

# Meadowlark Estates

## Gracious Retirement Living

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

### DECEMBER 2019

#### MEADOWLARK ESTATES STAFF

Managers.....CAROL & RICHARD POWIS  
Assistant Managers .....KIM & BILL GROSS  
Executive Chef.....TIM DOERING  
Marketing.....RANDY GOFF  
Sous Chef .....KEVIN PROCTOR  
Activity Coordinator .....AMBER VAUGHN  
Transportation .....PHIL BREWSTER &  
TOM HORNIK

#### 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

### Save the Date

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

**Wednesday, December 4th:**

Barbara's Boutique Jewelry  
Sale (11 a.m. to 2 p.m.)

**Tuesday, December 10th:**

Holiday Happy Hour with the  
Dickens Carolers (3 p.m.)

**Thursday, December 12th:**

Sunflower Elementary  
Christmas Carols (10 a.m.)

**Saturday, December 14th:**

Holiday Shopping Bazaar  
(10 a.m. to 3 p.m.)

**Sunday, December 15th:**

Holiday Brunch and Pictures  
with Santa (10 a.m. to  
12:30 p.m.)

**Sunday, December 22nd:**

Holiday Tea Party with Music  
by Miss Jeannie (3 p.m.)

**Tuesday, December 31st:**

New Year's Eve Party  
(6 p.m.)





## Resident Spotlight: Fredonna and Howard Smith

Fredonna Winans was born in Oskaloosa, Kansas. Her father was brought to the area on an orphan train when he was two years old. He worked as an insurance agent, realtor and bondsman, while her mother raised Fredonna and her younger brother and sister. Fredonna graduated from Oskaloosa High School in 1954, where she was a cheerleader and played basketball. After high school, she moved with four other girls into an apartment in Topeka. She was working at a local finance company when she started dating Howard Smith.

Howard was born in Winchester, Kansas, roughly 10 miles north of Oskaloosa. His parents were farmers and he had two brothers and three sisters. During his senior year of high school, Howard began working at the Chrysler Plymouth car dealership in Oskaloosa. During this time, he was introduced to Fredonna through a friend. After graduating from Winchester High School in 1954, Howard took a job in Topeka at Bobo's Service Station, where he and Fredonna were reunited. The two would talk as Fredonna walked by the service station on her way to and from work, and they soon started dating. Their first date was at a roller skating rink. In the fall of 1955, Howard started taking electrical engineering classes at Kansas State University in Manhattan. Every weekend, Howard and Fredonna would take turns driving and taking the bus to see each other. On July 10, 1956, the two were married at the Oskaloosa Methodist Church. Living in Manhattan, Fredonna took a job as a principal secretary at Fort Riley, while Howard was taking classes at Kansas State University and working at a lawnmower and chainsaw repair shop. The owner of the shop offered to sell the business, and while Howard and Fredonna managed to buy the shop, the day they opened they didn't have enough money to even put change in the cash register. The Smiths ran the shop for six years before selling. Howard later took a job at the Gibson Discount Center in Junction City. He was soon promoted to Hardline Division Manager, and moved to Lawrence to open another Gibson store. Howard soon got into the real estate business and began buying and selling houses and classic cars. Before starting his own business, Howard worked to build the dam at Clinton Lake, running heavy equipment like bulldozers and backhoes. In 1977, Howard started his own car business, H. Z. Smith Motors, Inc., which he ran for nearly 35 years, buying and selling cars all over the world.

Howard and Fredonna have two sons, Kevin and Keith, and one daughter, Karen. They have three grandchildren and one great-grandchild. For over fifteen years, Howard and Fredonna also served as an alternative home as part of a church program that housed kids who had run away from home or gotten into trouble with the law as they awaited court hearings. In 1987, their home was voted the Alternative Home Family of the Year. The Smiths have enjoyed cruises and traveling and have visited all of the 50 states, as well as Norway, Sweden and Denmark. Today, Fredonna enjoys reading and socializing, while Howard still enjoys working at their home. He hasn't bought any new cars since January and still has four left.







## Out & About

Join us every Wednesday as we load the bus to head out for lunch and to visit a local attraction. If you'd like to go, please sing up in the Activity Room ahead of time. Friends and family are welcome to join! The bus leaves at 10 a.m., unless otherwise noted. Here are the trips scheduled for December:

**December 4th:** Festival of Trees at Liberty Hall

**December 11th:** Insect Zoo at Kansas State University in Manhattan (\$4)

**December 18th:** Christmas Light Tour (6:30 p.m.)



*Wagon ride at the Cider Hill Family Orchard*

## Benefits of Yoga & Meditation

With winter here, it is more important than ever to stay active and moving. At Meadowlark Estates, there are plenty of opportunities to get your body in gear. We start every day with exercise at 9:30 a.m. in the Activity Room, and there are games like balloon volleyball, bean bag baseball and bocce ball offered throughout the week. Another form of exercise available is Yoga and Meditation, every Tuesday at 10:30 a.m. If you have never tried Yoga, here is your chance! All of the exercises are low-impact and can be done sitting in a chair. Here are some of the benefits associated with Yoga:

- **Increased Mental Clarity:** By increasing oxygenated blood flow to the brain and organs, it reducing stress and anxiety.
- **Improved Heart Health:** Studies have shown that Yoga is linked to a reduced risk of heart disease because of its cardiovascular benefits that eliminate arterial plaque.
- **Improved Digestion:** There are many Yoga poses, twists and moves that massage internal organs to help food move along in your digestive system.
- **Improved Sleep:** Doing Yoga helps people sleep better by reducing stress and lowering anxiety. Meditation and breathing techniques help to clear your mind so you can relax and slow down your thoughts, allowing you the peace of mind to get a good night's sleep.



DECEMBER  
2019

Birthdays

Richard Powis,  
5th (Employee)

Carol Higginbotham,  
6th

Joan Knight, 12th

Kathryn Olden, 13th

Bernice Hornik, 14th

Richard Gillespie,  
16th

Mary Lou  
Roberts, 18th

Marilyn Appleby, 18th

Jared Treul, 19th  
(Employee)

Ashley Mauer,  
19th (Employee)

Pat Zarnowiec, 19th

Rose Tarr-Smith, 21st

Teddy McGraw, 21st

Lea Anita  
Lemmons, 25th

The Cutter's  
Edge Hair  
Salon

Ginny: 785-865-6283

Antonio:  
785-766-7279

“Always be on  
the lookout for  
the presence  
of wonder.”

—E.B. White

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</div> <div>11:30 Coffee &amp; Conversation</div> <div>1:45 Non-Denominational Church Service</div> <div>2:00 Hand &amp; Foot</div> <div>7:00 Movie</div>	<div>2</div> <div>9:30 Stretch Exercise</div> <div>10:00 Pitch</div> <div>10:30 Needlework Crafts</div> <div>11:00 Baking in the Bistro</div> <div>1:45 Gingerbread Construction</div> <div>3:00 Bingo</div> <div>4:00 Table Hockey</div>	<div>3</div> <div>8:45 Rosary</div> <div>9:30 Balance &amp; Strength Exercise</div> <div>10:00 Pitch</div> <div>10:30 Yoga &amp; Meditation</div> <div>11:30 Manager/Resident Meeting</div> <div>2:00 Hand &amp; Foot</div> <div>2:00 Balloon Volleyball</div> <div>3:00 Live Music: Vaughn Cowden</div> <div>4:00 Cranium Crunches</div>	<div>4</div> <div>8:45 Blood Pressure Checks</div> <div>9:30 Stretch Exercise</div> <div>10:00 Outing</div> <div>10:00 Pitch</div> <div>10:30 Farkle Dice Game</div> <div>11:00 Barbara's Boutique Jewelry Sale</div> <div>2:00 Movie Matinee</div> <div>4:00 Bags</div> <div>7:00 Movie</div>	<div>5</div> <div>9:30 Balance &amp; Strength Exercise</div> <div>10:30 Bev's Bible Study</div> <div>10:45 Catholic Mass</div> <div>3:00 Bingo</div> <div>4:00 Bean Bag Baseball</div> <div></div>	<div>6</div> <div>9:30 Exercise</div> <div>10:00 Shopping</div> <div>10:00 Pitch</div> <div>10:30 Smoothies</div> <div>10:30 Singalong with Bruce Douglas</div> <div>1:00 Bookmobile</div> <div>2:00 Grocery Shopping</div> <div>2:00 Hand &amp; Foot</div> <div>4:00 Bocce Ball</div> <div>4:00 Live Music: New Horizons Band</div> <div>7:00 Movie</div> <div></div>	<div>7</div> <div>9:30 Exercise</div> <div>10:30 Left, Center, Right</div> <div>2:00 Movie Matinee</div> <div>4:00 Social Hour</div> <div>7:00 Movie</div>
<div>8</div> <div>11:30 Coffee &amp; Conversation</div> <div>2:00 Baptist Church Service</div> <div>2:00 Hand &amp; Foot</div> <div>7:00 Movie</div>	<div>9</div> <div>9:30 Stretch Exercise</div> <div>10:00 Pitch</div> <div>10:30 Needlework Crafts</div> <div>11:00 Baking in the Bistro</div> <div>1:45 Gingerbread Construction</div> <div>2:00 Chair Massages \$1/Minute</div> <div>3:00 Bingo</div> <div>4:00 Table Hockey</div>	<div>10</div> <div>8:45 Rosary</div> <div>9:30 Balance &amp; Strength Exercise</div> <div>10:00 Pitch</div> <div>10:30 Yoga &amp; Meditation</div> <div>2:00 Hand &amp; Foot</div> <div>2:00 Balloon Volleyball</div> <div>3:00 Holiday Happy Hour with The Dickens Carolers</div> <div>4:00 Cranium Crunches</div>	<div>11</div> <div>8:45 Blood Pressure Checks</div> <div>9:30 Stretch Exercise</div> <div>10:00 Outing</div> <div>10:00 Pitch</div> <div>10:30 Farkle Dice Game</div> <div>2:00 Movie Matinee</div> <div>4:00 Bags</div> <div>7:00 Movie</div>	<div>12</div> <div>9:30 Balance &amp; Strength Exercise</div> <div>10:00 Sunflower Elementary Christmas Carols</div> <div>10:30 Bev's Bible Study</div> <div>3:00 Bingo</div> <div>4:00 Bean Bag Baseball</div> <div></div>	<div>13</div> <div>9:30 Exercise</div> <div>10:00 Shopping</div> <div>10:00 Pitch</div> <div>10:30 Smoothies</div> <div>1:00 Bookmobile</div> <div>2:00 Grocery Shopping</div> <div>2:00 Hand &amp; Foot</div> <div>4:00 Bocce Ball</div> <div>7:00 Movie</div> <div></div>	<div>14</div> <div>9:30 Exercise</div> <div>10:00 Holiday Shopping Bazaar</div> <div>10:30 Left, Center, Right</div> <div>2:00 Movie Matinee</div> <div>4:00 Social Hour</div> <div>7:00 Movie</div> <div></div>
<div>15</div> <div>10:00 Holiday Brunch &amp; Pictures with Santa</div> <div>11:30 Coffee &amp; Conversation</div> <div>2:00 Non-Denominational Church Service</div> <div>2:00 Hand &amp; Foot</div> <div>7:00 Movie</div>	<div>16</div> <div>9:30 Stretch Exercise</div> <div>10:00 Pitch</div> <div>10:30 Needlework Crafts</div> <div>11:00 Baking in the Bistro</div> <div>1:45 Gingerbread Construction</div> <div>3:00 Bingo</div> <div>4:00 Table Hockey</div> <div></div>	<div>17</div> <div>8:45 Rosary</div> <div>9:30 Balance &amp; Strength Exercise</div> <div>10:00 Pitch</div> <div>10:30 Yoga &amp; Meditation</div> <div>2:00 Hand &amp; Foot</div> <div>2:00 Balloon Volleyball</div> <div>4:00 Cranium Crunches</div> <div>7:00 Live Music: Country Cross</div>	<div>18</div> <div>8:45 Blood Pressure Checks</div> <div>9:30 Stretch Exercise</div> <div>10:00 Outing</div> <div>10:00 Pitch</div> <div>10:30 Farkle Dice Game</div> <div>2:00 Movie Matinee</div> <div>4:00 Bags</div> <div>7:00 Movie</div> <div></div>	<div>19</div> <div>9:30 Balance &amp; Strength Exercise</div> <div>10:30 Chef's Corner</div> <div>10:30 Bev's Bible Study</div> <div>3:00 Bingo</div> <div>4:00 Bean Bag Baseball</div> <div></div>	<div>20</div> <div>9:30 Exercise</div> <div>10:00 Shopping</div> <div>10:00 Pitch</div> <div>10:30 Smoothies</div> <div>10:30 Singalong with Bruce Douglas</div> <div>1:00 Bookmobile</div> <div>2:00 Grocery Shopping</div> <div>2:00 Hand &amp; Foot</div> <div>4:00 Bocce Ball</div> <div>7:00 Movie</div>	<div>21</div> <div>WINTER BEGINS</div> <div>9:30 Exercise</div> <div>10:30 Left, Center, Right</div> <div>2:00 Movie Matinee</div> <div>4:00 Social Hour</div> <div>7:00 Movie</div> <div></div>
<div>22</div> <div>HANUKKAH BEGINS AT SUNSET</div> <div>11:30 Coffee &amp; Conversation</div> <div>2:00 Lutheran Church Service</div> <div>2:00 Hand &amp; Foot</div> <div>3:00 Holiday Tea Party with Music by Miss Jeannie</div> <div>7:00 Movie</div>	<div>23</div> <div>9:30 Stretch Exercise</div> <div>10:00 Pitch</div> <div>10:30 Needlework Crafts</div> <div>11:00 Baking in the Bistro</div> <div>1:45 Gingerbread Construction</div> <div>2:00 Quilt Show &amp; Tell</div> <div>2:00 Chair Massages \$1/Minute</div> <div>3:00 Bingo</div> <div>4:00 Table Hockey</div>	<div>24</div> <div>8:45 Rosary</div> <div>9:30 Balance &amp; Strength Exercise</div> <div>10:00 Pitch</div> <div>10:30 Yoga &amp; Meditation</div> <div>2:00 Hand &amp; Foot</div> <div>2:00 Balloon Volleyball</div> <div>4:00 Cranium Crunches</div>	<div>25</div> <div>CHRISTMAS DAY</div> <div>8:45 Blood Pressure Checks</div> <div>9:30 Stretch Exercise</div> <div>10:00 Outing</div> <div>10:00 Pitch</div> <div>10:30 Farkle Dice Game</div> <div>2:00 Movie Matinee</div> <div>4:00 Bags</div> <div>7:00 Movie</div> <div></div>	<div>26</div> <div>9:30 Balance &amp; Strength Exercise</div> <div>10:30 Bev's Bible Study</div> <div>3:00 Bingo</div> <div>4:00 Bean Bag Baseball</div>	<div>27</div> <div>9:30 Exercise</div> <div>10:00 Shopping</div> <div>10:00 Pitch</div> <div>10:30 Smoothies</div> <div>1:00 Bookmobile</div> <div>2:00 Grocery Shopping</div> <div>2:00 Hand &amp; Foot</div> <div>4:00 Bocce Ball</div> <div>7:00 Movie</div>	<div>28</div> <div>9:30 Exercise</div> <div>10:30 Left, Center, Right</div> <div>2:00 Movie Matinee</div> <div>4:00 Social Hour</div> <div>7:00 Movie</div>
<div>29</div> <div>11:30 Coffee &amp; Conversation</div> <div>2:00 Hand &amp; Foot</div> <div>7:00 Movie</div>	<div>30</div> <div>9:30 Stretch Exercise</div> <div>10:00 Pitch</div> <div>10:30 Needlework Crafts</div> <div>11:00 Baking in the Bistro</div> <div>3:00 Bingo</div> <div>4:00 Table Hockey</div>	<div>31</div> <div>NEW YEAR'S EVE</div> <div>8:45 Rosary</div> <div>9:30 Balance &amp; Strength Exercise</div> <div>10:00 Pitch</div> <div>10:30 Yoga &amp; Meditation</div> <div>2:00 Hand &amp; Foot</div> <div>2:00 Balloon Volleyball</div> <div>4:00 Cranium Crunches</div> <div>6:00 New Year's Eve Party</div>				



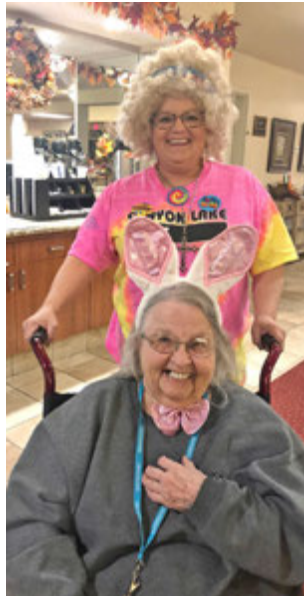


## Fall Fun

From decorating pumpkins to costume parties and trick-or-treaters, October was a fun-filled month here at Meadowlark Estates. We started off with Oktoberfest, where we enjoyed a delicious German-food buffet accompanied by live polka



*Don's costume is terrifying!*



*Marilyn and her groovy daughter*



*Trick-or-treat, ladies!*

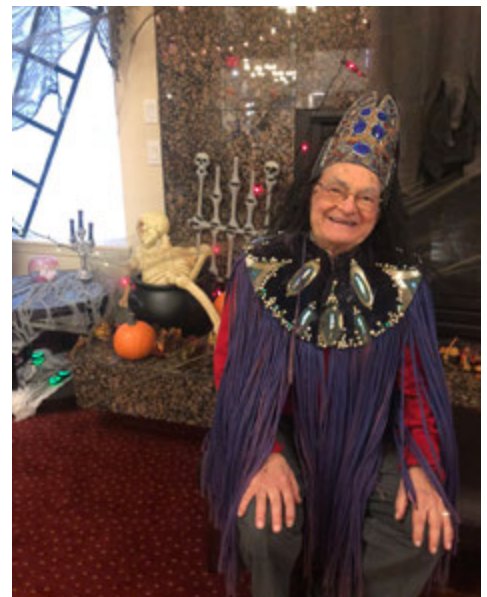
music. Later in the month, the ghouls and goblins of Meadowlark joined in the Dining Room one evening to show off our costumes and dance the night away. Then, on Halloween night, we gathered in the Dining Room again to pass out candy to the trick-or-treaters, one of our favorite Halloween traditions. It's always great to see what the kids are dressing as these days and watching how crazy they go for candy! Perhaps due to the colder weather, we had a record number of kids come in to trick-or-treat. We had to make two emergency runs to the store for candy, and were left with only one bowl at the end of the night. Thanks to everyone who participated in these fun events and special thanks to those who donated candy for the kids.



*Gwen, handing out candy to the kids.*



*Jane, dancing under her umbrella.*



*Herb, in his handmade costume*





## Honoring Our Veterans

In November, Meadowlark Estates took the time to honor our veterans. We started by decorating the bus and riding in the Veterans Day Parade in downtown Lawrence. It was so much fun to see the crowds gathered and waving to honor our veterans. Meadowlark then hosted our annual Veterans Day Recognition Ceremony. The event was led by Meadowlark resident, Don S., a retired Air Force veteran, with help from fellow resident veteran Drury F., who led us in prayer. We also had a presentation by a local chapter of the national organization, Quilts of Valor, who awarded one of our World War II veterans, Dean Kirkman, with a beautiful quilt. The mission of the Quilts of Valor Foundation is to cover service members and veterans who have been touched by war with healing and comforting quilts. Thank you again to all our veterans for their service. We hope you enjoyed your day.



## Employee Spotlight: Dustin Ward

Dustin is the latest member to join the Meadowlark Estates team as our Maintenance Man. He was born in Topeka, Kansas, but moved to Lawrence when he was very young. Dustin is a graduate of Free State High School, where he played basketball and ran track. Between the ages of 5 and 15, Dustin spent every summer with his grandparents in Taylor, Missouri, helping to care for the pigs on their farm. After high school, Dustin worked for a couple years at his parents' bar, Rick's Place, here in Lawrence. Dustin then began working as a handyman at an apartment complex before moving on to build houses for several companies in town. Dustin's wife, Jessie, is a hairstylist and owns her own salon. They have two sons, ages 17 and 9, whom they enjoy taking to concerts. They also have one dog, Leo, a three-year-old Shih Tzu.



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Gracious Retirement Living

4430 Bauer Farm Drive  
Lawrence, Kansas 66049



## *Leave Your Winter Worries Behind*

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

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**785-842-2400**