

Meadowlark Estates

Gracious Retirement Living

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

AUGUST 2019

MEADOWLARK ESTATES STAFF

Managers..... CAROL & RICHARD POWIS
Assistant Managers KIM & BILL GROSS
Executive Chef.....TIM DOERING
Sous Chef KEVIN PROCTOR
Activity Coordinator AMBER VAUGHN
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

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 August:

August 7th: Shopping at Topeka Mall

August 14th: East Asian Art Exhibit at Spencer Art Museum

August 21st: Hollywood Casino

August 28th: Overland Station in Topeka



Don at the Money Museum in K.C.

Save the Date

Mark your calendar and invite your friends and family to join us for these special events in August:

Tuesday, August 6th: Live Music by Ardys (3 p.m.)

Thursday, August 8th: Western Buffet (11:30 a.m.) with live entertainment by Cowboy Comedian, Texas Terry (1:30 p.m.)

Tuesday, August 13th: Happy Hour with Old Enough to Know Better (3 p.m.)

Tuesday, August 20th: AseraCare presents "The Truth about Hospice" (3 p.m.)

Saturday, August 24th: Meadowlark Estates 8th Anniversary Open House Quilt and Collection Show with live jazz music (2-4 p.m.)

Tuesday, August 27th: Music for the Feet, Ears and Soul by Jerry Miller (3 p.m.)



Tour of the New Lawrence Humane Society

In July, we took a trip to tour the new Lawrence Humane Society building. The new facility cost \$7.5 million and has new kennels, areas for families to meet potential pets and state-of-the-art veterinary care. The goal of the new shelter is to reduce the number of animals surrendered to the Humane Society through low cost spay and neuter services. The old building was around 20 years old and wasn't built to accommodate housing animals for long periods of time or treating medical and behavioral problems. While touring the building, we had a chance to mingle with a few of the animals up for adoption, which everyone enjoyed.



Bev, with a cat named Caspian, who had cauliflower ear



Joyce, enjoying some lap time with tiny bearded Elsa.



Dorothy petting Maya

Culinary Education Series: Health Benefits of Citrus Fruits

1. Citrus fruits are an excellent source of fiber. Two-thirds of the fiber in citrus fruit is soluble fiber, which has been linked to lower cholesterol and helps regulate glucose levels. The remaining fiber is insoluble, which adds bulk to our digestive system and helps keep us regular.
2. The Vitamin C found in citrus fruit has been linked to a reduced risk of heart disease. Vitamin C can also reduce the duration and severity of colds.
3. Citrus fruits have a low glycemic index, meaning they won't spike your blood sugar as much as some other foods.
4. Citrus fruits are packed with potassium, which is important for fluid regulation, mineral balance and muscle contraction. Potassium also works to counter-regulate the amount of salt in your diet by helping your body flush out sodium.
5. Citrus fruits are hydrating. Like cucumbers, watermelon and tomatoes, citrus fruits have a high-water content. Eating plenty of water-rich foods can help you stay hydrated, which is important for quenching your thirst, as well as helping you consume enough fluids throughout the day to prevent dehydration and help the body's systems function properly.



Fun on the Fourth

We had a wonderful Independence Day celebration here at Meadowlark Estates. We started the party early the day before, with a trip downtown to South Park to attend the annual Fourth of July City Band concert. Back at Meadowlark, we began the afternoon of the Fourth with a delicious buffet of burgers and brats, complete with all the fixings, prepared by Chef Tim and his excellent Kitchen Crew. After we filled our bellies with American classics, we gathered around the piano with Miss Jeannie, who led us in a patriotic singalong. It was a great way to celebrate our freedom here in the U.S. of A.!



Lou is proud to be an American.



Liz and Drury



Linda and Muriel



Melanie



Jeff, enjoying his time at the park.



Susan and Margaret with Manager, Carol



The Beverlys and Iris

AUGUST 2019

Birthdays

Earl Van Meter, 2nd
 Coral Tiger, 3rd
 (Employee)
 Janet Hoyer, 3rd
 Pat Scaletty, 6th
 Fern Pryor, 14th
 Barbara Wildcat, 17th
 Elaine Blank, 21st
 Carolyn Fedrick, 21st

Anniversary



Carol & Richard
 Powis, 8/9/1975

The Cutter's Edge Hair Salon

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

“Summer means happy times and good sunshine.”

—Brian Wilson

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|---|--|--|
|  | | | | <p>1</p> <p>9:30 Strength Exercise</p> <p>10:30 Bev's Bible Study</p> <p>1:45 Dog Treats</p> <p>3:00 Bingo</p> <p>4:00 Bean Bag Baseball</p> | <p>2</p> <p>9:30 Exercise</p> <p>10:00 Shopping</p> <p>10:00 Pitch</p> <p>10:30 Smoothies</p> <p>10:30 Live Music: Bruce Douglas</p> <p>1:00 Bookmobile</p> <p>2:00 Grocery Shopping</p> <p>2:00 Hand & Foot</p> <p>4:00 Bocce Ball</p> <p>7:00 Movie</p>  | <p>3</p> <p>9:30 Exercise</p> <p>10:30 Left, Right, Center</p> <p>2:00 Bridge</p> <p>2:00 Movie Matinee</p> <p>4:00 Social Hour</p> <p>7:00 Movie</p>  |
| | | | | <p>4</p> <p>11:30 Coffee & Conversation</p> <p>1:45 Non-Denominational Church Service</p> <p>2:00 Hand & Foot</p> <p>7:00 Movie</p> | <p>5</p> <p>9:30 Stretch Exercise</p> <p>10:00 Pitch</p> <p>10:30 Needlework Crafts</p> <p>11:00 Baking in the Bistro</p> <p>3:00 Bingo</p> <p>4:00 Table Hockey</p> | <p>6</p> <p>9:30 Strength Exercise</p> <p>10:00 Pitch</p> <p>10:30 Yoga & Meditation</p> <p>11:30 <i>Manager/Resident Meeting</i></p> <p>2:00 Hand & Foot</p> <p>2:00 Balloon Volleyball</p> <p>3:00 Live Music: Ardys</p> <p>4:00 Cranium Crunches</p>  |
| <p>11</p> <p>11:30 Coffee & Conversation</p> <p>2:00 Baptist Church Service</p> <p>2:00 Hand & Foot</p> <p>7:00 Movie</p> | <p>12</p> <p>9:30 Stretch Exercise</p> <p>10:00 Pitch</p> <p>10:30 Needlework Crafts</p> <p>11:00 Baking in the Bistro</p> <p>3:00 Bingo</p> <p>4:00 Table Hockey</p> | <p>13</p> <p>9:30 Strength Exercise</p> <p>10:00 Pitch</p> <p>10:30 Yoga & Meditation</p> <p>2:00 Hand & Foot</p> <p>2:00 Balloon Volleyball</p> <p>3:00 Live Music: Old Enough to Know Better</p> <p>4:00 Cranium Crunches</p> | <p>14</p> <p>8:45 Blood Pressure Checks</p> <p>9:00 Rosary</p> <p>9:30 Stretch Exercise</p> <p>10:00 Outing</p> <p>10:00 Pitch</p> <p>10:30 Farkle</p> <p>2:00 Movie Matinee</p> <p>4:00 Bags</p> <p>7:00 Movie</p>  | <p>15</p> <p>9:30 Strength Exercise</p> <p>10:30 <i>Chef's Corner</i></p> <p>10:30 Bev's Bible Study</p> <p>1:45 Dog Treats</p> <p>3:00 Bingo</p> <p>4:00 Bean Bag Baseball</p> | <p>16</p> <p>9:30 Exercise</p> <p>10:00 Shopping</p> <p>10:00 Pitch</p> <p>10:30 Smoothies</p> <p>10:30 Live Music: Bruce Douglas</p> <p>1:00 Bookmobile</p> <p>2:00 Grocery Shopping</p> <p>2:00 Hand & Foot</p> <p>4:00 Bocce Ball</p> <p>7:00 Movie</p> | <p>17</p> <p>9:30 Exercise</p> <p>10:30 Left, Right, Center</p> <p>2:00 Bridge</p> <p>2:00 Movie Matinee</p> <p>4:00 Social Hour</p> <p>7:00 Movie</p>  |
| <p>18</p> <p>11:30 Coffee & Conversation</p> <p>2:00 Non-Denominational Church Service</p> <p>2:00 Hand & Foot</p> <p>7:00 Movie</p> | <p>19</p> <p>9:30 Stretch Exercise</p> <p>10:00 Pitch</p> <p>10:30 Needlework Crafts</p> <p>11:00 Baking in the Bistro</p> <p>3:00 Bingo</p> <p>4:00 Table Hockey</p> | <p>20</p> <p>9:30 Strength Exercise</p> <p>10:00 Pitch</p> <p>10:30 Yoga & Meditation</p> <p>2:00 Hand & Foot</p> <p>2:00 Balloon Volleyball</p> <p>3:00 Truth About Hospice with Asera Care</p> <p>4:00 Cranium Crunches</p> | <p>21</p> <p>8:45 Blood Pressure Checks</p> <p>9:00 Rosary</p> <p>9:30 Stretch Exercise</p> <p>10:00 Outing</p> <p>10:00 Pitch</p> <p>10:30 Farkle</p> <p>2:00 Movie Matinee</p> <p>4:00 Bags</p> <p>7:00 Movie</p>  | <p>22</p> <p>9:30 Strength Exercise</p> <p>10:30 Bev's Bible Study</p> <p>1:45 Dog Treats</p> <p>3:00 Bingo</p> <p>4:00 Bean Bag Baseball</p> | <p>23</p> <p>9:30 Exercise</p> <p>10:00 Shopping</p> <p>10:00 Pitch</p> <p>10:30 Smoothies</p> <p>1:00 Bookmobile</p> <p>2:00 Grocery Shopping</p> <p>2:00 Hand & Foot</p> <p>4:00 Bocce Ball</p> <p>7:00 Movie</p> | <p>24</p> <p>9:30 Exercise</p> <p>10:30 Left, Right, Center</p> <p>2:00 Bridge</p> <p>2:00 Movie Matinee</p> <p>2:00 Open House Quilt & Collection Show</p> <p>4:00 Social Hour</p> <p>7:00 Movie</p> |
| <p>25</p> <p>11:30 Coffee & Conversation</p> <p>2:00 Lutheran Church Service</p> <p>2:00 Hand & Foot</p> <p>7:00 Movie</p> | <p>26</p> <p>9:30 Stretch Exercise</p> <p>10:00 Pitch</p> <p>10:30 Needlework Crafts</p> <p>11:00 Baking in the Bistro</p> <p>2:00 Quilt Show & Tell</p> <p>3:00 Bingo</p> <p>4:00 Table Hockey</p> | <p>27</p> <p>9:30 Strength Exercise</p> <p>10:00 Pitch</p> <p>10:30 Yoga & Meditation</p> <p>2:00 Hand & Foot</p> <p>2:00 Balloon Volleyball</p> <p>3:00 Live Music: Jerry Miller</p> <p>4:00 Cranium Crunches</p> | <p>28</p> <p>8:45 Blood Pressure Checks</p> <p>9:00 Rosary</p> <p>9:30 Stretch Exercise</p> <p>10:00 Outing</p> <p>10:00 Pitch</p> <p>10:30 Farkle</p> <p>2:00 Movie Matinee</p> <p>4:00 Bags</p> <p>7:00 Movie</p> | <p>29</p> <p>9:30 Strength Exercise</p> <p>10:30 Bev's Bible Study</p> <p>1:45 Dog Treats</p> <p>3:00 Bingo</p> <p>4:00 Bean Bag Baseball</p> | <p>30</p> <p>9:30 Exercise</p> <p>10:00 Shopping</p> <p>10:00 Pitch</p> <p>10:30 Smoothies</p> <p>1:00 Bookmobile</p> <p>2:00 Grocery Shopping</p> <p>2:00 Hand & Foot</p> <p>4:00 Bocce Ball</p> <p>7:00 Movie</p> | <p>31</p> <p>9:30 Exercise</p> <p>10:30 Left, Right, Center</p> <p>2:00 Bridge</p> <p>2:00 Movie Matinee</p> <p>4:00 Social Hour</p> <p>7:00 Movie</p> |



Resident Spotlight: Dona and Darrell Wieden

Dona “Bethel” was born on April 6th, 1933, in Table Rock, Nebraska. She had an older brother and sister, and her parents, Gordon and Gertrude, were farmers. When she was young, her family moved to Pawnee City, Nebraska. In school, Dona kept busy playing clarinet in the band and orchestra, and singing in the choir and Glee Club. After graduating from high school, Dona worked for one year at a hospital in Seward, Nebraska. After her mother passed, Dona moved to Lincoln, where she trained as a Registered Nurse at Lincoln Memorial Hospital through the University of Nebraska. During this time, a friend of Dona’s introduced her to Darrell Wieden, and after going for a ride one night, the two later arranged for a date to go to church the following Sunday. Dona and Darrell were married in Table Rock where Dona’s father was living above a grocery store, which is where they held the wedding reception.



The Wieden’s wedding

Darrell Wieden was born in Odell, Nebraska, on January 19th, 1934. His mother, Minnie, was a nurse’s aide, and his father, Henry, was a mechanic. He had one older sister and a younger brother. After graduating from Beatrice High School, Darrell joined the United States Navy, where he worked as an instructor and aircraft mechanic for over 20 years. The Wiedens had five children and lived in several places across the country while they raised their family, including Virginia, Texas and California. Darrell was also stationed in Olathe, Kansas, at the Naval Air Station. While Darrell worked during the day, Dona would work night shifts at local hospitals. After Darrell retired from the Navy in 1974, he worked at General Electric for one year before taking a job in Wichita as a Quality Control Inspector for Cessna Aircraft. When they both retired, they moved to St. George, Utah, for about three years before moving back to Kansas to be closer to their children.

The Wiedens enjoy traveling and have taken several road trips, cruises and train trips across the country. One of their favorite spots was in Hawaii, where they once stayed for three months working at the Haggai Institute, a hotel that mainly served foreign dignitaries. Dona made the beds and Darrell took care of the groundskeeping (which Darrell didn’t particularly enjoy due to the heat). In 2011, The Wiedens moved to Lawrence to be close to three of their children and finally settled here at Meadowlark Estates. These days, Darrell spends most of this time watching the news, while Dona enjoys reading and playing cards.



The Wieden family



Darrell and Dona



Calling all Quilters and Collectors!

Do you have a unique collection or special quilt that you would enjoy sharing with others? This month, on August 24th, Meadowlark Estates will be celebrating our Eight-Year Anniversary with an Open House Quilt and Collection Show. If you have a quilt or collection that you would like to share, please sign up with Amber in the Activity Room!

Just Keep Moving!

I've said it once and I'll say it again ... Exercise is the most important thing we do every day! Everyone should already know we have our regular exercise class Monday through Saturday at 9:30 a.m. in the Activity Room. Our Stretch Exercise class is held on Mondays and Wednesdays. In this class, all the exercises are done seated in a chair. On Tuesdays and Thursdays, we ramp it up a bit more with our Strength Exercise. This class uses



weights and elastic bands, as well as some moves done standing behind a chair. In addition to our regular exercise program, there are a variety of activities designed to keep your bodies moving! If you're looking to be more fit and active, try out one of these:

Monday:

- Table Hockey at 4 p.m.

Tuesday:

- Yoga and Meditation at 10:30 a.m.
- Balloon Volleyball at 2 p.m.

Wednesday:

- Bags at 4 p.m.

Thursday:

- Bean Bag Baseball at 4 p.m.

Friday:

- Bocce Ball at 4 p.m.

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4430 Bauer Farm Drive
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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