

# Meadowlark Estates

## Gracious Retirement Living

4430 Bauer Farm Drive • Lawrence, Kansas 66049 • Phone (785) 842-2400 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

JUNE 2019

### MEADOWLARK ESTATES STAFF

Managers..... CAROL & RICHARD POWIS  
Assistant Managers ..... KIM & BILL GROSS  
Executive Chef.....TIM DOERING  
Marketing..... ASHLEY ROBINSON  
Sous Chef ..... KEVIN PROCTOR  
Activity Coordinator ..... AMBER VAUGHN  
Maintenance ..... ROBERT SKEEN  
Transportation ..... PHIL BREWSTER

### TRANSPORTATION

**Tuesday, 9 a.m.-4 p.m.:**

Appointments/Errands

**Wednesday, 10 a.m.:** Outing & Lunch

**Thursday, 9 a.m.-4 p.m.:**

Appointments/Errands

**Friday, 10 a.m. and 2 p.m.:** Shopping

**HAWTHORN**  
SENIOR LIVING

### Senior Prom in London

In April, Meadowlark Estates hosted our fifth annual Senior Prom. This year's theme was "A Night in London." We had help from our friends at the Center for Community Outreach at the University of Kansas (the same organization that sends volunteers for bean bag baseball). There was great music from our favorite DJ Eric, who also played a few live hits by the Beatles and others. Halfway through the night we crowned longtime Meadowlark residents and volunteers, Lillian and Don as our Prom Queen and King. We are grateful for all the work they do in our community! Everyone had a great time dancing the night away with friends and neighbors.

*(Photos continued inside)*



*Cheerio!*





## Senior Prom in London (Continued)







## Resident Spotlight: Jane Thorp

Jane was born with her twin brother on March 23, 1936, in Cape Girardeau, Missouri. During World War II, her father worked in Alaska building bridges and roads, and her mother worked at a local store in Bernie, Missouri. When her father returned, the family moved to Kansas City. Jane was a good student in school and graduated in the top 10 percent of her class from Central High School in 1944. After her first year of college, she married her high school sweetheart, Lawrence Conrad, who she had met at church. Lawrence was a linguist, and they lived in Germany for a year. The two had three children, Belinda, Karla and Alan. Jane married again in the early '70s and gained two stepsons, Don and Robert. She has three grandchildren and two great-grandchildren. Jane has a bachelor's degree in English from Indiana State University. From 1976 until 1992, Jane worked to help others find jobs at Western Indiana Employment and Training Services. Jane became an artist in the Terre Haute Art Guild and was a member for about 35 years. She has been an artist since she was very young and can recall classmates asking her to draw pictures for them in high school. She is an excellent painter, and you



can see a wonderful collection of her work here at Meadowlark. You can also meet her cat, Sam, who she has had for about a year. Jane has always enjoyed traveling and has been all over the world, including Europe, Taiwan, New Zealand and Japan.

## Save the Date

Mark your calendars and invite your friends and family to join us for these special May events:

### **Tuesday, June 4th**

Live Music: Singalong  
with Andrea Davenport  
(3 p.m.)

### **Saturday, June 8th**

Meadowlark Block  
Party with food, games,  
a balloon artist, a  
petting zoo and live  
music by Old Enough to  
Know Better  
(2-4 p.m.)

### **Tuesday, June 11th**

Senior Health Fair  
(9 a.m.-12 p.m.)

Happy Hour provided by  
Keep Living at Home  
(3 p.m.)

### **Thursday, June 13th**

Watermelon  
Feed provided by  
Avalon Hospice  
(4 p.m.)

### **Sunday, June 16th**

Father's Day Prime  
Rib Dinner  
(12:30 p.m.)

### **Tuesday, June 18th**

Ice Cream Social with  
live entertainment  
(3 p.m.)

### **Tuesday, June 25th**

Live Music: Ardys  
(3 p.m.)

### **Thursday, June 27th**

Meadowlark  
Summer Campout  
(7 p.m.)





JUNE 2019

Birthdays

Lee Garrison, 4th  
Fred Young, 4th  
Drury Forinash, 9th  
Pat Ellebracht, 13th  
Joyce Frye, 21st  
Linda Lastofka, 22nd  
Wilma Morgan, 25th  
Marge Eitzig, 25th

Anniversaries

Dona & Darrell  
Weiden, 6/17/1955  
Wilma & Erwin  
Morgan, 6/19/1942  
Sally & Van VanTassel,  
6/29/1949

The Cutter's  
Edge Hair  
Salon

Ginny: 785-865-6283  
Antonio:  
785-766-7279

“The sun does not  
shine for a few  
trees and flowers,  
but for the wide  
world’s joy.”  
—Henry Ward  
Beecher

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div>1</div> <div>9:30 Exercise 10:30 Left, Right, Center 2:00 Bridge 4:00 Social Hour 7:00 Movie</div>
<div>2</div> <div>11:30 Coffee &amp; Conversation 1:45 Non-Denominational Church Service 2:00 Hand &amp; Foot 7:00 Movie</div>	<div>3</div> <div>9:30 Stretch Exercise 10:30 Needlework Crafts 11:00 Baking in the Bistro 3:00 Bingo 4:00 Table Hockey</div>	<div>4</div> <div>9:30 Strength Exercise 10:30 Yoga &amp; Meditation 11:30 Manager/Resident Meeting 2:00 Hand &amp; Foot 2:00 Balloon Volleyball 3:00 Live Music: Andrea Davenport 4:00 Cranium Crunches</div>	<div>5</div> <div>8:45 Blood Pressure Checks 9:00 Rosary 9:30 Stretch Exercise 10:00 Outing 10:30 Farkle 4:00 Bags 7:00 Movie</div>	<div>6</div> <div>9:30 Strength Exercise 10:30 Bev's Bible Study 1:45 Dog Treats 3:00 Bingo 4:00 Arts &amp; Crafts</div>	<div>7</div> <div>9:30 Exercise 10:00 Shopping 10:30 Smoothies 10:30 Live Music: Bruce Douglas 1:00 Bookmobile 2:00 Hand &amp; Foot 2:00 Grocery Shopping 2:30 Bible Study 4:00 Bean Bag Baseball 7:00 Movie</div>	<div>8</div> <div>9:30 Exercise 10:30 Left, Right, Center 2:00 Bridge 2:00 Block Party 4:00 Social Hour 7:00 Movie</div>
<div>9</div> <div>11:30 Coffee &amp; Conversation 2:00 Baptist Church Service 2:00 Hand &amp; Foot 7:00 Movie</div>	<div>10</div> <div>9:30 Stretch Exercise 10:30 Needlework Crafts 11:00 Baking in the Bistro 3:00 Bingo 4:00 Table Hockey</div>	<div>11</div> <div>9:00 Senior Health Fair 9:30 Strength Exercise 10:30 Yoga &amp; Meditation 2:00 Hand &amp; Foot 2:00 Balloon Volleyball 3:00 Happy Hour with Old Enough to Know Better 4:00 Cranium Crunches</div>	<div>12</div> <div>8:45 Blood Pressure Checks 9:00 Rosary 9:30 Stretch Exercise 10:00 Outing 10:30 Farkle 4:00 Bags 7:00 Movie</div>	<div>13</div> <div>9:30 Strength Exercise 10:30 Bev's Bible Study 1:45 Dog Treats 3:00 Bingo 4:00 Watermelon Feed</div>	<div>14</div> <div>FLAG DAY 9:30 Exercise 10:00 Shopping 10:30 Smoothies 1:00 Bookmobile 2:00 Grocery Shopping 2:00 Hand &amp; Foot 2:30 Bible Study 4:00 Bean Bag Baseball 7:00 Movie</div>	<div>15</div> <div>9:30 Exercise 10:30 Left, Right, Center 2:00 Bridge 4:00 Social Hour 7:00 Movie</div>
<div>16</div> <div>FATHER'S DAY 11:30 Coffee &amp; Conversation 12:30 Father's Day Dinner 2:00 Non-Denominational Church Service 2:00 Hand &amp; Foot 7:00 Movie</div>	<div>17</div> <div>9:30 Stretch Exercise 10:30 Needlework Crafts 11:00 Baking in the Bistro 3:00 Bingo 4:00 Table Hockey</div>	<div>18</div> <div>9:30 Strength Exercise 10:30 Yoga &amp; Meditation 2:00 Hand &amp; Foot 2:00 Balloon Volleyball 3:00 Ice Cream Social 4:00 Cranium Crunches</div>	<div>19</div> <div>8:45 Blood Pressure Checks 9:00 Rosary 9:30 Stretch Exercise 10:00 Outing 10:30 Farkle 4:00 Bags 7:00 Movie</div>	<div>20</div> <div>9:30 Strength Exercise 10:30 Chef's Corner 10:30 Bev's Bible Study 1:45 Dog Treats 3:00 Bingo 4:00 Arts &amp; Crafts</div>	<div>21</div> <div>SUMMER BEGINS 9:30 Exercise 10:00 Shopping 10:30 Smoothies 10:30 Live Music: Bruce Douglas 1:00 Bookmobile 2:00 Hand &amp; Foot 2:00 Grocery Shopping 2:30 Bible Study 4:00 Bean Bag Baseball 7:00 Movie</div>	<div>22</div> <div>9:30 Exercise 10:30 Left, Right, Center 2:00 Bridge 4:00 Social Hour 7:00 Movie</div>
<div>23</div> <div>11:30 Coffee &amp; Conversation 2:00 Lutheran Church Service 2:00 Hand &amp; Foot 7:00 Movie</div>	<div>24</div> <div>9:30 Stretch Exercise 10:30 Needlework Crafts 11:00 Baking in the Bistro 3:00 Bingo 4:00 Table Hockey</div>	<div>25</div> <div>9:30 Strength Exercise 10:30 Yoga &amp; Meditation 2:00 Hand &amp; Foot 2:00 Balloon Volleyball 3:00 Live Music: Ardys 4:00 Cranium Crunches</div>	<div>26</div> <div>8:45 Blood Pressure Checks 9:00 Rosary 9:30 Stretch Exercise 10:00 Outing 10:30 Farkle 4:00 Bags 7:00 Movie</div>	<div>27</div> <div>9:30 Strength Exercise 10:30 Bev's Bible Study 1:45 Dog Treats 3:00 Bingo 4:00 Arts &amp; Crafts</div>	<div>28</div> <div>9:30 Exercise 10:00 Shopping 10:30 Smoothies 1:00 Bookmobile 2:00 Grocery Shopping 2:00 Hand &amp; Foot 2:30 Bible Study 4:00 Bean Bag Baseball 7:00 Movie</div>	<div>29</div> <div>9:30 Exercise 10:30 Left, Right, Center 2:00 Bridge 4:00 Social Hour 7:00 Movie</div>
<div>30</div> <div>11:30 Coffee &amp; Conversation 2:00 Hand &amp; Foot 7:00 Movie</div>						





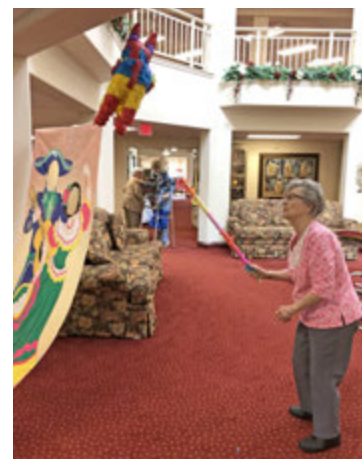
## Tulip Time in Topeka

We had a wonderful afternoon tiptoeing through the tulips on our annual trip to Lake Shawnee and Topeka in April. What a great way to spend time outdoors with friends!



## Cinco de Mayo Fiesta

Last month, we celebrated Cinco de Mayo at Meadowlark Estates with a Mexican food dinner buffet, live mariachi music, and even a piñata! Cinco de Mayo, or the Fifth of May, is an annual celebration to commemorate the Mexican Army's victory over the French Empire at the Battle of Puebla on May 5, 1862. Although the holiday is celebrated more in America than in Mexico, everyone enjoyed the music and food.







## Out and About

Join us every Wednesday as we load the bus to head out for lunch and to visit a local attraction. Space is limited, so if you would like to go, please sign up at Phil's desk in the activity room ahead of time. Friends and family are welcome to join us, provided there is room on the bus. The bus leaves at 10 a.m., unless otherwise noted. Here are the trips scheduled for June:

**June 5th:** Ad Astra Alpaca Farm in Baldwin City

**June 12th:** KC Auto Museum in Olathe

**June 22nd:** "Do Black Patent Leather Shoes Really Reflect Up?" play at Chestnut Theater in Olathe (\$30)

**June 26th:** Stonehenge Exhibit at Union Station

## Culinary Education Series: 15 Fast Facts about Bees and Honey

1. Honeybees must gather nectar from 2 million flowers to make one pound of honey.
2. Honeybees communicate with one another by dancing.
3. Honey never spoils. It is one of the rare food commodities with an eternal shelf life. In fact, there have been reports of finding edible honey and ancient Egyptian tombs.
4. The bees' buzz is the sound made by their wings, which beat 11,400 times per minute.
5. Honey's ability to attract and retain moisture means that it has long been used as a beauty treatment. It was part of Cleopatra's daily beauty ritual.
6. There are three types of bees in every hive: a queen, worker bees, and drones.
7. The darker the honey, the greater amount of antioxidant properties it has.
8. In the United States, more than 300 different kinds of honey are produced every year. The variety in color and flavor is determined by the types of flowers from which the bees collect nectar.
9. If the queen bee dies, workers will create a new queen by selecting a young larva (the newly hatched baby insects) and feeding it a special food called "royal jelly." This enables the larva to develop into a fertile queen.
10. The queen can live up to five years. She is the busiest in the summer months, when she can lay up to 2500 eggs a day!
11. Sadly, over the past 15 years, colonies of bees have been disappearing, and the reason remains unknown. Referred to as "colony collapse disorder," billions of honeybees across the world are leaving their hives, never to return. In some regions, up to 90% of bees have disappeared!
12. Bees are responsible for 80% of pollination worldwide.
13. Out of 20,000 species of bees, only four make honey.
14. Honey is the only food that contains all the substances necessary to sustain life, including water.
15. Honeybees never sleep. They just go motionless at night waiting for their next workday.

**Check out the activities this month related to bees and honey:**

**June 6th:** Homemade Honey and Lemon Lip Balm (4 p.m.)

**June 17th:** DIY Honey Whipped Hand Cream (4 p.m.)

**June 24th:** Honey Strawberry Lemonade (11 a.m.)

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Lawrence, Kansas 66049



## Hello Sunshine!

We do believe that our home is where the heart is. Please come join us for a cold glass of lemonade and see firsthand how things are really heating up with our summer activities calendar. Give us a call for more information on any of the activities you would like to participate in or feel free to stop by to meet our caring staff and have a complimentary meal and tour.

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