

## Olympiad 2017 Winners

The Olympiad has wrapped up and the awards were handed out at last week's party. I would like to say thank you to all of the participants for taking part in this year's Olympiad. During the six-weeks, participants completed over 750 hours of physical activity. I would also like to thank the committee members who helped put together a successful event.

The Olympiad winner was team Just For The "Well" Of It, made up of Bea Rasmussen, Don Rasmussen and Cam Beatty. Their consistent participation in events, along with their ability to be competitive in

most challenges distanced them from the other teams. Betty Brodersen and Michelle Haub were voted as the "Most Inspirational" by the Olympiad Participants. Awards were also given to the winners of each challenge.

Please pass along any comments, suggestions or questions to Jeff Heidebreder, Fitness Instructor, that you may have about this event.

We look forward to start the planning process for next year's Olympiad and hope that you will consider participating.

(Pictures on page 5.)

## Grow Green Match Day 2017

**More than \$18,000 raised for Meadowlark fund!**

*Submitted by Becky Fitzgerald*

During a 24-hour period in late April, 866 donors gave more than \$400,000 to 51 local non-profit endowment funds. Local business leader and former Meadowlark Hills board member Phil Howe provided matching dollars totaling nearly \$190,000, bringing the total raised during the 5<sup>th</sup> annual Grow Green Match Day to \$612,142.78!

The event, held on April 21, was sponsored by Greater Manhattan Community Foundation. The 43 contributions made to a Meadowlark Foundation endowed fund with GMCF were among 2150 gifts on

Match Day. The number of Meadowlark supporters decreased slightly from last year, but our donation total -- \$12,423.57 -- was higher in 2017. Adding an hourly prize of \$100, which we received when resident Pat Miksch's name was drawn, and a 50% match, brings the total amount benefitting Meadowlark Foundation to **\$18,235.56!** The donation total of nearly \$12,500 must go into our endowed fund, but we have flexibility with our matching funds. At last week's Board of Directors meeting, members voted to put our match money (\$5711.79) into an invested account benefitting the Good Samaritan Fund.

On Match Day, participating organizations could track their progress on the Grow Green website. With all of the donations counted, Meadowlark Foundation placed 12<sup>th</sup> among the 51 organizations/funds in terms of the amount raised. (We placed 7<sup>th</sup> out of 46 agencies last year.) Five organizations, including Fairy Godmothers and Flint Hills Bread Basket, exceeded \$20,000 in donations and received the maximum match of \$10,000.

Thank you to everyone who made our green grow significantly! Your generosity helps ensure our organization's success.



Meadowlark Ambassadors Alice Howard, Frances Holcombe and Sue Hunt visit Match Day headquarters.

## UPCOMING EVENTS & ANNOUNCEMENTS

### All-Campus Party

**Today, May 25, at 2 p.m.**

Lyle House is hosting an ice cream social today, May 25, at 2 p.m. in the Community Room. Everyone is invited!

### Church Ladies

**Friday, May 26, at 7 p.m.**

On Friday, May 26, Meadowlark Hills will welcome *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.

### Verna Belle's Café update

Verna Belle's Café will be open on Memorial Day, May 29, from 7 a.m. to 1:30 p.m.

Beginning June 1, all Verna Belle's specials prices will change. A half special will be \$3.99 and a full special will be \$5.99.

### Electric Work

Electricians will be starting work on a new carbon monoxide system next week. They will be working in the hallways running wire. The total project should be completed by the end of June, with the wire portion being completed by the middle of June. The staff apologizes for any inconvenience this may cause

### Outdoor Adventure

**Saturday, May 27, at 2 p.m.**

Do you want to take a golf cart ride on a lovely spring day? Sue Hunt will talk about what is growing and have some light refreshments in the shady gazebo at the pond. Please meet at the main entrance on Saturday, May 27, at 2 p.m. The outing will last approximately 45 minutes.

### Vespers Services

**Sunday, May 28, at 7 p.m.**

The Vespers services, led by Rev. Boone Clayton from First United Methodist Church, will be held at 7 p.m. Sunday, May 28, in the Community Room.



## Lunch Specials May 29 – June 2

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

<b>Monday, May 29 - Turkey Avocado Wrap with Melon Salad</b> <i>(Turkey, avocado, lettuce, tomato and Swiss cheese in a flavored tortilla)</i>	<b>\$3.75/\$5.50</b>
<b>Tuesday, May 30 - Grilled Ham and Cheese with Tomato Soup</b> <i>(Ham with American and cheddar cheese on toasted white or wheat bread)</i>	<b>\$3.75/\$5.50</b>
<b>Wednesday, May 31 - Chicken Fajita Quesadilla with Side Salad</b> <i>(Shredded chicken with sautéed onions and peppers on a crispy tortilla with cheddar cheese)</i>	<b>\$3.75/\$5.50</b>
<b>Thursday, June 1 - Pulled Pork Sandwich with Cheesy Potatoes</b> <i>(Shredded Pork and BBQ sauce on a butter toasted bun)</i>	<b>\$5.99</b>
<b>Friday, June 2 - Chicken and Potato Foil Packet</b> <i>(Diced chicken, bacon, potatoes and onions drizzled in BBQ sauce then grilled in a foil packet)</i>	<b>\$5.99</b>

## UPCOMING EVENTS & ANNOUNCEMENTS

### **Sanctity of Homes**

No matter which room is your favorite, our homes are sacred and special places. At Meadowlark Hills, our healthcare areas function in the Household Model, which was adopted by the organization in 2000. This model is about removing any elements that make residents' homes feel like part of a hospital, including rigid schedules, one-size-fits-all meals, clinical noises and obtrusive medical components. After the removal of the hospital environment, Meadowlark Hills welcomed a renewed emphasis on residents first. This meant front porches for each of the household entrances, open kitchen and living areas for entertaining, resident direction behind decision and the understanding that social interaction is a choice. With the addition of warmth and color to the spaces, resident privacy was also prioritized.

It is a high priority for Meadowlark Hills to maintain the sanctity of the households that have been created. It is important to treat each household like any other neighbor's home. It may be quicker to cut through the neighbor's home to get to the next street, but wouldn't that be odd to have a stranger passing by in your living room? Please remember that all of the households at Meadowlark Hills are home to many residents and their space is important to them as yours is to you. Please be vigilant in respecting our neighbor's homes use appropriate entrances and exits.

### **Coffee Mugs for Sale**

In recognition of Memorial Day, The Meadowlark Hills Veteran Group will be selling Memorial Day Coffee Mugs to honor loved ones for veterans that have passed. The Mugs are available for sale through Monday, May 29 (Memorial Day) and can be purchased at the Hospitality Desk.

They will be on display in the lobby by the Village Entrance. A template will be placed inside the mug with the name of the loved one or veteran who is being remembered.

On Memorial Day at 1:30 p.m., Meadowlark Hills will have a short remembrance ceremony in the lobby by the Hospitality Desk. We will take time to read the names of those being honored and a moment of silence to reflect. You will be able to take your coffee mug home any time after the ceremony on May 29. The cost of the mug is \$13. If you have any questions, please contact Monte Spiller at 323-3801.

### **Webinar for Caregivers**

*Wednesday, May 31, at 1 p.m.*

All are invited to watch the Family Caregiver Alliance Webinar titled, "Dementia Proofing Your Home" from 1 to 2 p.m. Wednesday, May 31, in the KSU Classroom.

This webinar will identify common dangers in the home for an individual with dementia, and explain ways that a home can be made safer so that accidents and medical emergencies can be prevented. Rooms in the house where the greatest danger is found are specifically addressed, in addition to strategies to combat wandering outside the home.

### **First Friends on the First**

*Thursday, June 1, at 4 p.m.*

Meadowlark Methodist Parishioners will meet with the pastors. The program, with refreshments, will be held in the Community Room on Thursday, June 1, at 4 p.m. All are welcome!

### **Who's Who in Clovia Award**

Pauline ("Polly") Wood Ferrell was selected to receive a "Who's Who In Clovia" award at the 2017 Meeting of the National Association of Clovia on April 8, 2017 at Kansas State University in Manhattan, Kansas. Polly became a member of the Alpha Chapter in 1950 while attending Kansas State. Her career has included teaching, being an Extension Home Economist, and most recently being a motivational speaker. Clovia is a 4-H Leadership House with a history steeped in 4-H, an organization which Polly has been involved in throughout much of her life. Recipients are chosen to recognize outstanding achievements and contributions to their campus, community, state, and nation.

Polly grew up in rural Chase County, Kansas where 4-H was always a part of her life. She and her siblings were members of the Emerald 4-H Club, completing projects, participating in meetings, vying for blue ribbons at fairs and demonstration contests. Her career goal was to become an Extension Home Economist. That happened and much more, too. Polly likes to think of her life in time divisions – 20 years growing up, 20 years of extension work, 20 years of teaching and 20 years of inspirational speaking. Now she continues to enjoy her life journey, which still includes 4-H and Clovia. Congratulations, Polly!



## UPCOMING EVENTS & ANNOUNCEMENTS

### **Meadowlark Ladies Outing and Luncheon** *Thursday, June 8, depart at 12 p.m.*

Come and enjoy a tour of the beautiful renovation of the K-State Student Union and also see the Ono glass display. Nao Ono will share information about her husband's glass blowing skills. Enjoy lunch at the Just Salad restaurant in the Student Union. We will depart Meadowlark Hills at noon and return at 1:45 p.m. Don't forget to sign-up in the Blue Book.

### **Meadowlark Travelers Update**

*July is the month for Meadowlark Travelers' mystery location.*

*So far, 38 have registered for this six-day vacation.*

*If you'd like to join the fun, let there be no hesitation.*

*Tuesday, May 30, is the last day to make a reservation.*

If you'd like to join Becky Fitzgerald and Monte Spiller for parts unknown, please complete a reservation form, which is available in the Blue Book. The balance of the trip fee or total trip fee, depending on any amount paid previously, is due by 5 p.m. Friday, June 2. Please see Monte to make a payment.

Total cost is \$1260 per person for double occupancy and \$1680 for single occupancy. This fee reflects a \$30 discount per person because our number of travelers surpassed 30. Residents may pay by cash, check or credit card or have the required amount added to their June statements. Non-residents may pay by cash, check or credit card. If you have previously paid a deposit, the balance per person for double occupancy is \$1060. Singles need to pay an additional \$1480.

A meeting for registered travelers is set for 4 p.m., Tuesday, June 20, in the Community Room. Please let Becky or Monte know if you won't be able to attend; information will be mailed to you.

### **More Legacy Banquet Photos...**



Banquet speaker Gayle Doll



## ASK SARAH

### **Back in the saddle, again**

The past six weeks were filled with baby snuggles and cries punctuated with the occasional opportunity to sleep. Baby Eilish attended daycare with her sister for the first time on Monday; a bittersweet day for mom. She did great and to tell the truth, I am enjoying spending my days at work with my colleagues and the residents, guests and families of Meadowlark. So ladies and gentleman, I can officially announce...I'm back!

But don't drop the paper now and come for a visit – you won't find me where you left me! At a recent Town Meeting, Lonnie shared that Tracy Musselman, Executive Assistant, would be relocating to Overland Park, Kan. with her family in late May. I will now be stepping into Tracy's role, which includes support and coordination for the Board of Trustees (operating board) and the Board of Directors (Foundation board). I will continue to manage the marketing and public relations for Meadowlark, as well as provide leadership support to the Parkinson's Program and Memory Program.

Jayme Minton, Support Services Director, now oversees Home Health Services, Fitness Services and the Meadowlark Medical Professionals (physician's practice). Additionally, Hether Birchmeier and the Volunteer Program will move to Human Resources and I will be the new editor of the Meadowlark Messenger.

My office has moved one door down to Tracy's old office between Lonnie and Chris. Please feel free to stop by and say hello – I have pictures of baby and sister to brag on! See you next week and thanks for stopping by!



Residents Cam and Jean Beatty sit with Board of Trustees member Dirk Daveline at the 15<sup>th</sup> annual Legacy Society Banquet on May 15. The event was sponsored by Meadowlark

Don and Bea Rasmussen pose with the 2017 Legacy Award.

## LETTER TO THE MESSENGER

### On the High Cost of Ruffled Feathers

*Submitted by Helen Roser*

Though two hundred year old wine needs a cool, dark place, the now famous “world’s most expensive bottle of wine” was on display in a sunny window with a spotlight beaming on it.

The hilarious true account of what happened at the auction in England was written by a wine expert who knew the men involved. Christees’ was going to auction a bottle of wine that had been owned by Thomas Jefferson. Its cork was covered by a wax seal and the J was on the label.

Malcolm Forbes, a rich American, cared nothing about wine, but he thought the bottle would look nice in his collection of Thomas Jefferson items in Virginia. So Mr. Forbes sent his two men in his Boeing 727 to buy the bottle. His rule was “When I send you for something, I expect you to bring it home.”

Also attending the auction was a fledging wine merchant in Texas. We will call him *H* for short. He had spent his last cent for a coach seat to England, figuring he would borrow the money to pay for the bottle which he thought might go for as much as \$10,000.

At the auction, *H* saw the Forbes men, whom he knew. They told him, “We have come for the bottle,” then smugly added, “The plane is waiting.” Remembering his coach seat, that the plane is waiting really ruffled *H*’s feathers. With Forbes men here, he knew he didn’t have a chance and took a seat at the back of the room.

**Forbes men, in the center of the room, quickly outbid other bidders. Thoughts from the back of the room: “The plane is waiting.” Well damn! If they are going to get it, they’re going to have to pay for it. *H* raise his paddle and upped their bid. The price zoomed upward. They couldn’t see who was bidding against them. At one point, one of the men said to the other: “Do you think we are bidding too much?” The other one said: “You know what he told us”.**

The bidding reached \$100,000, then \$150,000 followed by \$152,000. There was a pause and a sudden thought hit *H* as the auctioneer began, “Going once...” Suddenly *H* was thinking, “What if \$150,000 was Forbes’ cut-off price? His men had bid \$150,000 and I have just bid \$152,000. What have I done? What if I get it? I will be working the rest of my life to pay for it!”

The auctioneer saw the little finger of one of the Forbes men. He had bid \$154,000. *H* was off the hook. But, he had learned the almost-hard way the high cost of ruffled feathers at an auction.

*(Article reprinted due to bold paragraph was omitted in last week’s edition. Editor apologizes for the error.)*

## UPCOMING EVENTS & ANNOUNCEMENTS

### Symphony in the Flint Hills

*Saturday, June 10th*

Monte and Becky will be escorting a group to the 12th Anniversary of Symphony in the Flint Hills on Saturday, June 10.

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. . If you have questions, please contact Monte at 323-3801.

### Hospitality Desk to Close Early

*Monday, May 29, at 5 p.m.*

The Hospitality desk will close at 5 p.m. on Monday, May 29 (Memorial Day).

### Winners from Olympiad 2017

	<p>Betty Brodersen and Michelle Haub voted <i>Most Inspirational</i></p>
 <p>Overall winners: <i>Just For The Well Of It</i></p>	
	<p>Don Rasmussen and Tom Barcellina Resident and Employee with most fitness hours.</p>

# PRAIRIE★STAR RESTAURANT

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

## May 28 - June 3

Includes beverage, starter and dessert.

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>	<b>May 28 ~ Lunch \$12</b>	<b>Dinner \$11</b>
	Pot Roast with Carrots, Onions and Celery Mashed Potatoes Vegetable of the Day	Spaghetti and Meat Sauce Garlic Toast Vegetable of Day
<b>MONDAY</b>	<b>May 29 ~ Lunch \$10</b>	<b>Dinner \$13</b>
	Sweet and Sour Pork Steamed Rice Choice of Vegetable	Braised Beef Cubed Steak with Sherry Mushroom Sauce Mashed Potatoes Vegetable of the Day
<b>TUESDAY</b>	<b>May 30 ~ Lunch \$7</b>	<b>Dinner \$12</b>
	Taco Bar (does not include drink, starter, or dessert)	Grilled Lime and Cilantro Chicken Breast Mango Salsa Vegetable of the Day
<b>WED.</b>	<b>May 31 ~ Lunch \$10</b>	<b>Dinner \$13</b>
	Grilled Chicken Parmesan Sandwich French Fries Choice of Vegetable	Meatloaf Mashed Potatoes with Gravy Vegetable of the Day
<b>THURS.</b>	<b>June 18 ~ Lunch \$7</b>	<b>Dinner \$13</b>
	Breakfast Bar (does not include drink, starter, or dessert)	Roasted Cornish Game Hen with Natural Sauce Mashed Sweet Potatoes Vegetable of the Day
<b>FRIDAY</b>	<b>June 2 ~ Lunch \$9</b>	<b>Dinner \$13</b>
	Grilled Ham and Cheese Sandwich Tomato Soup	Stuffed Sole with Shrimp and Crab Newburg Rice Pilaf Vegetable of the Day
<b>SAT.</b>	<b>June 3 ~ Lunch \$10</b>	<b>Dinner \$15</b>
	Braised Chicken in Lemon Tarragon Sauce Wild Rice Choice of Vegetable	Steak Night Baked Potato Vegetable of the Day

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

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



## Grosh Cinema Movies

Sunday, May 28 - Saturday, June 3

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

2 and 6 p.m., Sunday

### **Sunday, May 28 – Dolphin Tale (2011)**

After losing its tail to a crab trap, a young dolphin is given a new life through the efforts of the humans who save it in this true-life adventure.

**Co-Starring: Harry Connick Jr., Ashley Judd & Nathan Gamble**

**Rated PG; 1 hr. 52 min.**

### **Monday, May 29 – Valkyrie (2008)**

Wounded in Africa during World War II, a disillusioned Nazi colonel returns to his native Germany and joins the Resistance in a daring plan to create a shadow government and assassinate Adolf Hitler.

**Co-Starring: Tom Cruise, Kenneth Branagh & Bill Nighy**

**Rated PG-13; 2 hrs.**

### **Tuesday, May 30 – Wild Oats (2016)**

When insurance accidentally pays her millions, retired teacher Eva and her pal Maddie head to the Canary Islands for the adventure of their lives.

**Co-Starring: Shirley MacLaine, Jessica Lange & Bill Connolly**

**Rated PG-13; 1 hr. 26 min.**

### **Wednesday, May 31 – The Chaperone (2011)**

Ex-con and reformed family man Ray Bradstone wants to chaperone his daughter's class trip, but some bad guys from this past have other plans.

**Co-Starring: Triple H, Kevin Corrigan & Jose Zuniga**

**Rated PG-13; 1 hr. 44 min.**

### **Thursday, June 1 – Rules Don't Apply (2016)**

Southern beauty Marla Mabrey arrives in Hollywood to work for Howard Hughes; his driver, Frank Forbes, meets her at the airport. Sparks fly immediately between the two, but dating among the billionaire's employees is strictly prohibited.

**Co-Starring: Warren Beatty, Lily Collins & Alden Ehrenreich**

**Rated PG-13; 2 hrs. 6 min.**

### **Friday, June 2 – Mandela: Long Walk to Freedom (2013)**

This in-depth biopic portrays groundbreaking South African leader Nelson Mandela's fight against political oppression and virulent racism.

**Co-Starring: Idris Elba, Naomie Harris & Tony Kgoroge**

**Rated PG-13; 2 hrs. 21 min.**

### **Saturday, June 3 – Max Dugan Returns (1983)**

A struggling single mother gets a major surprise when her estranged father shows up with a briefcase full of cash and a desire to make amends.

**Co-Starring: Marsha Mason, Jason Robards & Donald Sutherland**

**Rated PG; 1 hr. 38 min.**

# This Week's Opportunities May 28 - June 3

## SUNDAY • MAY 28

*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, led by Rev. Boone Clayton, from First United Methodist Church, CR

## MONDAY • MAY 29

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

- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 5:00 p.m. ~ Hospitality Desk closed
- 7:00 p.m. ~ Community Bingo, CR

## TUESDAY • MAY 30

*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
- 3:00 p.m. ~ Coffee Corner, CR
- 4:00 p.m. ~ Newspaper & Bible, LR

## WEDNESDAY • MAY 31

*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 Café, KR
- 10:00 a.m. ~ Memory Activities Class, KSU CL
- 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
- 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 • JUNE 1

*Breakfast at Verna Belle's—Biscuits & 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
- 2:00 p.m. ~ Parkinson's Education Group, CR
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR

## FRIDAY • JUNE 2

*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
- 12:30 p.m. ~ Mending Angel, GR

- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 3:30 p.m. ~ Catholic Mass, CR
- 5:00 p.m. ~ Summerfest, PSP

## SATURDAY • JUNE 3

*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	



Five residents and three outgoing board members received these awards at the Legacy Banquet last week.



**May 28 to June 3**  
**Cuba Libre**  
**2 oz. Meyer's Dark Rum**  
**4 oz. Cola**  
**Lime**  
**\$3.75**

\*Meadowlark News Channel can be viewed on Channel 1960