

The Amazing Land of Kansas

Celebrate the Sunflower state's 158th birthday



submitted by Polly Ferrell

On Jan. 29, this land became a state. That's why when every year rolls 'round, we try to celebrate.

Our tenth annual Meadowlark signature celebration will take place Friday, Feb. 1, at 7 p.m. To prepare for that date, we are encouraging each of you to visit the Flint Hills Discovery Center's special exhibit—Bison, Wolves and Quilts. Please sign up in the Blue Book to be included in this field trip on Wednesday, Jan. 9. You won't be disappointed. This is one of the best ever Flint Hills Discovery second floor exhibits (accessible by elevator). Included in the display is an award winning original quilt by our own Harriette Janke.

By now, "Home on the Range" should be singing in your head.

Remember when it was top on the charts and

played at every hoe-down and around every campfire? Perhaps not, since that was in the 1872 era. A Kansan wrote the song and when we were sure it was a hit, the 1947 Kansas legislature enacted into law that "Home on the Range" would forever be our state song. That law delineates six official verses and a chorus.

Hey! Pin a SUNFLOWER to your lapel and get ready to celebrate. This is the month of KANSAS!



Open Communion Service

Sunday, Jan. 6, at 4 p.m.

Meadowlark Hills Open Communion Service will be celebrated at 4 p.m. Sunday, Jan. 6, in the Flint Hills Room. All Christians are invited. The bread is gluten free. For more information, contact Ronald Williams at (785) 587-4122.

Vespers Services

Sunday, Jan. 6, at 7 p.m.

The Vespers service will be Rev. Cam McConnell from First Presbyterian Church. Vespers service will begin at 7 p.m. Sunday, Jan. 6, in the Community Room. All are welcome.

Verna Belle's Birthday Party

Friday, Jan. 4, at 2 p.m.

Join in the celebration every Friday at 2 p.m. with a Birthday Party for Verna Belle's! This will feature a special birthday treat and staff will unwrap one present from Meadowlark for the Café at every party. No gifts necessary, please.

From now to Feb. 1, every time you spend \$10 at Verna Belle's, you will be entered into a drawing! Drawings will take place at each of the ten birthday parties.

Veteran's Group Meeting

Friday, Jan. 4, at 1:30 p.m.

Please join us for a special Veteran's Group meeting and refreshments from 1:30 to 4 p.m. Friday, Jan. 4, in the Community Room. We will be joined by soldiers from the Fort Riley Warrior Transition Battalion and some fellow veterans from the VFW. We invite anyone who is interested to bring any memorabilia they would like to display and talk about with the group. If you have items to display, tables will be set up to drop off in the Community Room between 8 to 9 a.m. or noon to 1 p.m. before the event. Please sign up in the Blue Book at the Hospitality Desk to let us know if you would like some table space to display your items. If you have any questions, please contact Sara Snell at 323-3862.

The Church Ladies

Friday, Jan. 4, at 7 p.m.

Start the New Year off right with The Church Ladies! They are a harmony-based acoustic trio from the Manhattan area. They have been

performing together for four years and have entertained the Meadowlark community several times over the past few years.

Members of the group include Mary Louise Stahl on upright bass and mandolin, Joan Nelson on 12-string guitar, and new member Cindy Carlyon on melodica, upright bass and kazoo! Their musical selections include secular and non-secular music, bluegrass, gospel, country and folk. All are invited to attend Friday, Jan. 4, at 7 p.m. in the Community Room.

Town Meeting

Monday, Jan. 7, at 9:30 a.m.

All are invited to attend January's Town Meeting and hear the Meadowlark news at 9:30 a.m. Monday, Jan. 7, in the Community Room.

Coffee Corner—Feature Dessert!

Tuesday, Jan 8, at 3 p.m.

Join us in the Community Room at 3 p.m. Tuesday, Jan. 8, for a social hour with coffee and a delicious dessert. Verne Belle's Café featured dessert will be a Avocado Brownies. All are welcome!

Flint Hill Discovery Trip

Wednesday, Jan. 9, at 10:15 a.m.

A trip to the Flint Hills Discovery Center is scheduled for Wednesday, Jan. 9, to experience the exhibit: Bison and Wolves and Wild Lands, featuring the Konza Prairie Quilters Guild. The bus will depart from the Village Entrance at 10:15 a.m. A sign-up sheet is available in the Blue Book at the Hospitality Desk for anyone interested in attending. Cost of the trip is \$10 per person which includes cost of transportation and admittance. For questions, contact Monte Spiller at 323-3801.

Associated Audiologists at Meadowlark

Wednesday, Jan. 9, at 12:30 p.m.

Sarah Schotte, Au.D., FAAA, audiologist with Associated Audiologists can perform hearing screenings, hearing aid cleaning and maintenance, wax removal, state-of-the-art hearing aid technology and hearing assistive technology. Dr. Schotte will see patients in the West Conference Room from 12:30 to 5 p.m. Wednesday, Jan. 9. To schedule an appointment with Dr. Schotte, please call (785) 539-7361.

Artist Biography Lecture Series

Wednesday, Jan. 9, at 6:30 p.m.

You're invited to join Kim Richards from the Beach Museum of Art for a biography lecture series. The group will meet Wednesday, Jan. 9, at 6:30 p.m. in the KSU Classroom. All who are interested are welcome to attend.

Resident Focus Group

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

January's Resident Focus Group will spotlight Kelsey Camien. Kelsey is Meadowlark's new fitness and yoga instructor. The group will meet on Thursday, Jan. 10, at 10 a.m. in the West Conference Room. Come to get to know Kelsey!

Meadowlark Ladies Luncheon

Thursday, Jan. 10, at 12 p.m.

Please join us for lunch Thursday, Jan. 10, at noon in the Manhattan Room. All ladies who live at Meadowlark and Passport Members are welcome! The menu for the lunch will include bacon and spinach quiche, rice pilaf, broccoli medley and lemon meringue pie. Cost for lunch is \$10 plus tax. Please sign up in the Blue Book at the Hospitality Desk.

KelLee Parr

Friday, Jan. 11, at 7 p.m.

Meadowlark welcomes back author KelLee Parr Friday, Jan. 11, at 7 p.m. in the Community Room. For the readers of *Orphan Train* comes the true story of a second wave of humanity that traveled to the Midwest by train. Not well documented in American history, over 100,000 pregnant, unwed young women traveled mostly by train to Kansas City – known as the Adoption Hub of America – in the early- to mid-1900s. They would live in one of several maternity facilities before giving birth, signing their babies over for adoption and returning home empty handed and heartbroken. One of these facilities was The Willows Maternity Sanitarium, known as the "Ritz" or "Waldorf" of the maternity hospitals. KelLee will be available for a question and answer session at the end of his presentation.

Trip to Hobby Lobby & Dollar Tree

Saturday, Jan. 12, at 10:30 a.m.

Transportation will be provided to Hobby Lobby & Dollar Tree Saturday, Jan. 12. The bus will depart from the Village Entrance at 10:30 a.m. and return around 11:45 a.m. The cost for transportation is \$3 per person. Please sign up in the Blue Book at the Hospitality Desk

Veterans Luncheon

Monday, Jan. 14, at 11:30 a.m.

Please join us for lunch with current K-State University President, U.S. Air Force Retired Gen. Richard Myers Monday, Jan. 14, at 11:30 a.m. in the Prairie Star Restaurant. Gen. Myers will be speaking on his time serving as Chief of Staff at the United States Pentagon.

The cost of lunch will be \$10 per person. Please sign up in the Blue Book at the Hospitality Desk by Jan. 10. Seating is limited and priority will be given to veterans and their guests that would like to attend. The restaurant will be closed for regular service lunch.

Stepping On: Fall Prevention Workshop

Stepping On is a seven-week evidence-based fall prevention program that has been shown to reduce falls by 30-percent. This program covers lifestyle choices and home hazards for people living independently. The next workshop has open spots available and will run from Jan. 17 through Feb. 28. The workshop is offered by Jeff Heidbreder, Fitness Services Leader at Meadowlark, and Jason Fox, the Regional Director of SummitCare Therapy. Participants will also hear from an optometrist, pharmacist, registered dietitian and a law enforcement officer.

Classes will meet each Thursday afternoon from 2 to 4 p.m. in the KSU Classroom. There is no fee to participate in the workshop, thanks to a grant awarded to Meadowlark by the Greater Manhattan Community Foundation. Please contact Jeff at (785) 341-2995 or jeffheidbreder@meadowlark.org with any questions or to sign up.

LEADER OF THE PACK



Congrats to January's Leader of the Pack, Jana Armfield! Jana is the Volunteer Coordinator & HR Assistant at Meadowlark. In the past several months, Jana has grown Meadowlark's Volunteer Program to over 200 volunteers! She greets every request with a smile and treats it as an opportunity. Jana is dedicated to ensuring every volunteer has a great experience and all our needs are met. She is an incredibly positive person and great motivator. Thank you, Jana, for your hard work. We love having you as a part of the Meadowlark team!

December Gifts to Meadowlark Foundation

Gifts to the Meadowlark Foundation during the month of December were given in memory/honor of the following persons to benefit the Good Samaritan Fund, Meadowlark Parkinson's Program and Wroten House and Collins House. Gifts were also received to support the Helping Hands Fund.

Memory of

Fred Appl	Leon Edmunds
Joyce Ardery	Rev. H. Wayne Fink
Twila Bailie	Doris Gaul
Imogene Lamb Bolls	Berl & Tina Koch
Marie Bonebrake	Steven Krug
Doris Brothers	Bill Phillips
Dr. Edward Call	Sherlund Prawl
Mary Schroeder	

Honor of

Wayne Bailie

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

The History of Vespers

submitted by Sandra Emley

Vespers began when Russell and Helen Reitz were residents at Meadowlark. They conducted these Sunday evening services for many years until their health would not allow them to continue. Virginia Honstead took it over at that time and continued until she felt she would like to give it up, also.

We moved here in 2006 and it was 2007 that I took over this responsibility. After seven years, I felt it time that someone else assume the responsibility. At that time there was a committee assigned to continue this lovely Sunday evening tradition, which is a real gift to many. It is now managed by Sharon Smith, Pat Miksch, Bob Robinson and Linda Frey. If anyone else has additional information regarding the history of our Vespers Service, please let us know.

Resident Referral Incentive

Everybody *wins* when your friends move to a cottage at Meadowlark! Refer a friend to move to a beautiful new home and you will receive

TWO MONTHS FREE!

That's no monthly service fee for sixty days!

To qualify, the referred resident must sign a Letter of Intent for a cottage before March 1, 2019. Credited amount will be applied when the new resident moves in.

Call Abby Cavender at (785) 537-4610 with questions.

NEW books at the Library!

Non-Fiction

Kansas State University—A Pictorial History 1863-1963, by Charles Hawes

Fiction

In a Class by Itself, by Sandra Brown

Selected Works, by Joseph Conrad

Hell at the Breech, by Tom Franklin

Preachers, by Tom Franklin

The Rainmaker, by John Grisham

The Last Juror, by John Grisham

Runaway Jury, by John Grisham

Dance of the Bones, by J.A. Jance

Cold Betrayal, by J.A. Jance

Orphan Train, by Christine Baker Kline

A Wrinkle in Time, by Madeleine L'Engle

14th Deadly Sin, by James Patterson

Past Perfect, by Danielle Steel

Unnatural Acts, by Stuart Woods

Church in the Wildwood, by Paige Dooly et al

The Heart Answers, by Colleen Coble

To Love a Stranger, by Colleen Coble

Playing the Part, by Jen Turano

Ghost Writer, by Rene Gutteridge

The Wedding Chapel, by Rachel Hauck

From this Moment, by Elizabeth Camden

Flirtatious Walk, by Jiri Mitchell

Heartland Weddings, by Jennifer Johnson &

Cathy Liggett

Religion & Inspirational

Mary's Christmas, by Brian Hoover

Messages from Heaven (Chicken Soup for the Soul), by Jack Canfeld et al

The Psalms Paraphrased, by Roger O. Shanks

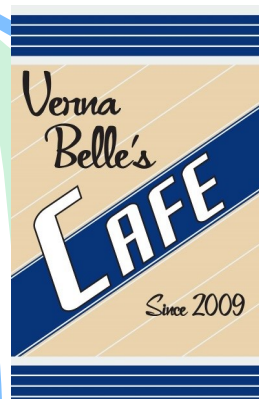
Videos

Rowan and Martin's Laugh-In (The Best of)

Rowan and Martin's Laugh-In (Christmas)

Audiobooks

The Melody Lingers On, by Mary Higgins Clark



LUNCH & BREAKFAST SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.

Saturday & Sunday, 7 to 11 a.m.

(785) 323-3818

Sunday, Jan. 6

Breakfast: Omelets with Fruit

Monday, Jan. 7

Breakfast: Biscuits & Gravy

Lunch: Steak Fajita Quesadilla with Choice of Side strips of steak, bell peppers & onion in a crispy flour tortilla with shredded cheddar cheese ~ \$4.50 / \$6.50

Tuesday, Jan. 8

Lunch: Mini Maple Bacon Chicken Sandwich & Side crispy chicken, Swiss cheese, bacon & maple syrup on a croissant roll ~\$4.50/\$6.50

Wednesday, Jan. 9

Breakfast: Breakfast Burrito & Fruit

Lunch: Creamy Tortellini & Sausage Soup cheese tortellini, Italian sausage, onions, tomatoes & spinach in a creamy stew served with garlic toast ~ \$4.50/\$6.50

Thursday, Jan. 10

Breakfast: Biscuits & Gravy

Lunch: White BBQ Chicken Sub with Choice of Side shredded chicken, onions, white BBQ sauce & Monterey jack on a sub roll ~ \$4.50/\$6.50

Friday, Jan. 11

Breakfast: Waffle or Pancake

Lunch: Bierock with Choice of Side ground beef, onion, cabbage & a sweet dressing stuffing inside a biscuit ~ \$4.50/\$6.50

Saturday, Jan. 12

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	Jan. 6 ~ Lunch \$12	Dinner \$12
	Roast Pork Loin with Balsamic Cherry Sauce Au Gratin Potatoes Vegetable du Jour	Beef Tips Fettuccine Garlic Toast Vegetable du Jour
MONDAY	Jan. 7 ~ Lunch \$10	Dinner \$12
	Philly Steak Sandwich French Fries Choice of Vegetable	Chicken Pecan with Dijon Sauce Wild Rice Vegetable du Jour
TUESDAY	Jan. 8 ~ Lunch \$8	Dinner \$13
	Fajita Bar (does not include drink, starter or dessert)	Red Wine Braised Shortribs Soft Polenta Vegetable du Jour
WED.	Jan. 9 ~ Lunch \$10	Dinner \$12
	Prime Rib Sandwich French Fries Choice of Vegetables	Fried Pork Cutlet with Cream Gravy Mashed Potatoes Vegetable du Jour
THURS.	Jan. 10 ~ Lunch \$7	Dinner \$14
	Breakfast Bar (does not include drink, starter, or dessert)	Grilled Pesto Shrimp with Marinara Sauce Roasted Potatoes Vegetable du Jour
FRIDAY	Jan. 11 ~ Lunch \$10	Dinner \$12
	Sautéed Orange Roughy Roasted Red Potatoes Choice of Vegetables	Braised Chicken Thigh & Leg Cajun Style Red Beans & Rice Vegetable du Jour
SAT.	Jan. 12 ~ Lunch \$10	Dinner \$15
	Beef Quesadilla Black Beans Spanish Rice	Steak Baked Potato Vegetable du Jour

DRINK SPECIAL | Negroni
 1 oz. Beereater, 1 oz. Campari, 1 oz. Sweet Vermouth
 \$3.75

Grosh Cinema Movies

Sunday, Jan. 6, to Saturday, Jan. 12, 2018

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

Sunday, Jan. 6 — Cloudy with a Chance of Meatballs (2009)

A local scientist is often regarded as a failure until he invents a machine that can make food fall from the sky. But little does he know, that things are about to take a turn for the worst.

Co-Starring: Anna Faris, Bill Hader & Bruce Campbell

Rated PG; 1 hr. 30 min.

Monday, Jan. 7 — Crazy Rich Asians (2018) **Resident Request*

This contemporary romantic comedy, based on a global bestseller, follows native New Yorker Rachel Chu to Singapore to meet her boyfriend's family.

Co-Starring: Constance Wu, Henry Golding & Michelle Yeoh

Rated PG-13; 2 hrs.

Tuesday, Jan. 8 — Seven Pounds (2008)

A man with a fateful secret embarks on an extraordinary journey of redemption by forever changing the lives of seven strangers.

Co-Starring: Will Smith, Rosario Dawson & Woody Harrelson

Rated PG-13; 2 hrs. 3 min.

Wednesday, Jan. 9 — Paradise Canyon (1935)

Sent to find counterfeiters, John Wyatt joins Doc Carter's medicine show. They arrive in the town where Curly Joe runs his counterfeiting operation.

Co-Starring: John Wayne, Marion Burns & Reed Howes

Rated NR; 52 mins.

Thursday, Jan. 10 — Frida (2002)

A biography of artist Frida Kahlo, who channeled the pain of a crippling injury and her tempestuous marriage into her work.

Co-Starring: Salma Hayek, Alfred Moline & Geoffrey Rush

Rated R for nudity and language; 2 hrs. 3 min.

Friday, Jan. 11 — The Theory of Everything (2014)

The Theory of Everything is the story of the most brilliant and celebrated physicist of our time, Stephen Hawking, and Jane Wilde the arts student he fell in love with whilst studying at Cambridge in the 1960s.

Co-Starring: Eddie Redmayne, Felicity Jones & Tom Prior

Rated PG-13; 2 hrs. 3 min.

Saturday, Jan. 12 — Won't You Be My Neighbor (2018) **Resident Request*

An exploration of the life, lessons, and legacy of iconic children's television host, Fred Rogers.

Co-Starring: Fred Rogers, Joanne Rogers & John Rogers

Rated PG-13; 1 hr. 34 min.

Weekly Opportunities Calendar *Jan. 6 to Jan. 12*

Sunday • Jan. 6

Manhattan Room—open seating at lunch & dinner

- 9:30 a.m. ~ Miller Worship Service, MFR
- 10:30 a.m. ~ Worship Service, CR
- 2:00 p.m. ~ Wroten Worship Service, WL
- 4:00 p.m. ~ Open Communion Service, FHR
- 7:00 p.m. ~ Vespers with Rev. Cam McConnell, CR

Monday • Jan. 7

Manhattan Room—open seating for lunch only

- 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
- 11:00 a.m. ~ St. Luke's Communion, SCR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, KSU CL
- 12:00 p.m. ~ Weights 101, CR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 3:30 p.m. ~ Meadowlark Singers Practice, CR
- 5:30 p.m. ~ Tuttle Creek Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

Tuesday • Jan. 8 *Trash pick-up*

Manhattan Room—no open seating available

- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Seven Dolors Book Discussion, FHR
- 12:00 p.m. ~ Kimball Luncheon, MR
- 3:00 p.m. ~ Coffee Corner, CR
- 3:30 p.m. ~ Ambassador Committee Meeting, WCR
- 4:00 p.m. ~ Newspaper & Bible, FHR
- 5:30 p.m. ~ 4th Floor Supper, MR
- 7:00 p.m. ~ Dominoes, GR

Wednesday • Jan. 9

Manhattan Room—open seating at lunch only

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 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
- 12:30 p.m. ~ Assoc. Audiologist-Dr. Schotte, WCR
- 1:00 p.m. ~ Pitch, GR

- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:00 p.m. ~ Rock Steady Boxing, CR
- 3:00 p.m. ~ Call Hall Ice Cream Social, KR
- 4:00 p.m. ~ Christian Video Worship Service, FHR
- 5:30 p.m. ~ Eastside Supper, MR
- 6:30 p.m. ~ Artist Bio Lecture Series, KSU CL

Thursday • Jan. 10

Manhattan Room—open seating at dinner only

- 8:30 a.m. ~ Messenger Team, WCR
- 10:00 a.m. ~ Meadowlark Bible Study, FHR
- 10:00 a.m. ~ Resident Focus Group, WCR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Meadowlark Ladies Luncheon, MR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 4:00 p.m. ~ Great Decisions, FHR

Friday • Jan. 11

Manhattan Room—open seating for lunch & dinner

- 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. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Parkinson's Care Support Group, FHR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 2:00 p.m. ~ Verna Belle's Birthday Party, VB
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 7:00 p.m. ~ KelLee Parr-Orphan Train, CR

Saturday • Jan. 12

Manhattan Room—open seating at lunch & dinner

- 9:30 a.m. ~ Painting for Fun, SCR
- 10:30 a.m. ~ Trip to Hobby Lobby/Dollar Tree, VE

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