

Meadowlark Estates

Gracious Retirement Living

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

JUNE 2020

MEADOWLARK ESTATES STAFF

Managers.....CAROL & RICHARD POWIS
Assistant ManagersKIM & BILL GROSS
Executive Chef.....TIM DOERING
Community SalesJILL CARTER
Sous ChefKEVIN PROCTOR
Activity CoordinatorJIMMELL JAY
MaintenanceDUSTIN WARD
TransportationPHIL BREWSTER
& TOM HORNIK

TRANSPORTATION

Tuesday & Thursday, 9 a.m.-4 p.m.:
Appointments/Errands

Wednesday, 10 a.m.: Outing and Lunch

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

HAWTHORN
SENIOR LIVING

Familiar Faces

Jill Carter is our Community Sales Manager. Covid-19 is not getting this woman down; the residents make her day. In fact, Jill personally helps new and potential residents transition from their at-home lives to the Meadowlark Estates way of life. So when you see her around the building and talking with the residents, know it's not only because it's part of her job: she loves and cares for each member of our wonderful community here at Meadowlark.



Jill Carter

Blake Stephens, age 20, started here at Meadowlark in 2017 as a server and was promoted to housekeeping. Many of you didn't know this, but that was this young lady's first job. She fell in love with the atmosphere and residents here at Meadowlark and decided not to leave. When asked how she felt about working during this pandemic, she responded: I'm proud to be here; someone has to help our seniors.



Blake Stephens



Activities & Carts

During the month of April and May, the management team, housekeepers and Jay put on several themed carts. We had a mariachi duo perform on Cinco de Mayo on May 5th, and then for Mother's Day, we had Vaughn Cowden come out and play and sing to entertain both the residents and their families while outdoors. And several other small events.



Retail Therapy



Mariachi Duo



Honey Bee Cart



Cinco de Mayo Cart



Timothy The Turtle, our newest family member



Moon Pie Cart



The Remodeled Garden In Progress



June Birthdays

Jack Thompson, 1st

Lee Garrison, 4th

Drury Forinash, 9th

Pat Ellebracht, 13th

Jane Rogers, 16th

Joyce Frye, 21st

Linda Lastofka, 22nd

Wilma Morgan, 25th

Marge Eitzig, 25th

Dustin Ward, 26th (Employee)

June Anniversaries

Dona & Darrell Weiden,
6/17/1955

Wilma & Erwin Morgan,
6/19/1942

Lure 'Em In

Open up an angler's tackle box, and there's likely to be a few fishing lures inside. An alternative to live bait, lures come in a variety of styles.

Crankbait: Also called cranks or plugs, these popular lures are made of plastic or wood and look like bait such as small fish or frogs. An attached piece, or lip, on the lure controls how it moves in the water. Cranks usually have multiple hooks.

Jigs: A hook with a weighted metal head that allows it to sink, this type of lure is made for jigging, a style of fishing where the rod is lifted and lowered back down repeatedly, creating a dancing movement to attract fish. To make it more appealing, the lure's hook can be adorned with feathers, a fake worm, or live bait.

Spinnerbait: These lures have small oval blades that spin like a propeller when pulled through the water. Usually sporting a fringed "skirt" made of strands of rubber or animal hair, a spinner's horizontal movements are irresistible to fish such as bass, perch and pike.

Spoons: One of the oldest lures used was a common utensil—a spoon with its handle removed. Modern spoons are simply curved metal lures with a hook. The curved shape makes the lure wobble side to side, resembling injured bait to hungry fish.

Flies: To make these lures used for fly fishing, anglers tie fur, feathers or thread around a fishhook so that it resembles an insect or crustacean. Because of the skill involved, tying flies is considered an art.



In the sun room: Clay and Carol Chapman



Marion Stevens Western Day



Western Day Jackie Wall

The Cutter's Edge Hair Salon

Ginny: 785-865-6283

Antonio: 785-766-7279

Brain Bender: What a Catch!

Four buddies—Calvin, Gary, Nate and Stan—went fishing. They each caught a different kind of fish: bass, walleye, perch and trout. From the clues below, can you determine the first and last names of each fisherman, what kind of fish he caught, and how much the fish weighed (3, 6, 8 or 10 pounds)?

1. Stan’s last name isn’t Hall.
2. Calvin, whose last name isn’t Reynolds, didn’t catch the smallest fish.
3. The man who caught the 8-pound fish didn’t catch the walleye.
4. Mr. White didn’t catch the 6-pound trout.
5. Nate caught the perch.
6. The fish were caught in the following order, from smallest to largest: Mr. Hall, Gary Benson, bass, and Calvin.

Virtual Visits

You can get a free ticket to visit world-famous museums and attractions and use it without leaving the comfort of your chair. A wide range of virtual tours and online exhibits are available at your fingertips. Here are just a few you can explore.

- The Louvre, Paris
Louvre.fr/en/visites-en-ligne
- National Gallery of Art, Washington, D.C.
NGA.gov
- Smithsonian National Museum of Natural History, Washington, D.C.
NaturalHistory.SI.edu
- San Diego Zoo, San Diego.
Zoo.SanDiegoZoo.org
- Monterey Bay Aquarium, Monterey, Calif.
MontereyBayAquarium.org/animals/live-cams

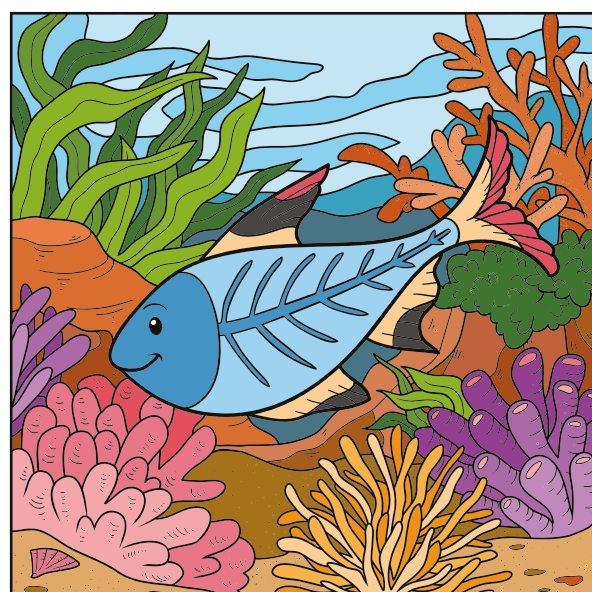
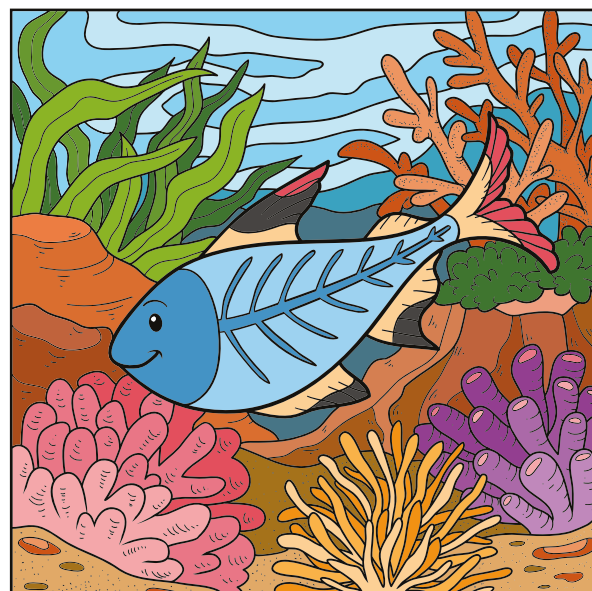
Summertime Snicker

Q: What holds the sun up in the sky?

A: Sunbeams!

Double Take

Fish around and find 10 differences in these two pictures.



Sudoku

The object of the game is to fill all the black squares with the correct numbers. Each row, column and 3x3 subsection must include all digits 1 through 9 in any order.

	2		1					5
	6	7	2				1	
				5	9			7
		2			1			
3	1			2			7	4
			9			3		
6			4	9				
	4				2	1	8	
2					7		3	

TV Dads

Match the father figure character to the TV show he appeared in.

Fictional Father

1. Tim Taylor
2. James Evans Sr.
3. Tom Corbett
4. Steve Douglas
5. Carl Winslow
6. Howard Cunningham
7. Jim Anderson

TV Show

- A. “Father Knows Best”
- B. “Home Improvement”
- C. “Good Times”
- D. “Family Matters”
- E. “My Three Sons”
- F. “Happy Days”
- G. “The Courtship of Eddie’s Father”

Word Ladders

In each set below, use the clues to change the first word, one letter at a time, to get the last word.

DAD

- ___ Took action
- ___ A cube with dots

TIE

GOLF

- ___ Wide chasm
- ___ Sea-loving bird
- ___ Bovine patriarch

BALL

FISH

- ___ A tightly closed hand
- ___ Tiny water droplets
- ___ Chewing gum flavor
- ___ Two cups
- ___ Sewing accessories

FINS

Puzzle Solutions

Brain Bender: What a Catch!

Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.

TV Dads

1. B; 2. C; 3. G; 4. E; 5. D; 6. F; 7. A

Word Ladders

1. dad, did, die, tie; 2. golf, gulf, gull, bull, ball; 3. fish, fist, mist, mint, pint, pins, fins

9	3	4	7	1	5	8	6	2
6	8	1	2	9	3	5	7	4
2	5	7	8	6	4	1	3	9
1	2	3	5	4	6	9	7	8
4	7	5	9	2	8	6	1	3
8	6	9	1	3	7	2	5	4
7	4	2	6	5	9	3	8	1
3	1	6	4	8	2	7	9	5
5	9	8	3	7	1	4	2	6





Historical Holidays in June

Flag Day, which falls on June 14th, is the first of the holidays. Its history dates back to the American Revolutionary War, when Congress decided that the country needed a flag to show the united colonies. On June 14, 1777, the Second Continental Congress passed a Flag Resolution, which is today celebrated as Flag Day in the United States. Then on the 19th, Juneteenth is celebrated, commemorating the freedom of the slaves in the United States. The name Juneteenth is a combination of the words June and nineteenth. This day is also known to many as Emancipation Day, and to some as Freedom Day. On the third Sunday of June, which this year falls on the 21st, Father's Day is celebrated. A day founded by Sonora Dodd in Spokane, Washington, on June 19, 1910. Sonora thought that since there was a Mother's Day, there should be a day to honor fathers as well. In 1916, President Woodrow Wilson visited Spokane and spoke at the Father's Day celebration. He wanted to make the day an official US holiday, but Congress didn't agree. President Calvin Coolidge tried again in 1924, but the day still didn't become a holiday. Many people felt that the day was too commercial, that the only reason to have the holiday was so that companies that sold ties and men's clothing could make money. However in 1966, President Lyndon Johnson proclaimed that the third Sunday of June would be known as Father's Day. The national holiday was finally signed into law in 1972 by President Richard Nixon. Since then, Father's Day has become a major holiday in the United States. Then on June 28th, we celebrate Paul Bunyan Day, which hails from the story of Paul Bunyan, a story in early 1900 by James MacGillivray. The tale was then retold by another author known as William Laughead in 1924. It was part of an advertising campaign for a logging company. The talks of Paul Bunyan grew over the years. He grew taller and stronger. He gained a giant pet blue ox. The legends of his exploits continued to grow until he became one of America's most popular folk heroes.

However, there are a few holidays people forget during this month, due to them not being on your traditional calendars here in the USA:

- National Dairy Month
- National Iced Tea Month
- African-American Music Month
- National Candy Month
- National Rose Month

Bananas for Bananas

A staple for breakfast meals and the perfect on-the-go snack, bananas are one of the world's most consumed fruits.

Bananas were cultivated thousands of years ago in Southeast Asia and reached the New World in the 16th century. When first imported to the U.S. in the 1800s, the banana was considered an exotic food and eaten with a knife and fork.

Although bananas are considered fruits, botanically they are berries. They grow upside down on giant herb plants, not trees, in tropical climates. Their familiar curved shape is the result of growing against gravity toward the sunlight. An individual banana is called a finger, and a bunch is called a hand.

Worldwide, there are over 1,000 varieties of bananas, but the one most commonly found in stores and eaten fresh is the bright yellow Cavendish, due to its sweet taste and creamy texture. Bananas are rich in potassium, which can help lower blood pressure. The mineral also improves muscle function and boosts energy, and that's why many athletes eat a banana during competition and after workouts.

In the U.S., bananas are grown in Hawaii and Florida, but most of the nation's supply comes from Central and South America.

Hog Wild for Harleys

For more than a century, Harley-Davidson motorcycles have been synonymous with adventure and cruising on the open road.

In 1901, the wheels began turning for a young Milwaukee man named William S. Harley, who had the idea for a motorized bicycle. He drew a blueprint of a small engine to fit on a bike, and over the next two years, he and childhood friend Arthur Davidson worked on the design. Davidson's two brothers soon joined the team.

They built the first motorcycles in a backyard shed. In 1905, their first dealership opened in Chicago. As business grew, the company hired more employees and built a factory in Milwaukee. Police departments began ordering Harleys for their officers, and the U.S. military bought thousands of bikes during both world wars, where troops used them to deliver messages between units.

After World War II, legions of leisure riders took to the roads, cementing the popular brand as an American icon. The company's bar and shield logo in orange, black and white is one of the most recognizable emblems in the world.

Harley-Davidson motorcycles are sometimes called "hogs," a nickname that began in the 1920s, when one of the company's winning racing teams carried their mascot, a pig, on their victory laps.



Self Care

What's included in self care?

The broad notion of self care generally includes all those activities which relate to maintaining good health, such as establishing and continuing with a balanced diet, getting lots of exercise, having regular good sleep and rest periods, engaging in mental activities, and socializing with others to whatever extent that may be practical. All these activities taken together help to improve physical, mental and emotional well-being, and contribute heavily to the quality of life that a senior should enjoy.

Keep active

Even if you don't feel up to exercising every single day, or doing something that you feel is a little too vigorous for your state of fitness, you should do your best to stay active to the extent you are capable of each day. Even a little stretching can go a long way toward relieving tired muscles and keeping you a little more flexible. It's known that almost any kind of

movement will trigger the release of feel-good endorphins, which will then add to your sense of self-satisfaction and happiness.

Be more food-conscious

Take ownership for the things you eat at each meal and don't just assume you're being provided with all the healthy foods you need to maintain good health.

Remember to socialize

Socializing is a very important part of self-care because it makes you feel less withdrawn and alone, and studies have shown that it also promotes better memory retention. Whenever you can, try to attend community events or parties, which include people you know, and make sure to try and interact as much as possible at these events. It is well proven that the benefits of being socially active are almost as important as being physically active, they provide some of the same advantages of self-esteem and improvement of quality of

life. Participating in events like this is even more important if you aren't able to exercise regularly. It is ok to do this as long as you remember to socially distance yourself from the next person i.e.: the 6-ft. rule, and do not exceed the recommended amount of people to a room depending on where you live in the world. However, outside there is no gather limit; just social distancing and wearing a mask is recommended and required in some places.

Mental stimulation

It's a good idea to include activities like solving crossword puzzles and other kinds of thought exercises and brainteasers, because they serve to keep the mind active and engaged, and they promote better mental functionality. If you can include some kinds of activities like this regularly in your daily routine, you will be able to keep your mind sharp and maintain a more positive outlook on life, because you'll feel better about your daily mental accomplishments.

Did You Know?

The month of June comes from the Roman, or Julian, calendar. June was initially named Iunius. The name comes from the Roman goddess Juno, who was wife of the great god Jupiter. Then it was called Iunius, a Latin word hailing from the word "iuniores." In Latin the word iuniores roughly translates to "younger ones." The month of June originally only contained 29 days according to the Roman calendar. During the reign of Julius Caesar, an additional day was added to June, giving the month 30 days.

Fun Facts

- The longest day of the year occurs during the month of June; it varies from the 21st or 22nd of the month, depending on the day of the week it falls on and the cycle of the sun and moon.
- June is the first month of the summer season.
- June in the Northern Hemisphere is similar to the month of December in the Southern Hemisphere.
- June is known as a great month to get married. It is a highly sought-out month due to it having generally optimal temperatures and a variety of fresh plant life and not to mention it's summer, so many people are off of work or out of school, during this time frame.
- The English tennis tournament Wimbledon is played every June.
- Several countries celebrate their flag days during this month, including the United States, Sweden, Denmark, Romania and Argentina.
- June 21st is Go Skateboarding Day.

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When the world
is staying apart,
we are coming
together.

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