



Centralia resident rehabs in transitional house

By Maya Ristic

Little did Winnie Becker know that after she broke her knee, she would recover where she was spoiled and “treated like a princess.” With her large and personalized private room, bed-and-breakfast service and delicious meals cooked to her liking, Winnie felt she was on an extended vacation.

Winifred “Winnie” Becker, 92 from Centralia, Kan., came to Meadowlark Hills Retirement Community’s Bramlage House after she spent two weeks at Mercy Regional Health Center in Manhattan, rehabbing from a broken knee. Her doctors recommended that she continue rehab at Bramlage, a rehabilitation center that caters to people who are qualified to receive Medicare A services. When a person age 65 and older has an injury or illness and has at least a three-day hospital stay (a government requirement), that person may be eligible to receive their entitlement benefits for healthcare recovery and rehabilitation services for up to 100 days in a skilled nursing community.

But for Becker and her daughter, Sharon Hughes, coming to Bramlage was more than just a way to utilize Winnie’s Medicare benefits. It was about being comfortable and happy, just like being in her home.

“I’m an early riser, so they delivered me breakfast in bed every morning,” Becker said. And with her structured lifestyle, the

staff accommodated her routine, especially when scheduling her therapy appointments. Becker had physical therapy two times a week and occupational therapy once a week. Becker said she was more impressed with the preventative measures they took during her therapy to prevent her from falling again.

“The staff made sure to have a wheelchair behind me in case I got too tired,” she said.

In order to maximize her success, the therapy team and Becker went to her home in Centralia to make sure the therapy she received at Bramlage House was adequate for her lifestyle at home. Hughes, too, was highly pleased with the staff.

“They (staff) seemed to do what they could to help her,” Hughes said. “They treated her with great respect, and the therapists were diligent with her every day.” And Winnie’s vigorous therapy schedule paid off. She gained full strength in her legs and is able to walk with a walker.

When Becker wasn’t doing therapy, she was busy having fun. She played cards with the other Bramlage guests, commonly pitch. Hughes said the staff usually made a fuss with the residents, just to ensure they were getting out and socializing. Even with Becker’s limited eyesight, the activities were modified so they were easy for her. But Becker wasn’t



Winnie Becker

always considered the “social butterfly.” “Mom didn’t always co-exist with others, and then she just started doing it in Bramlage,” Hughes said. “They called her by her name and just made sure she was active as much as she wanted to be.”

“I made friends the first night in Bramlage,” Becker said.

After Becker completed her stay in Bramlage, she returned to her Centralia home. Shortly after, however, she broke her arm, which prompted her to move to Honstead House, a long-term skilled nursing household at Meadowlark. So is her lifestyle at Honstead similar to what she experienced at Bramlage?

“Absolutely,” she said.



INSIDE THIS ISSUE:

- Konza Gallery collection* 2
- Message from Steve* 2
- Couple keeps in tune* 3
- Centralia resident rehabs* 4

Visit our Website:
www.meadowlark.org

Meadowlark Hills
Retirement Community
2121 Meadowlark Road
Manhattan, KS 66502

Phone: 785-537-4610

Fax: 785-537-6803

Email:

thom.jackson@meadowlark.org

Contributing writers and photography:

Steve Shields

Maya Ristic

Rebecca Fitzgerald

Alissa Albrecht

Thom Jackson

von Waadens named 2010 Manhattan Legacy Award recipients

By Maya Ristic

Dennis and Sally von Waaden are no stranger to Meadowlark Hills Retirement Community. In fact, Sally’s mother, Verna Belle Cassell, has the campus café named after her. The café’s name recognition came after the von Waadens generously supported the campaign that helped build new amenities at Meadowlark Hills, including a fitness center, restaurant, café, movie theater and state-of-the-art healthcare households. The capital campaign, “Our Home, Our Health, Our Future,” launched in 2006 and reached its \$3.5 million goal. The campaign closed in June 2009.

The von Waadens contributions and dedication to Meadowlark Hills earned them the 2010 Manhattan Legacy Award. They were honored at a banquet Wednesday evening, March 24, in the Community Room. The award is given through the Meadowlark Hills Legacy Society, which is made up of persons who have made a deferred or planned gift arrangement with the Meadowlark Hills Foundation.

The von Waadens met at K-State and lived in Manhattan prior to moving to Kansas City, where they worked at American Century Investments. Dennis retired after 33 years, and then the couple made Colorado and Texas their retirement homes.

Sally convinced her mother to move to Meadowlark Hills after Sally’s stepfather passed away in March 1997. She didn’t want her mother to be alone and have difficulty in her own home, so Cassell moved to Meadowlark a year later. Cassell currently resides at Lyle House, and the von Waadens visit her approximately every 4 to 6 weeks.

What they learned after Cassell’s move to Meadowlark inspired Sally and Dennis to continue investing in the organization.

“My first main attraction to Meadowlark was moving mom in the private apartments,” Sally said. “It was the privacy and then gradually seeing all the programs Meadowlark had to offer that encouraged us to participate in



Dennis and Sally von Waaden receive a gift from Dr. Ralph Richardson at the banquet. Richardson is the president of the foundation’s Board of Directors.

Meadowlark.”

The von Waadens have been instrumental in the growth and expansion of Meadowlark Hills, primarily with the 2006 campaign. They are the primary stakeholders in the investment for a therapy pool, which is set to be complete once all appropriate funding is received.

“The campaign sparked my interest after I learned Meadowlark wanted to invest in a pool. Personally, I know that salt water helped me recover after my knee surgery, and so I wanted to help with that cause,” Sally said.

Sally is a current member of the Meadowlark Hills Board of Directors, and Dennis serves on the Deans Business Advisory Council at the Kansas State University College of Business. They have two sons, Mark and Mike.

The couple believes in leaving a legacy, especially with or at Meadowlark Hills.

“Just come up here and look at Meadowlark,” the von Waadens said. “You’ll be surprised.”

Thom Jackson, Executive Director of the Meadowlark Hills Foundation, agreed.

“Those who plan for their future help Meadowlark better plan for its future,” Jackson said. “When donors invest in Meadowlark Hills, they contribute to the quality of life for Manhattan and the surrounding communities.”

Konza Gallery provides first glimpse of Friends of Art collection

By Alissa Albrecht, Concierge/ Special Events Coordinator

The Stamey Gallery is a recent addition to Meadowlark Hill's art collection, marking a significant milestone for both the Meadowlark and Manhattan community. The art work in the gallery, displayed along both sides of the community center's west corridor, are annual gift prints of the Friends of the Beach Museum of Art of KSU, originally known as the Friends of Art. Although the collection has yet to be completed, when finished, the gallery will be the first to contain the complete gift print set of the Friends of Art collection.

The Meadowlark Hills collection was made possible through the efforts of Bill and Rae Stamey. The Stameys first became familiar with the gift prints through their involvement with the Friends of Art. The Friends of Art was part of the Kansas State Art Committee, and was formed in 1934 by Professor John Helm and colleagues.

The mission of the group was to help finance the purchase of works of art for K-State's art collection and to promote Kansas and regional artists. In 1934, the Friends began the annual practice of inviting a regional artist to prepare an original work with a limited number of signed prints. Each donor to the Friends fund received that year's gift print. Except for the World War II years and some years in the 1970s, the tradition has continued to the present.

As new faculty members, the Stameys were encouraged to take part in campus organizations and were given the opportunity to attend a Friends of Art

dinner, where they purchased their first gift prints. As Bill became the Associate Dean and Dean of Arts & Sciences, they continued to support the Friends of Art, which later grew into the Friends of the Beach Museum of Art. They purchased gift prints almost every year they were available.

"We never set out to collect the Friends of Art collection. Art had always been an interest of ours, and we loved to go to art museums and galleries whenever we had the chance. We began purchasing the artwork, and it wasn't until years later that we realized how much of the collection we actually had," Rae said.

When the Stameys moved to Meadowlark in the spring of 2008, Steve Shields recognized the local importance of getting the entire Friends of Art collection on public display. A majority of the Friends of Art collection was then made available to Meadowlark by the Stameys.

Rae began speaking with residents about the gift prints still needed to complete the collection. The gallery expanded, as many generously donated art from the collection. Janet Duncan donated Afterglow by John F. Helm, Jr. and Foraging Goats by Tom Dickerson. Karen Hummel, a Brain Gym volunteer, donated the 1958 gift print Shapescap by Gerald Deibler. Our most recent addition is Winter Night by Lloyd Foltz, donated by resident Thelma and the late Bob Jackson.

Rae considers the completion of the Friends of Art collection a great accomplishment for the artists, K-State and the Manhattan community. "It takes a lot of time and effort to collect them all. Most people do not realize that their



Bill and Rae Stamey

artwork is part of the collection. The gallery pleases me in that we have so many friends who have artwork in this collection. Now our Meadowlark friends and members of the community will be able to enjoy viewing the whole collection at once." Rae continued, "We never thought we would have a gallery here, although it was always our dream."

If anyone would like to donate gift prints included in the Friends of Art collection, please contact Donna McCallum at 323-3860. Listed below are art works not currently in Meadowlark's collection:

- 1964 Alex Boyle, Sailboast, screen print on paper
- 1963 Rex E. Hall, Untitled, screen print on paper
- 1951 Thomas Hart Benton, New England Farm
- 1949 Ted Hawkins, San Jose, etching on paper
- 1946 Arthur William Hall, Summer in the Hills, etching on paper
- 1938 Sven Birger Sandzen, Hillside Pond, block print on paper

From Steve Shields, CEO and President

These are challenging times to be sure. As a 501 C 3 not for profit organization, Meadowlark was formed by the townspeople in the 1970s with a clear vision of service to our community elders. In good and bad economic times, Meadowlark has steadfastly committed itself to the consistent striving and standard of quality that our founders envisioned and insisted upon. The community has been able to depend on that for decades now. In partnership with you as a city, Meadowlark takes this

legacy very seriously... in good times and in times of challenge.

This is a time of challenge. Between the economic downturn these past two years and subsequent cuts in reimbursement this year by the state and federal governments, we have experienced a million dollars in reduced revenue.

In order to ensure sustainability in these times we must reduce expenses and also find other ways to offset reimbursement losses. Today, more than

ever, we are dependent upon your generosity to meet the needs of those who have exhausted their resources. So please consider Meadowlark in your giving plans in the days ahead.

We continue to feel privileged to serve you.



AT HOME WITH THE KAHLERS:

Lifelong love of music keeps couple in tune

By Alissa Albrecht, Concierge/Special Events Coordinator

Meadowlark residents Shorty and Betty Kahler recently marked only the one-year anniversary of their move from Garden City to Meadowlark, but the couple are so involved with the Meadowlark community one might think their time here has been much longer. Grosh Cinema and any room with a piano appear to be their favorite spots outside of their fifth floor apartment, as their love of music is evident to anyone who will listen. Both are members of Meadowlark Singers, and the couple are always ready to lead a sing-a-long, planned or impromptu.

The Kahlers, #503, were childhood playmates, growing up together in Rutland, SD. They first met when Betty was in first grade and Shorty was in second. "She liked older men," Shorty joked. Their love for each other began with eating sack lunches together and going on picnics, and in the high school years, roller skating. Their first date was a fond memory for the Kahlers. After roller skating that night, Shorty was walking Betty up the sidewalk to her farmhouse. Betty at that time was 5 inches taller than Shorty, so to compensate for the height difference, he had to step onto the porch to give her a kiss on the cheek. "That's how he got his nickname Shorty," Betty said with a laugh. They were married several years later in 1943.

After high school, Shorty attended South Dakota State University until November, when WWII intervened, and he was sent home to assist with his family's fall harvest. The government was to classify Shorty as II-C, meaning he was needed for farm labor. Instead, he was classified as II-V, a nonexistent classification. "I believe I was the only II-V classification in the country!" according to Shorty.

After several years of farming, Shorty decided that he would like to pursue a teaching career. The Kahlers moved to Ottawa, Kan., where Shorty attended Ottawa University, majoring in musical education. In 1958, he was offered a position at Little River, where he taught both band and vocal music from third grade through high school. In his 25 years of teaching, Shorty was able to create successful music departments in schools including Logan, Clyde, Oberlin, St. Francis, Holcomb and Tucson, Ariz.. "He was excellent at building band programs and was known to convince football

players to quit the sport and join pep band," Betty remarked.

Shorty became interested in tuning pianos after observing a gentleman trying to tune a piano at school. He bought a book entitled, "William Braid White Piano Tuning & the Allied Arts," along with the necessary tools, and self-taught himself into what would turn into a successful business. Working on local church and school pianos soon progressed to tuning pianos used by famous musicians such as the Nitty Gritty Dirt Band and the Miami Sound Machine. After moving to Manhattan to pursue a master's degree, Shorty worked for Dr. Steinbaur, head of music department at K-State, tuning more than 100 pianos on the Kansas State University campus. Tuning pianos took an extensive amount of time and effort. Sometimes Shorty would drive over 150 miles through western Kansas to tune pianos, averaging around 6 to 8 pianos per day at festivals.

Growing up, Betty's family purchased their first piano years before their house even had electricity. Betty's ability to "play by ear" was seen at an early age, when she began taking piano lessons. The piano teacher would give her scales and songs to practice. Betty would go home and play it perfectly the first time. Annoyed, her father told her, "You're listening to your teacher play the notes and not reading the music. You are wasting your time." Thus, ended Betty's piano lessons, but her playing and singing continued. She played for schools, churches and clubs in the communities where they lived in Kansas, South Dakota and Arizona. Betty and Shorty also enjoy singing duets together.

Besides music, the Kahlers' favorite pastimes included golfing, dancing and playing bridge. Shorty was an avid boxer in high school and played softball, maintaining over a 400 batting average.

Betty enjoyed cheerleading, working for JC Penney in the women's windows and modeling department and working as a city and school librarian, including five years as a librarian at the St. Catherine Hospital in Garden City.

The happy couple has been married for more than 67 years and have three children: Jane, Janet and Kit. All three carried on the family musical tradition; Jane, for example, is the accompanist for the Meadowlark Singers.

When moving to Meadowlark in late



Shorty and Betty Kahler

January 2009, the Kahlers made themselves right at home in the community. Shorty continues his business of tuning pianos for Meadowlark and the Manhattan area, and Betty often can be found in the Living Room, singing along as neighbor Edna Peddicord plays the piano there. The Kahlers also joined a quartet, along with fellow residents Kay Shanks and Cam Beatty.

The Kahlers said music is a love that they've experienced their whole lives, and they have been blessed to share it together for 80-plus years. Their secret? Betty replies: "No matter what your hobby, whether it is playing golf, singing or playing an instrument, never stop doing what you love. Honor Christ. Pray together, and you'll stay together."



A beautiful campus. Private, resident-directed living. First-rate, on-campus medical care. The Meadowlark Hills Foundation makes this possible.



A not-for-profit charitable organization, the Foundation is dedicated to the

continued growth and excellence of Meadowlark. If you are interested in donating to the Meadowlark Hills Foundation, please visit our website at www.meadowlark.org about ways to give and to make an online contribution. You may also contact us at 785-537-4610.