

Meadowlark Wellness Olympiad 2017

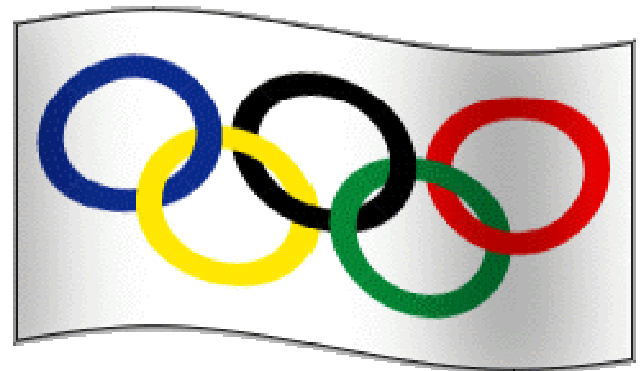
The registration window is now OPEN! Get ready for the fun to begin, and create a team for the Wellness Olympiad. The Wellness Olympiad is open to all Meadowlark Hills residents, employees, and passport members! Registration forms can be found at the Hospitality Desk and must be turned in by Tuesday, April 4. Each team will have three participants; you can form your own team, or let us know if you need help by being placed on a team.

The most creative team name will win the first prize up for grabs during the six-week wellness challenge.

Each participant will be encouraged to select healthy food choices when eating at Prairie Star and Verna Belle's, as well as get 30 minutes or more of daily physical activity. Remember, physical, mental, and creative challenges will be held twice a week throughout the Olympiad, with points being awarded for activity and participation. A lot of prizes will be awarded, so

you may win something just for working towards better health!

The Olympiad will be held from April 10 to May 19, with the kickoff party on Thursday, April 6 from 3:30 to 4:30 p.m. in the Community Room. Please contact Jeff Heidbreder, Fitness Leader, at (785)341-2995 with any questions about the Meadowlark Wellness Olympiad.



St. Patrick's Day Luncheon



A Meadowlark Hills St. Patrick's Day Luncheon for the "Pats" in Independent Living was organized in 2014 by Pat Miksch to honor what would have been her dad's 110th birthday. He was born March 17 in 1904 and lived to celebrate his 99th birthday.

Pat asked Rae Stamey to help with the table decorations, and thus she became an official "Pat" for the day.

Those attending this year's event are as follows: (back row) Pat Hook, Pat Edwards, Pat Miksch, Rae Stamey, and Pat Hartman; (front row) Patty Brown-Barnett, Pat Vogt and Pat Niernberger.



UPCOMING EVENTS & ANNOUNCEMENTS

Memorial for Lucille Mulrone

Today, March 23, at 1:30 p.m.

Lucille Marie Mulrone, 92, formerly of Clay Center passed peacefully on March 14, 2017. She was born October 8, 1924 in Hartford, Kansas.

A Celebration of Life service will take place today, March 23, at 1:30 p.m. at St. Paul's Episcopal Church in Clay Center. A graveside memorial service will take place at 10:30 am on Friday, March 24 at Maplewood Memorial Lawn Patio Garden in Emporia.

Leader of the Pack

Have you noticed a Meadowlark Hills employee who has gone above and beyond? You can nominate them to be Leader of the Pack!

Stop by Verna Belle's Café or the Human Resource office to fill out a nomination form with information about an outstanding employee.

Painting for Fun

Saturday, March 25, at 9:30 a.m.

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, March 25, in the KSU Classroom. No experience needed. Just come with a sense of fun and adventure!

Vespers Services

Sunday, March 26, 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 26, in the Community Room. All are welcome.

Grief Support Group

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

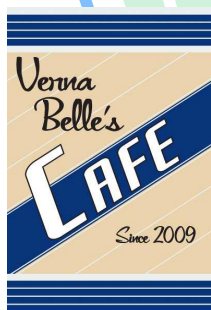
Grief Support Group is an opportunity for residents and families to discuss grief and healing in a supportive environment. The group is facilitated by Patty Brown-Barnett, DMin, Chaplain and Bridget Larkin, LMSW, Social Services Leader. Our next group will begin on Monday, March 27, from 1:30 to 2:30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

**Where there's a will,
there's a relative.**

Lunch Specials March 26 – April 1

NEW Hours: Monday–Friday, 7 a.m. to 4 p.m.
Saturday–Sunday, 9 a.m. to 1 p.m.

Sunday, March 26- 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
Monday, March 27 - Fried Bologna Slider with Soup or Chips <i>(Grilled bologna on a Hawaiian roll with provolone cheese, Dijon aioli, and pickles)</i>	\$3.75/\$5.50
Tuesday, March 28- Turkey Cranberry Panini with Soup or Chips <i>(Turkey, Swiss cheese, and cranberry sauce on toasted wheatberry bread)</i>	\$3.75/\$5.50
Wednesday, March 29 - BBQ Chicken Pizza <i>(Seasoned chicken, fried onions, and green onions on a flatbread crust with BBQ sauce and Mozzarella cheese)</i>	\$3.75/\$5.50
Thursday, March 30 - Mexican Chicken and Rice Bowl <i>(Shredded chicken, rice, and black beans topped with your choice of vegetables)</i>	\$5.50
Friday, March 31 - Chicago Dog with Ambrosia Salad <i>(Grilled hotdog topped with a pickle spear, tomatoes, mustard, sweet relish, onion and pepperoncini peppers on a poppy seed bun)</i>	\$5.50
Saturday, April 1 - Egg Salad Sandwich with Side <i>(Classic egg salad on your choice of white or wheat bread)</i>	\$3.75/\$5.50



UPCOMING EVENTS & ANNOUNCEMENTS

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.

Memory Activities Class

Wednesday, March 29, at 10 a.m.

Memory Activities Class (MAC) provides education, activities and discussions about memory and cognition in an informal setting. All levels of abilities are welcome and snacks will be provided. This group will meet from 10 to 11 a.m. Wednesday, March 29, in the KSU Classroom.

Meadowlark Memory Café

Wednesday, March 29, at 10 a.m.

The Café features story sharing, reminiscing and social engagement. This will be facilitated by a licensed Social Worker and/or a Home Health Companion. The next meeting will be held on Wednesday, March 29, at 10 a.m. in the Conference Room and snacks will be provided.

Family Caregiver Alliance Webinar: Wading in Emotional Quicksand

Wednesday, March 29, at 1 p.m.

Join us for a webinar about the powerful role of anticipatory grief and ambiguous loss in dementia care. This webinar is geared towards caregivers of individuals with dementia. Caregivers will learn coping strategies to enable them to understand their own unique grief journeys, and learn ways to stay calm and hopeful in the process. The class will be held on Wednesday, March 29, from 1 to 2 p.m. in the KSU Classroom. Contact Bridget Larkin at 323-3837 if you have questions.

Lutheran Video Worship Service

Wednesday, March 29, at 4 p.m.

You are invited to watch a televised worship service at 4 p.m. Wednesday, March 29, in the Living Room. All are welcome to attend.

Spring into Spring

Thursday, March 30, at 1:30 p.m.

Honstead is hosting the monthly community party. Crafts, appetizers, desserts, and great conversation will be happening starting at 1:30 p.m. in the Community Room.

Mindfulness Training

Friday, March 31, at 2:15 p.m.

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 Living Room.

Shakespeare Behind Bars

Friday, March 31, at 6:30 p.m.

The documentary film *Shakespeare Behind Bars* will be shown in the Community Room, Friday, March 31, at 6:30 p.m. with a student-lead discussion afterward.

The intense film relates the story of prisoners in a medium-security prison, rehearsing for a complete performance of Shakespeare's *The Tempest*, with the personal stories of the prisoners and their relation to Shakespeare's story. All are invited to join in!

Pig Out for Parkinson's

Thursday, April 27, 11:00 a.m.

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, Kansas. 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. 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.

EASTER BRUNCH

Sunday, April 16

\$18 per person/\$10 for children

SEATING TIMES:

11 a.m., 11:45 a.m., 12:15 p.m.

1 p.m., 1:45 p.m., 2:15 p.m.

BREAD OPTIONS

..... Pecan Sticky Buns, Sweet Potato Bread, Lemon Tea Bread, White Rolls, Blueberry Muffins, Strawberry Muffins, Poppy Seed Muffins, Bran Muffins, Banana Muffins, Key Lime Muffins

OMELETTE BAR

..... Eggs, Ham, Bacon, Swiss Cheese, Cheddar Cheese, Black Olives, Salsa, Red & Green Peppers, Mushrooms, Green Onions

CARVING STATION

..... Prime Rib Au Jus & Horseradish, Baked Ham

HOT OPTIONS

..... Baked Cod with Sun Dried Tomato Sauce, Almond Crusted Pork Loin with Cherry Balsamic Sauce, Seafood Jambalaya, Braised Boneless Chicken Thighs a la Orange, Fog City Macaroni, Mashed Potatoes with Sour Cream & Chives, Anna Potatoes, Fresh Green Beans, Spinach Soufflé, Biscuits & Gravy

COLD OPTIONS

..... Green Salad Waterfall, Fresh Fruit in a Watermelon Basket, Deviled Eggs, Tabbouleh, Ambrosia Salad, Poached Salmon, Easter Jello Molds, Caprese Salad, Raspberry Marinated Asparagus, Roasted Vegetable Salad, Pasta Salad with Rigatoni & Roasted Yellow Pepper Ranch, Seafood Salad, Chicken Salad with Grapes & Walnuts, Pistachio Salad, Broccoli & Cheese Salad, Mixed Grain Salad

DESSERTS

..... Plum Cobbler, Chocolate Banana Bread Pudding, Lemon Meringue Pie, Chocolate Cream Pie, Coconut Cream Pie, Boston Cream Pie, Limon Chiffon Pie, Strawberry Pie, Blueberry Pie, Pecan Pie, Sweet Potato Tart, Apple Tart, Cherry & Apple Turnovers, Cream Puffs, Tiramisu, Black Forest Cake, Carrot Cake Cheesecake, Pineapple Upside Down Cake



UPCOMING EVENTS & ANNOUNCEMENTS

Foot Surgery

Betty Kahler, a former Meadowlark Hills resident, is scheduled for foot surgery next week. She would love to hear from friends! She can be contacted by telephone or mail:

Betty Kahler
201 W. Crane
Norton, KS. 67654
(785) 410-6125



Little Apple Knitted Knockers

What in the world is a knitted knocker? It is a soft comfortable handcrafted breast form made with love by volunteers for women who have had mastectomies. Knitted knockers is a national non-profit organization run by volunteers.

Local volunteers are mobilizing within the Manhattan community to form a local group known as Little Apple Knitted Knockers. We need the help of the local community to make this endeavor successful.

How can you help? Can you knit? If so we need local volunteers. Nationally 5,000 sets of knockers have been distributed in the last TWO months. Demand is continuing to grow because the hand crafted knockers are soft, comfortable, lightweight and washable. Demand is greater than the available product to distribute. Patterns are available and only approved patterns and yarns may be used. Discounts are available on yarn for this purpose as well as refresher courses on knitting skills. Donations are needed. Ten dollars can provide a pair of knockers free of charge to any woman who requests them. This covers the cost of yarn and mailing supplies.

Do you know someone who could benefit from a pair of knitted knockers? Check out the website at www.knittedknockers.org. The site has a wealth of information about the organization, the background and free patterns to download. Monetary donations can be made online.

Direct local inquiries can be made to Brenda Hallauer at 539-3325 (bhallauer@gmail.com) or Joyce Kemnitz 313-6410 (joycekemnitz@gmail.com). Brenda is a professional knitting instructor. Joyce is at Meadowlark most days and can meet with anyone who needs additional information.

ASK SARAH

Doctor Appreciation

The saying goes, "An apple a day keeps the doctor away," but sometimes an apple isn't enough to ward off illness and it times like those, it's prudent to have a doctor you trust just a phone call away.



Every year on March 30, the United States observes National Doctor's Day to celebrate the contribution of physicians who serve our country by caring for its citizens. The first-ever Doctor's Day was March 30, 1933 in Winder, Georgia. Eudora Brown Almond, the wife of Dr. Charles Almond, decided to set aside a day to honor physicians. This first observance included the mailing of greeting cards and placing flowers on graves of deceased doctors.

In 1958, a Resolution Commemorating Doctors' Day was adopted by the United States House of Representatives and in 1990; legislation was introduced in the House and Senate to establish a national Doctor's Day. This legislation received overwhelming approval from both sides and on October 30, 1990, President George Bush signed the resolution designating March 30 as "National Doctor's Day."

Doctor's Day is just around the corner and you still have time to send a greeting card (in accordance with the first-ever celebration) to the doctor or doctors of your choice. I intend to not only thank my personal doctors that support my family, but also Meadowlark's very own Medical Director, Dr. Matthew Floersch, for his dedication to Meadowlark, its staff, residents, guests and families. I am especially thankful for specialty doctors – most recently those that specialize in prenatal care and the delivery of babies!

Happy Doctor's Day!
See you next week and thanks for stopping by!



PRAIRIE STAR RESTAURANT

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

March 26 – April 1

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

SUNDAY	March 26 ~ Lunch \$12	Dinner \$10
	Baked Ham with Pineapple Sauce Au Gratin Potatoes Vegetable Du Jour	Fog City Macaroni Vegetable Du Jour
MONDAY	March 27 ~ Lunch \$10	Dinner \$13
	Mediterranean Tortellini Salad Garlic Toast	Pot Roast Mashed Potatoes Vegetable Du Jour
TUESDAY	March 28 ~ Lunch \$8	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Caprese Chicken with Sun Dried Tomato Sauce Linguini Vegetable Du Jour
WED.	March 29 ~ Lunch \$10	Dinner \$11
	Chicken and Broccoli Casserole Choice of Vegetables	Roasted Porkloin in Natural Sauce Scalloped Potatoes Vegetable Du Jour
THURS.	March 30 ~ Lunch \$8	Dinner \$11
	Baked Potato and Sweet Potato Bar (does not include drink, starter or dessert)	Turkey Loaf Mixed Grains Vegetable Du Jour
FRIDAY	March 31 ~ Lunch \$10	Dinner \$13
	Catfish Po Boy French Fries Cole Slaw	Shrimp Pasta Primavera Garlic Toast Vegetable Du Jour
SAT.	April 1 ~ Lunch \$10	Dinner \$14
	Egg Salad Sandwich Sweet Potato Fries Choice of Vegetables	Braised Short Ribs Roasted Red Potatoes Vegetable Du Jour

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

Grosh Cinema Movies

Sunday, March 26 - Saturday, April 1

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

Sunday, March 26 – Pete’s Dragon (2016)

When a strange boy turns claiming to live in the woods with a giant green dragon, forest ranger Grace and young Natalie go digging for the truth.

Co-Starring: Bryce Dallas Howard, Robert Redford & Oakes Fegley

Rated PG; 1 hr. 43 min.

Monday, March 27 – Finding Altamira (2016)

The discovery of prehistoric paintings in Spanish caves leads a 19th-century archaeologist into a lifelong struggle to have them accepted as genuine.

Co-Starring: Antonio Banderas, Golshifteh Farahani & Nicholas Farrell

Rated PG; 1 hr. 33 min.

Tuesday, March 28 – The Time Traveler’s Wife (2009)

Due to a genetic disorder, handsome librarian Henry DeTamble involuntarily zips through time, appearing at various moments in the life of his true love, a beautiful artist named Clare Abshire.

Co-Starring: Rachel McAdams, Eric Bana & Arliss Howard

Rated PG-13; 1 hr. 47 min.

Wednesday, March 29 – How To Steal A Million (1966)

Trouble ensues when a noted art collector and forger decides to loan his prized Cellini “Venus”—the forged version, that is—to a museum.

Co-Starring: Audrey Hepburn, Peter O’Toole & Eli Wallach

Rated PG; 2 hrs. 3 min.

Thursday, March 30 – Robin Hood (2010)

When Robin happens upon the dying Robert of Loxley, he promises to return the man’s sword to his family in this big-budget twist on the classic tale.

Co-Starring: Russell Crowe, Cate Blanchett & Max von Sydow

Rated PG-13; 2 hrs. 36 min.

Friday, March 31 – Coach Carter (2005)

Samuel L. Jackson stars in the true story of high school basketball coach Ken Carter, who controversially puts school before sports and benches his entire undefeated team because of poor academic performance.

Co-Starring: Samuel L. Jackson, Rob Brown & Robert Ri’chard

Rated PG-13; 2 hrs. 16 min.

Saturday, April 1 – Million Dollar Baby (2004)

Despondent over a painful estrangement from his daughter, trainer Frankie Dunn isn’t prepared for boxer Maggie Fitzgerald to enter his life.

Co-Starring: Clint Eastwood, Hilary Swank & Morgan Freeman

Rated PG-13; 2 hrs. 12 min.

This Week's Opportunities March 26 - April 1

SUNDAY • MARCH 26

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, CR, led by Rev. Dennis Ackerman and the Musical Family from College Ave Methodist Church,

MONDAY • MARCH 27

Trash pick-up day

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
- 12:00 p.m. ~ Yoga, CR
- 12:00 p.m. ~ 1st Pres. Men's Luncheon, MR
- 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
- 1:30 p.m. ~ Grief Support Group, CON
- 2:15 p.m. ~ Parkinson's Voice Class, KSU CL
- 3:00 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ Eastside Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

TUESDAY • MARCH 28

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 11:30 a.m. ~ AAUW Serendipity Luncheon, MR
- 12:00 p.m. ~ Seven Dolores Book Discussion, LR
- 3:00 p.m. ~ Coffee Corner, CR
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:30 p.m. ~ 3rd Floor Supper, CR

WEDNESDAY • MARCH 29

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, KSU CL
- 10:00 a.m. ~ Memory Café, CON
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 1:30 p.m. ~ Pitch, GR
- 2:00 p.m. ~ Osher Class: The Wonderful Wizard of Oz, CR
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Rock Steady Boxing, KSU CL
- 4:00 p.m. ~ Lutheran Video Worship Service, LR

THURSDAY • MARCH 30

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 8:00 a.m. ~ Messenger Ladies, CON
- 10:00 a.m. ~ 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
- 1:30 p.m. ~ All-Campus Party, CR

FRIDAY • MARCH 31

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
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 2:15 p.m. ~ Mindfulness Training, LR
- 6:30 p.m. ~ Movie Showing of "Shakespeare Behind Bars," CR

SATURDAY • APRIL 1

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 26 to April 1

Whiskey Sour

2 oz. Jack Daniels

4 oz. sour mix

\$3.75

*Meadowlark News Channel can be viewed on Channel 1960