## Monday • July 23

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, CR  
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
 5:30 p.m. ~ Eastside Supper, MR  
 7:00 p.m. ~ Community Bingo, CR

## Tuesday • July 24

*Trash pick-up day*

10:30 a.m. ~ Steady Yourself, CR  
 11:15 a.m. ~ Chair Yoga, CR  
 12:00 p.m. ~ Seven Dolors Book Discussion, FHR  
 3:00 p.m. ~ Coffee Corner, CR—FEATURE DESSERT!  
 5:30 p.m. ~ 3rd Floor Supper, CR  
 7:00 p.m. ~ Dominoes, GR

## Wednesday • July 25

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. ~ ARTful Memories, KSU CL  
 10:20 a.m. ~ Weights 101, CR  
 11:00 a.m. ~ Sit & Be Fit, CR  
 11:45 a.m. ~ Depart for lunch at Longhorn, VE  
 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  
 1:30 p.m. ~ Card Making with Michelle, 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  
 3:00 p.m. ~ Unitarian Universalist Fellowship, MR  
 4:00 p.m. ~ Christian Video Worship Service, FHR  
 5:30 p.m. ~ 1st Floor Supper, FHR  
 6:30 p.m. ~ Osher Class: FDR & Truman, CR

## Thursday • July 26

8:30 a.m. ~ Messenger Team, WCR  
 9:00 a.m. ~ Speedy Pd Training Session, VE  
 10:00 a.m. ~ Meadowlark Bible Study, FHR  
 10:30 a.m. ~ Steady Yourself, CR  
 10:30 a.m. ~ Speedy Pd Art Class, SCR  
 11:15 a.m. ~ Chair Yoga, CR  
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
 2:00 p.m. ~ Osher Class: The Roman Empire and Its Involvement with Judaism & Christianity, CR

## Friday • July 27

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. ~ Hand & Foot Card Games, GR  
 1:00 p.m. ~ Parkinson's Exercise Class, CR  
 1:00 p.m. ~ Parkinson's Care Partners Group, FHR  
 2:30 p.m. ~ Rock Steady Boxing, CSC  
 7:00 p.m. ~ J-Pegs, CR

## Saturday • July 28

9:30 a.m. ~ Painting for Fun, SCR

### 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

### Newspaper & Bible

Newspaper and Bible will not meet during the month of July. The group will resume the first Tuesday in August.