

## Meet the Meadowlark Ambassadors

Say hello to the Meadowlark Ambassadors. If these ladies look familiar to you, they should. They all live here at Meadowlark Hills.

This group was established back in 2004. They are dedicated to the service of residents, passport members, and employees with their prime concern concentrating on the well-being of all.

They accomplish this through a number of activities and responsibilities.

You will see these ladies welcoming new residents, helping with events, serving refreshments and assisting and conversing with residents in our Healthcare Households.

Through the years, the Ambassadors have been involved in a number of events and activities. They

have helped with the Welcome Breakfasts, hosted the open houses, assisted with Summerfest, and involved in Hogtober Fest.



From left to right: Frances Holcombe, Alice Howard, Sue Hunt, Mary Ann McCoy, Janice Parsons, Pat Murray, Charlotte Kelly, Kay Shanks, Donna Alexander, and missing from picture is Vera Williams and Judy Cattell.

Be on the lookout for their newest project: cabinets supplied with cleaning items to maintain all healthcare patios. The Ambassadors will be periodically checking patios and ensuring that patios are neat and orderly.

Each January, new members are recruited. If anyone is interested in becoming an Ambassador, please contact Hether Birchmeier at (785) 323-3890 for more information.

## *The Wonderful Wizard of Oz: A Distinctly American Fairy Tale*



*The Wonderful Wizard of Oz*, written by L. Frank Baum and illustrated by W.W. Denslow, was published in 1900. Learn about the author, the series of books, the 1939 MGM film and its stars, and how the classic fairy tale has impacted our lives today. Clint Stueve will be conducting the class which will meet on March 29, April 5 and 12 from 2 to 4 p.m. in the Community Room.

The Osher Institute offers courses for participants age 50 and over that stress the joy of learning. Instructors are carefully selected for their expertise, a passion for the topic, and a love of teaching. Courses meet weekly for two hours over a three-week period and require no homework, out-of-class preparation, or testing.

Meadowlark Hills Residents and Passport Members can enroll in the Osher classes at no cost; Special Events fees are as listed. To enroll, call KU Osher's toll-free number (877)-404-5823 or (785)-864-5823 or visit web [www.osher.ku.edu](http://www.osher.ku.edu).

## UPCOMING EVENTS & ANNOUNCEMENTS

### Parkinson's Webinar

Today, March 16, from 11am-12:00pm.

The Michael J Fox Foundation's Thursday Research Webinar will meet *in the* West Conference Room. this month the topic is: "*Complementary Medicine for Parkinson's.*" The webinar will discuss what we know and what to consider about acupuncture, herbs and vitamins, and diet, among other methods.

### Card Making with Michelle

Today, March 16, at 1:30 p.m.

Join Michelle Lehmer at 1:30 p.m. today, March 16, in the Living Room for card making. The group will be making Easter cards and for all occasions!



### Olympian Coming to Manhattan

Today, March 16, at 5:30 p.m.

The Gender, Women, and Sexuality Studies Advisory Board cordially invites you to join Olympian Jackie Joyner-Kersey who will be speaking in honor of women's history month.

The winner of three gold, one silver, and two bronze Olympic medals from Track and Field, Jackie is a boundary breaker both in terms of race and gender. She actively advocates on behalf of racial equality and women's rights, children's education, health issues, and social reform. She will be speaking at the Bill Snyder Family Stadium today, March 16, at 5:30 p.m. Guests will need to RSVP by Thursday, March 9. Dinner tickets are \$75. The attire is business casual. Register online at [www.found.ksu.edu/rsvp/jjk](http://www.found.ksu.edu/rsvp/jjk). Please contact Kim Garver at [kgarver@ksu.edu](mailto:kgarver@ksu.edu) or by phone at (785) 532-5738.

I refused to believe my road worker father was stealing from his job, but when I got home all the signs were there.

## Lunch Specials March 19 – March 25

**NEW** Hours: Monday—Friday, 7 a.m. to 4 p.m.



<b>Sunday, March 19-</b> Tuna Salad Sandwich with Side <i>(Classic tuna salad on your choice of white or wheat bread)</i>	\$3.75/\$5.50
<b>Monday, March 20 -</b> Blackberry Brook Sandwich with Fruit Salad <i>(Bacon, Swiss Cheese, blackberry jam and optional fresh jalapenos on Italian Panini bread)</i>	\$3.75/\$5.50
<b>Tuesday, March 21-</b> Bourbon Bacon Roast Beef Sliders with Side <i>(Roast beef, whiskey candied bacon, and cheddar cheese on a slider bun)</i>	\$3.75/\$5.50
<b>Wednesday, March 22 -</b> Bierocks with Soup or Chips <i>(Ground beef, cabbage and onion stuffed inside a biscuit)</i>	\$5.50
<b>Thursday, March 23 -</b> Meatball Sub with Caesar Salad <i>(Meatballs and marinara sauce on a sub roll with side salad)</i>	\$3.75/\$5.50
<b>Friday, March 24 -</b> Turkey Club with Broccoli Salad <i>(Turkey, bacon, and Swiss cheese on a toasted Italian or wheatberry bread with a roasted garlic aioli)</i>	\$3.75/\$5.50
<b>Saturday, March 25 -</b> Napa Valley Chicken Salad Sandwich with Side <i>(Chicken Salad with Pecans and grapes on your choice of white or wheat bread)</i>	\$3.75/\$5.50

## UPCOMING EVENTS & ANNOUNCEMENTS

### **Mindfulness Training**

**Friday, March 17 and 31, at 2:15**

Bridget Larkin, LMSW, will facilitate two workshops to educate, train and practice the art of Mindfulness. This practice can be used to help with sleep, reducing stress, pain and anxiety. This class is geared towards individuals with Parkinson's but anyone may participate. Training will be held in the KSU Classroom on March 17 and in the Living Room on March 31..

### **Zerf Performs**

**Friday March 17, at 7 p.m.**

"Zerf" aka Dave Zerfas will bring a saddlebag full of old time cowboy tunes to town. Zerf, "Well, I'm not Irish, don't even own a green shirt, but I don't mind being pinched a bit!" Join Zerf in the Community Room at 7 p.m. for some soothing western tunes!

### **Painting for Fun**

**Saturday, March 18, at 9:30 a.m.**

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, March 18, in the KSU Classroom. No experience needed. Just come with a sense of fun and adventure!

### **A Man's Best Friend**

**Saturday, March 18, from 1:00 p.m. to 3:00 pm**

Saturday, March 18, from 1 to 3 p.m., a group from the Well Church will be on the Lyle Patio visiting with residents. They will have four therapy dogs with them that loves to attention from others. The group encourages all who would like to spend time chatting and getting to hang out with the dogs are welcome.

### **K-State Women's Basketball**

**Saturday, March 18 at 3 p.m.**

The Kansas State women's basketball team was rewarded with the program's 15th NCAA Tournament appearance in school history and the second straight under head coach Jeff Mittie. The game will be broadcast live on **ESPN2 (channel 33)** and on **ESPN3.com**. The winner of the Kansas State-Drake game will play the winner of the No. 2 Stanford-No. 15 New Mexico State matchup on Monday, March 20.

Transportation is available for Saturday's game with the bus departing the village entrance at 2 pm. In the event that Kansas State wins, transportation will also be available for Monday's game, March 20, with the time to be determined as they will face either Stanford or New Mexico State. A sign-up sheet is located in the Blue Book at the Hospitality Desk.

### **Vespers Services**

**Sunday, March 19, at 7 p.m.**

The Vespers service, led by Rev. Dennis Ackerman and the Musical Family from College Ave Methodist Church, will be at 7 p.m. Sunday, March 19, in the Community Room. All are welcome.

### **Meadowlark Singers Practice**

**Monday, March 20, at 3 p.m.**

Meadowlark Singers practice is scheduled at 3 p.m. Monday, March 20, in the Community Room.

### **Artful Memories**

**Wednesday, March 22, at 10 a.m.**

Class will meet in the KSU Classroom at 10 a.m. Wednesday, March 22. It is facilitated by Bridget Larkin and Arlene Lundberg.

### **Lutheran Video Worship Service**

**Wednesday, March 15, at 4 p.m.**

You are invited to watch a televised worship service at 4 p.m. Wednesday March 15, in the Living Room. All are welcome to attend.

### **Grief Support Group**

**Monday, March 27, at 1:30 p.m.**

Grief Support Group is an opportunity for residents and families to discuss grief and healing in a supportive environment. The group is facilitated by Patty Brown-Barnett, DMin, Chaplain and Bridget Larkin, LMSW, Social Services Leader. Our next group will begin on Monday, March 27, from 1:30 to 2:30 pm and continue on Monday afternoons through Monday, June 12. Please contact Bridget at 323-3837 or [bridget.larkin@meadowlark.org](mailto:bridget.larkin@meadowlark.org) for more information and to RSVP.

### **Parkinson's Voice Class**

**Monday, March 27, at 2:15 p.m.**

Come join our fun and interactive group in voice and speech exercises to improve your communication with family and friends! Exercises are geared toward individuals with Parkinson's disease, but anyone who is having difficulties communicating is welcome to attend. The class will be in the KSU Classroom.

## UPCOMING EVENTS & ANNOUNCEMENTS

### Meadowlark Wellness Olympiad

This year's Meadowlark Wellness Olympiad is fast approaching and it is time to start looking for your team. Registration will open on Monday March 20, with registration forms available at the Hospitality Desk from March 20 – April 4. Teams will consist of three participants.

Each participant will track physical activity, healthy eating and compete in challenges earning points for your team. The team with the most points at the end of the Olympiad will win the grand prize. Prizes will be available for the winning team, challenge winners, participants that attend the most events, and random prize drawings just for being a part of the Olympiad, and more. The first prize will go to the team who creates the best team name.

The Olympiad is open to all Meadowlark Hills residents, employees and Passport members and you can create your team with people of your choosing. We can also help place you on a team if you don't have a full team of three. Please let Jeff Heidebreder know if you have any questions about the Olympiad or registration, and pass this information on to any employee that does not have a Meadowlark email.

#### **Important Olympiad Dates:**

**Registration – March 20 – April 4**

**Kick-off Party – Thursday April 6, 3:30 to 4:30 pm – Community Room**

**Wellness Olympiad – April 10 to May 19**

**Post-Party – Friday May 19, 3 to 4:30 p.m. – Game Room**

### **Riddle of the Week**

**Why is the longest human nose on record only eleven inches long?**

Answer: Because if it was twelve inches it would be a foot

### Little Apple Barbershop Chorus

**Saturday, April 8, at 2:20 p.m.**

Come celebrate four decades of wonderful harmony Saturday, April 8, at 2:20 p.m. at McCain Auditorium on Kansas State University campus. The program will open with the Manhattan Barefoot Dixieland Band. For tickets and more information, visit the website: [www.littleapplechorus.org](http://www.littleapplechorus.org) or call (785) 537-8426.

### Mystery Trip: Clue #1

There has been much interest and discussion regarding the upcoming Meadowlark Travelers trip in July. For the past 14 years, Meadowlark has offered overnight adventures of various lengths, but until now hasn't offered a Mystery Trip, which have proven popular among other state and national travel agencies. We appreciate the several who have already committed to traveling with us, and are pleased more of you are considering this opportunity. As with our other Meadowlark Travelers trips, we've carefully planned our itinerary to include activities and tours to engage our senses and foster opportunities for fellowship. Free afternoons on two consecutive days give travelers the chance to customize their trip to suit their interests and/or activity level.

Because this is our first Mystery Trip, co-leaders Monte and Becky sought the advice of veteran travelers, residents who've participated in Meadowlark Travelers excursions and/or have done much traveling nationally and internationally. No, we didn't reveal our destination to them, but they did offer suggestions about the sort of information we should share prior to and during our six days together. If you're considering this trip, I'm sure these five will offer encouragement: Don and Sandra Emley, Harriette Janke, Pam Oehme and Pat Vogt.

Monte and Becky, co-leaders, will aim to pique your interest with a trip clue every other week for the next few months. The hints may pertain to our primary destination or something we'll see or do going and coming. Here's the first:

***Where we are going, you won't get lost, but you can guarantee there will be frost!***

## Letter to the Messenger

### On Getting the Hang of the New Age

*Submitted by Helen Roser*

As an old person who has tried to keep in touch with her fellow humans, I have realized we have been working our way back to all-purpose grunt instead of ahead with words.

Finally, one all-purpose word has replace the popular two words “awesome” and “cool”. The new word is “cray” and I think I understand its popularity. When we oldsters were required to build our vocabulary, it was so we could more effectively and accurately communicate with our fellow man. (Meaning humans, which include women.)

After numerous attempts to learn what was on a young person’s mind and getting only “crazy” as the response, I have realized the object now is not to enhance communication , but to avoid it.

I have also realized that the beloved little device held in the hand constantly, as of a body part, is for the purpose of avoiding communication with a fellow human standing two feet away. This realization dawned as a began speaking to the young person whose opinion ZI sought and how she reached it, sat in front of me. As soon as I began to speak, she whipped out her device and began to peck the keys with rapt attention. Seeing that her attention was not on the one who was trying to communicate with her, I stopped speaking. She stopped pecking, glanced up and, in some annoyance, told me to “go on.”

I told her I thought she was busy and would wait. She proudly explained that she was “multi-taking” and could hear me. Didn’t matter because when I finished and waited for her response, it was (you’re ahead of me here, aren’t you?): “crazy.”

In the olden days, the value of appointments was for their convenience of both parties. In other words, knowing when to expect the visitor. Recently I had an appointment for someone to visit at 2 p.m. But at 1:40. a sudden burst of racket at my door sounding like someone alerting me to an emergency. There was ringing of the doorbell with one hand while apparently banging on the door with the other. It was the 2 p.m. appointee who informed me she “likes to arrive early.” Why, she didn't say, but that her using both hands to announce her arrival was due to thinking she couldn't be heard. My guess is that past prompt answering of the door was thwarted by the unexpected early arrival.

Maybe she was expressing her authority, Who knows? My thought: It was crazy. As you can see, I am getting the hang of the new age. Grunt!@

## ASK Sarah

### Win the Jersey!

I only have a few more weeks of guiltless pigging out (Baby Duggan will be here soon!), but it’s that time of year to think ahead to our Pig Out for Parkinson’s event! The Pig Out is an annual fundraising and awareness event that benefits the Meadowlark Parkinson’s Program. This year, the Pig Out is scheduled for Thursday, April 27, at Cox Bros. BBQ in Manhattan, Kan.

This year supporters have the opportunity to purchase tickets for a chance to win an autographed Jordy Nelson Pro Bowl Jersey! Tickets for the jersey can be purchased at the Hospitality Desk, Verna Belle’s Café or online at [www.meadowlark.org/pig-out-for-parkinsons](http://www.meadowlark.org/pig-out-for-parkinsons). Cost for tickets is \$1 for one ticket and \$5 for six tickets. The winning ticket will be drawn at 8:50 p.m. Thursday, April 27, during the Pig Out. You do not need to be present to win.

Your support of Pig Out for Parkinson’s, through eating at the restaurant or purchasing raffle tickets, helps the Parkinson’s Program continue to provide free services to those in the Flint Hills area affected by Parkinson’s disease.

See you next week and thanks for stopping by!



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Front



# PRAIRIE★STAR RESTAURANT

Monday to Saturday, 10:30 to 8 p.m.  
Sunday, 10:30 a.m. to 7 p.m.

## March 19 – March 25

Includes beverage, starter and dessert.

A minimum of one hour notice is required for reservations. The restaurant can accept up to four reservations per time, depending on party size. Reservations can be made in person or by calling 323-3820.1

<b>SUNDAY</b>	March 19~ Lunch \$12	Dinner \$9
	Chicken Fried Chicken Mashed Potatoes with Gravy Vegetable of the Day	Ham & Beans Corn Bread Vegetable of the Day
<b>MONDAY</b>	March 20 ~ Lunch \$10	Dinner \$12
	Meatloaf Sandwich French Fries Cole Slaw	Chicken and Dumplings Vegetable of the Day
<b>TUESDAY</b>	March 21 ~ Lunch \$7	Dinner \$12
	Taco Bar (does not include drink, starter or dessert)	Hoisin Glazed Pork Chop Loaded mashed Potatoes Vegetable of the Day
<b>WED.</b>	March 22 ~ Lunch \$10	Dinner \$12
	BBQ Pork Riblets Sandwich Potato Salad Choice of Vegetable	Roasted Turkey with Dressing Mashed Potatoes with Gravy Vegetable of the Day
<b>THURS.</b>	March 23 ~ Lunch \$8	Dinner \$14
	Caesar Salad Bar (does not include drink, starter or dessert)	Shrimp Penna with Sherry Garlic Sauce Portobello Mushrooms Sun dried Tomatoes, Basil, Spinach, and Parmesan Cheese with Garlic Toast Vegetable of the Day
<b>FRIDAY</b>	March 24 ~ Lunch \$10	Dinner \$14
	Fish and Chips French Fries Cole Slaw	Parmesan Crusted Tilapia Couscous Vegetable of the Day
<b>SAT.</b>	March 25 ~ Lunch \$11	Dinner \$15
	Beef Stroganoff Noodles Choice of Vegetables	Steak Night Baked Potato Vegetable of the Day

\*You may substitute an extra vegetable for the starch on any special for no additional charge.

Grosh Cinema Movies

Sunday, March 19 - Saturday, March 25

Show Times: 1, 4 and 7 p.m., Monday – Saturday

2 and 6 p.m., Sunday

**Sunday, March 19 – The Great Gilly Hopkins (2016)**

Rebellious Gilly Hopkins has been in and out of a slew of foster homes. But when she moves in with Maime Trotter, Gilly may have met her match.

**Co-Starring: Sophie Nelisse, Kathy Bates & Glenn Close**

**Rated PG; 1 hr. 37 min.**

**Monday, March 20 – Safe Haven (2013)**

When a mysterious woman arrives in a small North Carolina town, she begins a new life but remains haunted by a terrifying secret.

**Co-Starring: Josh Duhamel, Julianne Hough & Cobie Smulders**

**Rated PG-13; 1 hr. 55 min.**

**Tuesday, March 21 – You, Me and Dupree (2006)**

After standing in as the best man for a longtime friend, Randy Dupree loses his job, becomes a barfly and moves in with the newlyweds.

**Co-Starring: Owen Wilson, Kate Hudson & Matt Dillon**

**Rated PG-13; 1 hr. 50 min.**

**Wednesday, March 22 – To Catch A Thief (1955)**

Suspected in a new series of heists in the hotels of the French Riviera, a reformed jewel thief sets out to clear himself—and catch the real thief.

**Co-Starring: Cary Grant, Grace Kelly & Jessie Royce Landis**

**Not Rated; 1 hr. 46 min.**

**Thursday, March 23 – Couples Retreat (2009)**

Desperate to save their marriage, one couple convinces three other couples to go in on a group rate price for an island retreat designed for troubled unions.

**Co-Starring: Vince Vaughn, Jason Bateman & Jon Favreau**

**Rated PG-13; 1 hr. 47 min.**

**Friday, March 24 – An Unfinished Life (2005)**

A grieving widow and her daughter move in with her estranged father-in-law in Wyoming, where time allows them to heal and forgive.

**Co-Starring: Robert Redford, Jennifer Lopez & Morgan Freeman**

**Rated PG-13; 1 hr. 47 min.**

**Saturday, March 25 – Field of Lost Shoes (2014)**

In 1864, dozens of inexperienced teenage cadets at Virginia Military Institute are thrust into battle to protect the Shenandoah Valley from the Union.

**Co-Starring: David Arquette, Keith David & Lauren Holly**

**Rated PG-13; 1 hr. 35 min.**

# This Week's Opportunities March 19 - March 25

## SUNDAY • MARCH 19

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

- 9:00 a.m. ~ Miller Worship Service, MFR
- 10:00 a.m. ~ Worship Service, CR
- 2:00 p.m. ~ Wroten Worship Service, WL
- 7:00 p.m. ~ Vespers with Reverend Dennis Acherman

## MONDAY • MARCH 20

*Trash pick-up day*

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, LR
- 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
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 3:00 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ 5th Floor Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

## TUESDAY • MARCH 21

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

- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Seven Dolors Book Discussion, LR
- 2:00 p.m. ~ LifeStory Writing Group, LR
- 3:00 p.m. ~ Coffee Corner, CR
- 3:30 a.m. ~ Ambassador Committee Meeting, CON
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:30 p.m. ~ 2nd Floor Supper, CR

## WEDNESDAY • MARCH 22

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

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Worship Service, LR
- 10:00 a.m. ~ Memory Activities Class: ArtFull Memories, KSU CL
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
- 1:30 p.m. ~ Pitch, GR
- 1:30 p.m. ~ Diabetic Support Group, KSU CL
- 1:30 p.m. ~ Collins Worship Service, CH
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Rock Steady Boxing, KSU CL
- 3:00 p.m. ~ Unitarian Universalist Fellowship, MR
- 4:00 p.m. ~ Lutheran Video Worship Service, LR
- 5:30 p.m. ~ 1st Floor Supper, MR

## THURSDAY • MARCH 23

*Breakfast at Verna Belle's—Biscuit & Sausage Gravy*

- 8:00 a.m. ~ Messenger Ladies, CON
- 10:00 a.m. ~ Meadowlark Bible Study, LR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 2:30 p.m. ~ Gerontology Class, CR
- 4:00 p.m. ~ St. Paul's Episcopal Church Service, LR

## FRIDAY • MARCH 24

*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 and Be Fit, CR
- 12:00 p.m. ~ Parkinson's Partners Luncheon, CR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 1:15 p.m. ~ Parkinson's Care Partner Support Group, LR
- 7:00 p.m. ~ Resident Program: Woodwinds Anonymous, CR

## SATURDAY • MARCH 25

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

- 9:00 a.m. ~ Rock Steady Boxing, CSC
- 9:30 a.m. ~ Painting for Fun, KSU CL

## ROOM ABBREVIATIONS

BP, Billiards Parlor	LB, Library
CH, Collins House	LR, Living Room
CR, Community Room	MFR, Miller Friendship Rm
CON, Conference Room	MR, Manhattan Room
GR, Game Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	TR, Tranquility Room
KR, Kansas Room (Pub)	VE, Village Entrance
KSU CL, KSU Classroom	WL, Wroten Library
PSP, Prairie Star Patio	CSC, Combative Sports Center



**March 19 to March 25**  
**Martini (Gin or Vodka)**  
**3 oz. Gin or Vodka**  
**1 oz. Martini & Rossi Extra Dry)**  
**\$3.75**

\*Meadowlark News Channel can be viewed on Channel 1960