
Meadowlark Wellness Olympiad 2017 Update: Week 5 & Week 6

The last few days and challenges are upon us! Track your physical activity and healthy eating choices for the rest of this week, and turn in your Week 5 sheet to the Hospitality Desk or Caul Fitness Center by 5 p.m. on Tuesday, May 16. The Week 6 sheet will be the last tracking sheet for the Olympiad and are due at the Post-Party!

Week 6 challenges are as follows: Brain Teasers will be held on Monday, May 15 from 2 to 3:30 p.m. in the Game Room. Teams will be asked to pick up their sheet of brain teasers and complete the challenge within the game room. In order to pick up a sheet, participants will be asked to drop their phones and other electronic devices in a basket! Two points will be awarded per correctly completed teaser with the opportunity to win 5 EXTRA points if all teasers are correct! Whichever team answers the teasers correctly with the fastest time wins the Olympiad Medals! The next challenge will be Chair Stands Part 2. One point is awarded per repetition. If you score higher than you did in Part 1 at the beginning of the Olympiad, you will receive one extra point!! This is one of the last challenges, so join us Tuesday, May 16, from 2 to 4 p.m. in the KSU Classroom and get those last

points for your team! The Ping Pong Relay will be Friday May 12 from 3 to 5 p.m. in the Community Room. Sign your team up for a time slot (in the blue book) and come try to complete the relay.

The May 17 Seminar will be led by Lisa at 2 p.m. in the KSU Classroom. She will be building off the exercise for brain health by discussing nutrition to help brain health. The group walks will be Wednesday, May 17 at 1 p.m. and Thursday, May 18 at 4 p.m. meeting at the Village Entrance.

Join us on Friday, May 19 from 3 to 4:30 p.m. in the Game Room for the Olympiad Post-Party. Week 6 tracking sheets will be due at the Post-Party. Teams are encouraged to bring a healthy salad for the Healthy Recipe Challenge. Please provide a list of ingredients for your entry, and bring plenty to share with the other participants after the judging is completed. Participation in the challenge will earn your team 5 points, with the possibility of winning more! Award winners will be announced and participants will be able to vote for whom they believe deserves our “Most Inspirational” Awards! It will be a fun way to wrap up our 3rd Annual Wellness Olympiad!!

Leader of the Pack for May 2017 is.....

Lisa Lawton!!!! Congratulations Lisa for being nominated and winning the MLH Leader of the Pack for May 2017!!!

Lisa’s nomination stated, “Lisa always shows up to work with a smile on her face ready to work. She shows the utmost compassion and empathy towards all the residents and treats them as if they were family. I always know it is going to be a great shift when she shows up and the residents are in good hands. She always shows up ahead of time to get report and takes the time to check on every resident after report is received to see if anything

needs to be done for them. Night shift personnel don’t get recognized as often as they should due to there being a limited number of staff available to hand out good remarks but Lisa deserves the highest honor. She makes being a nurse on night shift a walk in the park as she provides top notch care to each and every resident with minimal assistance. She completes all her tasks and goes beyond to ensure the transition to day shift is effortless. She puts in the time and effort every shift she works and deserves some recognition for it.”

UPCOMING EVENTS & ANNOUNCEMENTS

May Focus Group

Today, May 11, at 10 a.m.

The Focus Group scheduled for May will once again spotlight a staff member. The staff attendee will be Payroll and Benefits Coordinator, Mindy Downey. The Focus group will be today at 10 a.m. May 11, in the KSU Classroom.

Ladies Luncheon

Today, May 11, at 12:30 p.m.

The May program will be a presentation by Alana Parker, Creator of Design at the Riley County Historical Museum, who will talk about AQ Little Known Historical Treasure on the K-State Campus.

Lunch will include chicken, pecan and wild rice salad, fresh seasonal fruit, hot rolls and lemon tart.

The luncheon will be held in the Manhattan Room today, May 11, at 12:30 p.m. Please sign up in the Blue Book if you plan to attend.

Pub Closed

Today, May 11 and May 12

Today, May 11 and May 12, the pub will be closed for renovations. The new floor will be laid. Beer and wine will be available in Prairie Star. Also the week of the 14th, the pub will have a temporary bar set up within the pub while the bar top is renovated. Staff is asking all to please not touch the top of the bar while they complete the finishing.

Kansas State University Anthropology Students

Friday, May 12, at 7 p.m.

The K-State Anthropology Students invite you to watch the premiere of their final video projects. We highly encourage you to come out on Friday, May 12, at 7 p.m. in the Community Room.

Vespers Services

Sunday, May 14, at 7 p.m.

The Vespers service, led by Pastor Ted Parks, chaplain from First Baptist Church will be held at 7 p.m. Sunday, May 14, in the Community Room.

Joke of the Week
I would tell you a joke about Sodium, but Na



Lunch Specials May 15 - May 19

Hours: Monday—Friday, 7 a.m. to 4 p.m.
 Saturday—Sunday, 7 a.m. to 11 a.m.

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|--|----------------------|
| Monday, May 15 - Meatball Sub with Caesar Salad
<i>(meatballs, marinara sauce and shredded mozzarella on a sub roll)</i> | \$3.75/\$5.50 |
| Tuesday, May 16 - Triple Meat Pizza
<i>(Sausage, pepperoni and bacon on flatbread with marinara sauce and mozzarella cheese)</i> | \$3.75/\$5.50 |
| Wednesday, May 10 - Reuben with Fruit Salad
<i>(Corned beef, sauerkraut, Swiss cheese and thousand island dressing on toasted rye bread)</i> | \$3.75/\$5.50 |
| Thursday, May 11 - Avocado BLT with Pasta Salad
<i>(Bacon, tomato, lettuce and avocado on wheatberry bread)</i> | \$3.75/\$5.50 |
| Friday, May 12 - Cowboy Dog with Broccoli Salad
<i>(Grilled hotdog on a bun topped with shredded cheddar cheese, caramelized onion, bacon and BBQ sauce)</i> | \$3.75/\$5.50 |

UPCOMING EVENTS & ANNOUNCEMENTS

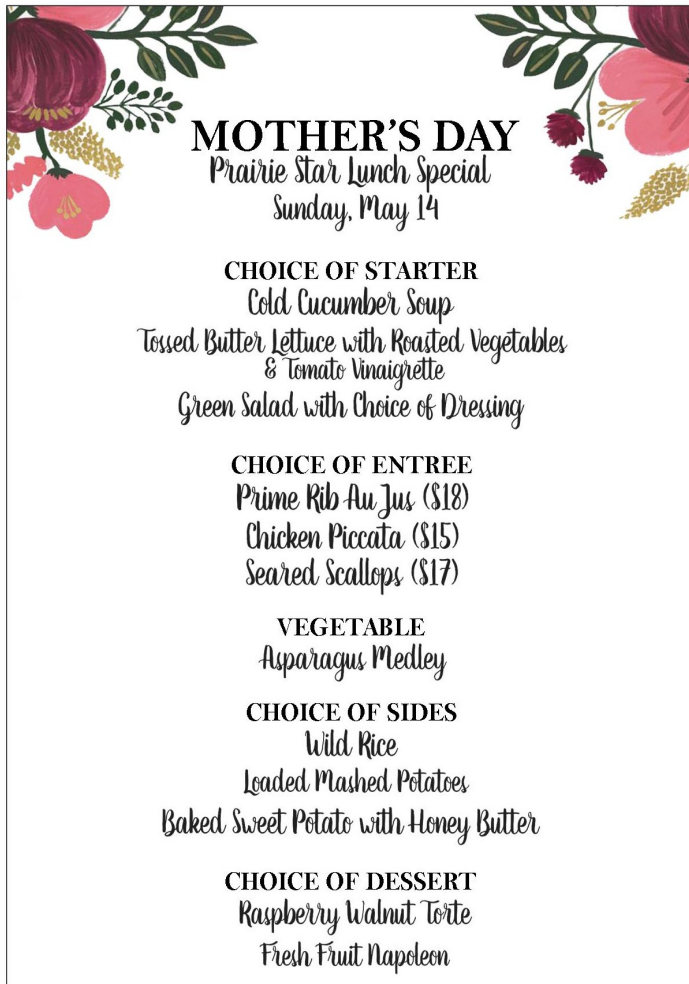
Mother's Day Lunch

Sunday, May 14

Prairie Star will have a Mother's Day Lunch Special that can be customized to your preferences.

As you can see below, you will have the option to choose a starter, entrée, side, and dessert. Cost of the meal will depend on the entrée you choose.

There will be two seatings for Mother's Day: 11 a.m. and 1 p.m. Make sure to reserve your spot in Prairie Star by Friday, May 12. We hope to see you there!



MOTHER'S DAY
Prairie Star Lunch Special
Sunday, May 14

CHOICE OF STARTER
Cold Cucumber Soup
Tossed Butter Lettuce with Roasted Vegetables & Tomato Vinaigrette
Green Salad with Choice of Dressing

CHOICE OF ENTREE
Prime Rib Au Jus (\$18)
Chicken Piccata (\$15)
Seared Scallops (\$17)

VEGETABLE
Asparagus Medley

CHOICE OF SIDES
Wild Rice
Loaded Mashed Potatoes
Baked Sweet Potato with Honey Butter

CHOICE OF DESSERT
Raspberry Walnut Torte
Fresh Fruit Napoleon

Outdoor Adventure

Submitted by Sue Hunt

I hope to hostess a lemonade, cookie party after a ride in the carts to the gazebo. I will be able to identify some flowers and we will be able to spend one half hour in the pond area and be given a ride back. With the asphalt paths, walkers are able to be used. If you would be interested in the activity, please let me know so I can notify you when the trip is planned.

Sue Hunt

Phone: (785) 539-6069

Address: 2003 #6 Meadowlark Rd

Fraud Watch Talk

Tuesday, May 16, at 1 p.m.

On Tuesday, May 16, at 1 p.m. in the Community Room, Meadowlark welcomes John Bahre. John will be presenting on different types of fraud and what to look for when those situations arise. John is retired from the State of Kansas where he worked for 33 years. He began his state employment with the water testing laboratory at the Kansas Department of Health and Environment. From there, he moved to the health microbiology lab where he spent 25 years as the State Parasitologist. Prior to his work for the State of Kansas, John taught chemistry, physics and earth science at Silver Lake High School. John has been an active AARP volunteer for two years and is the lead volunteer for the AARP Fraud Watch Network in Kansas. He and his wife, Judy, currently reside in Topeka. Meadowlark residents are no strangers to different types of frauds and scams, so your attendance is highly recommended.

Nelson's Landing

Wednesday, May 17, at 11 a.m.

Join us as we travel to Leonardville, Kansas on Wednesday, May 17 to enjoy a delicious lunch at Nelson's Landing.

It is known for its outstanding food including some of the best pies you will ever taste! Nelson's Landing is owned and operated by the mother of Kansas State great, Jordy Nelson, along with help from the rest of her family.

We will depart from the village entrance at 11 a.m. Cost for transportation is \$7 and a sign-up sheet is available in the Blue Book at the Hospitality Desk. You will be responsible for your own lunch.

Artist Jo Schwartz

Friday, May 19, at 7 p.m.

On Friday, May 19, Meadowlark is in for a treat! We welcome professional pyrography artist and Kansas Native, Jo Schwartz. What first started as a hobby has now become an artist's passion! Jo is known world-wide for her pyrography and has sold artwork across the globe. Jo was the first person to teach pyrography at the McMurdo Station in Antarctica. Jo prefers burning on various types of wood— recycling some from a local cabinet shop. Jo will be on hand discussing some of her pieces and explaining what goes into pyrography at 7 p.m. in the Community Room.

UPCOMING EVENTS & ANNOUNCEMENTS

Church Ladies

Friday, May 26, at 7 p.m.

On Friday, May 26, Meadowlark Hills welcomes *The Church Ladies*. They are a harmony based acoustic trio made up of Mary Louise Stahl (daughter of a Presbyterian minister), Joan Nelson (Presbyterian Church secretary), and Kati Collins (Associate Pastor at First Presbyterian). So they really are Church Ladies! They will be performing in the Community Room at 7 p.m.

Summerfest

Friday, June 2, at 5 p.m.

Meadowlark Hills invites you and your family to our annual community block party, **Summerfest!**

Summerfest is Meadowlark Hills' annual kick-off to summer, so what better way to welcome summer than to attend this fun-filled bash!

All residents, staff, families, Passport members and board members are welcome to attend.

Summerfest will begin at 5 p.m. Friday, June 2. This yearly free event features a cook-out, beer garden, inflatables, games and live entertainment by Dillon Ray. The cookout will start at 5 p.m. and Dillon will be performing from 6 to 8 p.m.

We look forward to seeing you all there!



MEADOWLARK INVITES YOU AND YOUR FAMILY TO

Summerfest 2017

COOKOUT AT 5 P.M. • FRIDAY, JUNE 2 • LIVE MUSIC AT 6 P.M.

COME ENJOY A BLOCK-PARTY ATMOSPHERE COMPLETE WITH INFLATABLES, SNO-KONES, LIVE MUSIC AND FOOD!

*FREE EVENT 2121 MEADOWLARK RD.

Mystery Trip: Clue #4

On this adventure, there's plenty of variety.

You may have your doubts, but trust Becky and Monte.

Imagine our smiling faces and little round bellies, shaking when we laugh, like bowls full of jelly.

Imagine a ship that you don't need to steer, or consider something weird, like a deer drinking beer.

New Cabinets on Households Patios



The Meadowlark Ambassadors have been busy. There is a cabinet on each of the Healthcare Households' patios equipped with cleaning supplies. The Ambassadors came up with the idea and had them purchased and now will maintain the patios throughout the summer and into late fall.

Sue Hunt, one of the members of Meadowlark's Ambassadors, displaying the cabinet at Honstead House.

Symphony in the Flint Hills

Saturday, June 10th

We will be taking a group to the 12th Anniversary of Symphony in the Flint Hills on Saturday, June 10.

We will travel to the Deer Horn Ranch in Geary County, where they will continue their tradition of stories, art, music and magic under the prairie sky. They will also commemorate the 150th Anniversary of the Chisholm Trail with special guest, western song artist Michael Martin Murphey.

The package price offered, which includes a ticket, reserved seat and transportation will be \$114. You can register for this event by signing up in the Blue Book, located at the Hospitality Desk. Residents, Passport Members, board members and their friends and families are welcome. Monte Spiller and Becky Fitzgerald are expected to serve as staff escorts. If you have questions, please contact Monte at 323-3801.

FOUNDATION NEWS

Gifts to Meadowlark Foundation during April were given in memory or in honor of the following persons to benefit the Good Samaritan Fund, Meadowlark Memory Program, Parkinson's Program, Collins House, and the Art Fund:

In Memory/Honor of:

**Louise Area
Dick Brothers
Harold Brown
Joseph Ponte
Jean Simmonds
Esther Sobering**



If you have questions or suggestions regarding Meadowlark Foundation, please contact Becky Fitzgerald, Development Director, at (785) 323-3843

ASK SARAH

I am wrapping up my fifth week of maternity leave with sweet baby Eilish. When Murphy was born nearly three years ago, I took the same amount of time off, six weeks, but the shock of sleep deprivation, overwhelming new lessons and constant flow of visitors made the time off fly by and end up a complete blur. This time around has been a whole new experience. I was prepared for the sleepless nights and days. I learned quickly that the second baby doesn't draw the amount of visitors as the first (a blessing!) and when your baby is an expert at napping, you might find your usually busy self with, and dare I say, time on your hands...

The laundry is caught up, dinners are planned and grocery shopping complete. Murphy is enrolled for swimming lessons in July and doctor's appointments are set through the summer. Eilish has already grown out of her newborn clothes (she has gained two pounds and grown two inches since birth!) and those are folded packed away and the next size clothes are washed and placed in her drawers. I have made the family budget through the end of the year and started thinking ahead to Murphy's third birthday party and my sister's baby shower. But while doing all this and learning Eilish's eating and sleeping schedule, I have also been indulging in one of my guilty pleasures - Grey's Anatomy re-runs.

If there is one thing that can distract me from all my household chores, or at least entertain me while I complete them, it is a great medical television drama. Grey's Anatomy is on its 13th season, so there are a plethora of old episodes on Netflix to feed my need for the medical emergencies and complicated lives of the surgeons depicted.

As I was watching this week, Nurses Appreciation Week, I began to take note of the nurses in the show. They aren't the focus, but like in life, they are every where. During both of my deliveries, I spent most of my time with the nurse - not the doctor. Here at Meadowlark, we have nurses in many areas - healthcare households, Physician's office, transitional care, home health and assisted living. Our nurses are essential to Meadowlark's ability to deliver high quality care to our residents, guests, patients and clients.

Thank you to the nurses at Meadowlark and throughout the community who provide compassion and understanding to those in their care. You are all appreciated.

I am looking forward to being back at Meadowlark with you all. Thanks for stopping by and see you soon!

PRAIRIE STAR RESTAURANT

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

May 14 - May 20

No reservations will be taken during renovations. Lunch & dinner will be served Monday to Friday in the Kansas Room & Game Room. Verna Belle's is open for sitting during dinner only. Delivery fee is waived and to go orders can be placed and picked up in the Pub.

SUNDAY	May 14 ~ Lunch	Dinner \$12
	Mother's Day	Sautéed Chicken Breast with Sun Dried Tomato Sauce Wild Rice Vegetable of the Day
MONDAY	May 15 ~ Lunch \$10	Dinner \$13
	Cuban Sandwich French Fries Choice of Vegetable	Beef Stroganoff Noodles Vegetable of the Day
TUESDAY	May 16 ~ Lunch \$7	Dinner \$14
	Taco Bar (does not include drink, starter, or dessert)	Pesto Shrimp with Marinara Sauce Garlic Mashed Red Potatoes Vegetable of the Day
WED.	May 17 ~ Lunch \$10	Dinner \$14
	Braised Boneless Chicken Thighs Ala Orange Wild Rice Choice of Vegetable	Braised Brisket with Bordelaise Sauce Potato Pancake Vegetable of the Day
THURS.	May 18 ~ Lunch \$7	Dinner \$12
	Pizza Bar (does not include drink, starter, or dessert)	Roast Turkey Dressing and Gravy Mashed Sweet Potatoes Vegetable of the Day
FRIDAY	May 19 ~ Lunch \$11	Dinner \$12
	Fish and Chips with Tarter Sauce French Fries Cole Slaw	Baked Smoked Ham with Mango Chutney Scalloped Potatoes Vegetable of the Day
SAT.	May 20 ~ Lunch \$11	Dinner \$15
	Salisbury Steak Mashed Potatoes Choice of Vegetable	Steak Night Baked Potato Vegetable of the Day

*You may substitute an extra vegetable for the starch

** Buffet Style (Includes Small Salad Bar, Condiments & Dressings, and the Soup Of The Day)

Grosh Cinema Movies

Sunday, May 14 - Saturday, May 20

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

2 and 6 p.m., Sunday

Sunday, May 14 – Mother's Day (2016)

Offering an ensemble tribute to mothers everywhere, this star-studded comedy focuses on an assortment of moms and their intertwining lives as their annual day of recognition approaches.

Co-Starring: Jennifer Aniston, Jason Sudeikis & Julia Roberts

Rated PG-13; 1 hr. 58 min.

Monday, May 15 – Hugo (2011)

Under the Paris streets, a fearless orphan keeps the city's time as a scavenger hunt begins. The prize? His biggest wish.

Co-Starring: Ben Kingsley, Sacha Baron Cohen & Asa Butterfield

Rated PG; 2 hrs. 6 min.

Tuesday, May 16 – Anger Management (2003)

After a gentle businessman is forced to get anger management counseling, his therapist moves in—but turns out to have anger issues of his own.

Co-Starring: Jack Nicholson, Adam Sandler & Marisa Tomei

Rated PG-13; 1 hr. 45 min.

Wednesday, May 17 – The Switch (2010)

Still single and worried about her biological clock, Kassie decides to pursue motherhood with the help of an anonymous sperm donor.

Co-Starring: Jennifer Aniston, Jason Bateman & Patrick Wilson

Rated PG-13; 1 hr. 38 min.

Thursday, May 18 – The Butler (2013)

Presidents come and go, but he remains the one constant at the White House who's always ready to serve.

Co-Starring: Forest Whitaker, Oprah Winfrey & John Cusack

Rated PG-13; 2 hrs. 12 min.

Friday, May 19 – Mona Lisa Smile (2003)

In 1953, the women of Wellesley College are measured by how well they marry—until the arrival of a professor who threatens to upend the status quo.

Co-Starring: Julia Roberts, Kirsten Dunst & Julia Stiles

Rated PG-13; 1 hr. 59 min.

Saturday, May 20 – Forrest Gump (1994)

Forrest Gump, a friendly, simpleminded man, finds himself in the middle of nearly every major event of the 1960s and '70s.

Co-Starring: Tom Hanks, Robin Wright & Gary Sinise

Rated PG-13; 2 hrs. 22 min.

This Week's Opportunities May 14 - May 20

SUNDAY • MAY 14

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
- 3:00 p.m. ~ Voice Recital, CR
- 7:00 p.m. ~ Vespers, Pastor Ted Parks, Chaplain, Fort Riley, CR

MONDAY • MAY 15

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
- 1:30 p.m. ~ Grief Support Group, CON
- 2:00 p.m. ~ Wellness Olympiad Brain Teaser, GR
- 3:00 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ 5th Floor Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

TUESDAY • MAY 16

Trash pick-up day

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
- 1:00 p.m. ~ Fraud Talk Presentation, CR
- 2:00 p.m. ~ LifeStory Writing Group, LR
- 2:30 p.m. ~ Wellness Olympiad Chair Stand Challenge, KSU CL
- 3:00 p.m. ~ Coffee Corner, CR
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:30 p.m. ~ 2nd Floor Supper, CR

WEDNESDAY • MAY 17

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. ~ Memory Care Partners Support Group, TR
- 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. ~ Wellness Olympiad Group Walk, VE
- 1:30 p.m. ~ Pitch, GR
- 2:00 p.m. ~ Wellness Olympiad Seminar, KSU CL
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Rock Steady Boxing, CR
- 4:00 p.m. ~ Lutheran Video Worship Service, LR

THURSDAY • MAY 18

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 8:00 a.m. ~ Messenger Ladies, CON
- 10:00 a.m. ~ Meadowlark Bible Study, LR
- 11:00 a.m. ~ Parkinson's Webinar, CON
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 2:00 p.m. ~ Tracy Musselman's Farewell Party, GR
- 3:00 p.m. ~ VA Benefits Presentation, CR
- 4:00 p.m. ~ Wellness Olympiad Group Walk, VE
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR

FRIDAY • MAY 19

Breakfast at Verna Belle's—Waffle or Pancake

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Veterans Group, GC
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit and Be Fit, CR
- 12:30 p.m. ~ Mending Angel, GR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 3:00 p.m. ~ Wellness Olympiad Post-Party, GR
- 3:30 p.m. ~ Catholic Rosary, CR
- 7:00 p.m. ~ Resident Program: Jo Schwartz, CR

SATURDAY • MAY 20

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
HD, Hospitality Desk	

**Improve your memory
by doing
unforgettable things.**

*Meadowlark News Channel can be viewed on Channel 1960