

# Meadowlark Messenger

Meadowlark Hills Retirement Community

Feb. 2, 2012

## Bring on the Love

### *Meadowlark Hills gears up for Valentine's Day*

By Kinzie Jo Zimmerman

Valentine's Day...to some, it is a romantic holiday, full of roses, candy, perfume and cards. To others, it is just a waste of a good holiday! No matter what your opinion of Valentine's Day is, there is no reason why we all can't have a little fun with it!

Think back to some of the world's most romantic couples in history like Mark Antony and Cleopatra, Napoleon and Josephine, Queen Victoria and Prince Albert. What about you? Are *you* a romantic? Do you know couples at Meadowlark Hills that seem to be the epitome of romance? If so, now is your opportunity to nominate your favorite romantic couple to compete in the Meadowlark Hills "Not So Newlywed Game!" The event will be in the Community Room on Friday, Feb. 10, at 7 p.m. Three resident couples and two employee couples will compete to find out who the most romantic couple at Meadowlark Hills is and who doesn't know a thing about their partner! The nomination box will be located in the Game Room. Make sure to vote on the couples you would most like

### **Super Bowl Watch Party**

Come and watch the Super Bowl in the Game Room this Sunday, Feb. 5, at 5 p.m.! A buffet of **super** appetizers will be available for you to enjoy while cheering on your favorite team. Kickoff is at 5:30 p.m. Head to the Game Room early and get your seat as you watch the New England Patriots take on the New York Giants.



to see compete in the "Not So Newlywed Game!"

There will also be many other fun activities during the week leading up to Valentine's Day. Have a blast composing a few lines of poetry on the magnetic poetry board that will be located right outside the

Game Room. Create a special Valentine for your friend or loved one and enjoy some chocolate Valentine's Day treats during Brain Gym from 1:30 to 4 p.m. on Thursday, Feb. 9 in the Game Room. Enjoy romantic movie week at Grosh Cinema beginning on Monday, Feb. 13. Lastly, on Tuesday, Feb. 14, get ready to play TRUTH or TALL TALE! Tell about your engagement proposal or make one up and have other residents guess whether your story is the truth or really a romantic tall tale!

Valentine's Day is a great time to let your friends and loved ones know how special they are to you. We are excited to bring you a load of laughs and maybe even a little romance this Valentine's Day at Meadowlark Hills!

### **Winter Ball 2012—A success!**

A big THANK YOU to every resident who attended Winter Ball 2012! It was exciting to see everyone dressed up, dancing and enjoying the music from the Vaughn Bolton Orchestra. The disco ball was a great, new addition to the Winter Ball festivities and many complimented the wonderful food, catered by Prairie Star Restaurant. Thank you to every Meadowlark Hills employee who committed their time from the planning process to tear-down. Thank you for making Winter Ball a success!



The Meadowlark Messenger is proudly sponsored by The Trust Company of Manhattan.

# This Week's Opportunities Feb. 5—Feb. 11

## SUNDAY • FEBRUARY 5

2:00 p.m. ~ Movie, GC  
5:30 p.m. ~ Super Bowl Watch Party, GR  
7:00 p.m. ~ Vespers with Rev. Rick Neubauer from the First Baptist Church, CR

## MONDAY • FEBRUARY 6

9:30 a.m. ~ Town Meeting, CR  
11:15 a.m. ~ Sit and Be Fit, CR  
12:05 p.m. ~ Weights 101, CR  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
1:00 p.m. ~ Blood Pressure Clinic, GR  
1:30 p.m. ~ Ladies Pool Table Time, BP  
3:30 p.m. ~ Meadowlark Singers, CR  
5:30 p.m. ~ Tuttlecreek Supper, MR  
7 to 9 p.m. ~ Game Time, GR

## TUESDAY • FEBRUARY 7

7:00 a.m. ~ 1st Pres. Men's Bible Study, MR  
10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
11:30 a.m. ~ Manhattan Book Club Luncheon, LR  
12:00 p.m. ~ Kimball Luncheon, MR  
2:00 p.m. ~ Writing Group, MR  
3:00 p.m. ~ Coffee Corner, CR  
*Sponsored by Bayer Construction*  
4:00 p.m. ~ Newspaper and Bible, LR  
7:00 p.m. ~ Dominoes, GR

## WEDNESDAY • FEBRUARY 8

8:00 a.m. ~ Centering Prayer, TR  
9:00 a.m. ~ New Perspectives, MR  
9:30 a.m. ~ Building and Grounds Meeting, LR  
9:30 a.m. ~ Seated Strength, CR  
10:00 a.m. ~ Memory Support Group, CON  
10:20 a.m. ~ Weights 101, CR  
11:15 a.m. ~ Sit and Be Fit, CR  
12:00 p.m. ~ 2nd Men's Club, LR  
12:00 p.m. ~ Birds of Kansas, CR  
(OSHER registration required)  
1:00 p.m. ~ Pool School for Beginners & Novices, BP (UFM registration required)  
1:30 p.m. ~ Afternoon Presb. Circle, LR  
1:30 p.m. ~ Pitch Party, 2nd Floor  
3:00 p.m. ~ Music in Motion Exercise Class, CR  
3:00 p.m. ~ Call Hall Ice Cream, KR  
7:00 p.m. ~ Art Lecture Series, KSU CR  
7 to 9 p.m. ~ Game Time, GR

## THURSDAY • FEBRUARY 9

10:00 a.m. ~ Meadowlark Bible Study, MR  
10:00 a.m. ~ Great Decisions, LR  
10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
12:00 p.m. ~ Red Hat Luncheon, MR  
1:00 p.m. ~ Blood Pressure Clinic, GR  
1:00 p.m. ~ Parkinson's Voice Class, CR  
1:30 p.m. ~ Brain Fitness Gym, GR  
2:30 p.m. ~ KSU Gerontology Class, CR  
7:00 p.m. ~ Bingo, CR

## FRIDAY • FEBRUARY 10

9:00 a.m. ~ Hearing Aid Doctor, GR  
9:30 a.m. ~ Seated Strength, CR  
10:20 a.m. ~ Weights 101, CR  
11:15 a.m. ~ Sit and Be Fit, CR  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
1:00 p.m. ~ Hand and Foot Card Games, GR  
7:00 p.m. ~ Resident Program: "Not So Newlywed Game", CR

## SATURDAY • FEBRUARY 11

1:00 p.m. ~ Movie, GC  
4:00 p.m. ~ Unitarian Universalist Valentine's Party, CF  
4:00 p.m. ~ Movie, GC

## ROOM ABBREVIATIONS

Community Room, CR	Living Room, LR
Library, LB	Game Room, GR
Billiards Parlor, BP	Grosh Cinema, GC
Kansas Room (Pub), KR	Tranquility Room, TR
Prairie Star Restaurant, PS	Woodshop, WS
Conference Room, CON	KSU Classroom, KSU CR
Manhattan Room, MR	Village Entrance, VE
Apartment 201, 201	Miller Office, MO

**DRINK SPECIAL**

Feb. 6—Feb. 11



### Easy Like Sunday Morning

1.5 oz. Gin  
.75 oz. Simple Syrup  
.5 oz. Lemon Juice  
1.25 oz. Pineapple Juice  
1 dash bitters  
\$3.75

## ANNOUNCEMENTS

### Kansas Day Celebration

Sunflowers captured the eyes of all as they entered the Community Room to participate in the third annual Kansas Day Celebration at Meadowlark Hills. Helen Janes, Independent Living resident, welcomed the overflow crowd of 81 persons. Music, verse and story by Dave Zerfus, Fred Atchison Pat Miksch and Polly Ferrell wove together the history and lore of Kansas. Listeners were challenged to test their knowledge of the “29 Top Notch Facts About Kansas and Kansans.”

Jan. 29, 1861 our land became a state and it wasn't long before people began to recognize Kansas by her sunflowers, bison, meadowlarks and the beloved song, “Home on the Range.” Kansas became a household name when “The Wizard of Oz” movie hit the big screen. We know, just like Dorothy knew, that the real rainbow arches across the Kansas sky and there is no place like home in Kansas. See you next year as we celebrate again the sights and sounds of the 34th state of the union—Kansas.

*Submitted by Polly Ferrell*

### Yarns of Love

The Yarns of Love meeting last week featured a colorful display of completed projects. Eight sweaters were boxed and mailed to World Vision for distribution around the world to children in need. Five prayer shawls have been lovingly created and given to others. This was accomplished by nine needle artists, assisted by 12 yarn givers and ten monetary gifts.

At this time, the greatest need for Yarns of Love is money for the mailing of sweaters. Our current treasury balance is \$4.35. The mailing cost for one box of sweaters is \$15.45. We encourage you to add to the Yarns postage fund by leaving a donation at the Hospitality Desk. Children around the world will be warmer because you care.

*Submitted by Polly Ferrell*

### Resolution Run

Eight employees from Meadowlark Hills participated in the annual “Resolution Run” to benefit Meals on Wheels and the Flint Hills Area Agency on Aging in late January. Several members of the group trained with Meadowlark Hills' Fitness Coordinator, Jeff Heidbreder. The race was 5 kilometers (3.1 miles) long and was held here in Manhattan. It was open to participants of all fitness levels and race experience. Jeff accompanied two walkers and the other five employees ran.



Five kilometers may sound like a long distance, but it is not an unachievable goal. RSVP (the senior volunteer program) will be hosting a walk/run race this spring. The Rockin' Rabbit Run (5k / 10k) will be held on March 31<sup>st</sup> at Tuttle Creek Park. Our Fitness Team staff is available to help you assess your ability and create a training program for you. Call Fitness Coordinator, Jeff Heidbreder, at (785) 341-2995 for more information about training. For more information about participating in or volunteering as a helper at the Rockin' Rabbit Run, contact RSVP at (785) 776-7787.

*Submitted by Tamara Stonebarger*

**Photo: The Meadowlark Hills Team from left to right: Garrett Lee, Annie Peace, Jeff Heidbreder, Tracy Musselman, Stephanie Leisner, Sara Snell and Katie Wilcox. Not pictured: Jac Brown**

## THE WELLNESS WORD

### Memory: Could your medication be causing your memory loss?

Aging Well Magazine (Fall 2011 issue) reports that certain over-the-counter and prescription medications may be linked to cognitive impairment in older adults. Researchers in the UK found that anticholinergic medications “affect the brain by blocking acetylcholine (ACh), a nervous system neurotransmitter. ACh plays a major role in creating memory and the speed of reaction and communication in the brain. Therefore, taking drugs with anticholinergic effects can cause cognitive impairment such as difficulty remembering recent events, executing complicated tasks, or communicating.” Drugs containing diphenhydramine (such as Benadryl and Dramamine, or nighttime sleep aides such as Tylenol PM and Unisom) have been shown to have “anticholinergic activity.” Researchers at the Aging Brain Program at Indiana University’s Center for Aging Research developed a list of anticholinergic medications for physicians to use as a reference. It is called the “Anticholinergic Cognitive Burden Scale.” If you have questions about whether your over-the-counter or prescription medications might be in this category, contact your health care provider and ask them to check your medications against this list. (Be sure to tell them all of the over-the-counter medications you use.) It is available free of charge on the internet.

*Submitted by Tamara Stonebarger*

### Pull cord testing

Once again it is time for the Information Services team to perform campus-wide pull cord testing. This includes Health Care Households, Assisted Living, Independent Living and all public areas. This year, the team will be starting in the Health Care and Assisted Living Households the week of Feb. 6. After completing that phase, they are planning to test the in Independent Living during the month of March. Watch the Meadowlark Messenger and channel 20 for more information regarding Independent Living pull cord testing.

Dr. Cobb's  
**KERNELS**  
Feb. 2

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**Mindfulness  
Tips for  
Daily Living**



On Thursday, Mar. 1, 2012 from 6:30 to 8 p.m. in the Meadowlark Hills KSU Classroom, Dr. Bill Hale and Dr. Matthew Cobb will be co-teaching Mindfulness-based Stress Reduction (MBSR).

The course occurs Mar. 1, 8, 15, 29 and Apr. 5, 12, 19 and 26 with an intensive workshop/retreat on Apr. 7 from 10 a.m. to 4 p.m. Total contact hours is 18 with a price of \$176.00, which makes the hourly rate \$9.77.

There is one scholarship available for any resident interested in attending this important training for better mental and emotional health. You may also ask for a deep discount when you register through UFM prior to Feb. 10. Please indicate that you are a Meadowlark Hills resident to receive the deep discount/early bird rate.

For further information please see page 20 in the current UFM catalog. You may also visit with Matthew Cobb about the course by contacting him at (785) 410-0436.

# PRAIRIE★STAR

## RESTAURANT

# Feb. 5-11

Includes beverage, salad and dessert.

SUNDAY	Feb. 5 ~ Lunch \$11	Dinner \$11
	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Ham Steaks Au Gratin Potatoes Vegetable of the Day
MONDAY	Feb. 6 ~ Lunch \$10	Dinner \$10
	St. Louis Ribs Corn on the Cob Coleslaw	Beef Stroganoff Buttered Egg Noodles Vegetable of the Day
TUESDAY	Feb. 7 ~ Lunch	Dinner \$11
	Taco Tuesday \$6.00 <small>(does not include drink, salad, and dessert)</small>	Chicken Florentine with supreme sauce Rice Pilaf Vegetable of the Day
WED.	Feb. 8 ~ Lunch \$10	Dinner \$10
	Bison Chili Homemade Cornbread	Meatloaf Mashed Potatoes & Gravy Vegetable of the Day
THURSDAY	Feb. 9 ~ Lunch	Dinner \$12
	Pasta Bar \$6.00 <small>(does not include drink, salad, and dessert)</small>	Stuffed Pork Tenderloin with wild mushrooms & leeks Polenta Vegetable of the Day
FRIDAY	Feb. 10 ~ Lunch \$10	Dinner \$12
	Open Faced Pork Sandwich Mashed Potatoes & Gravy Vegetable of the Day	Shrimp Scampi Angel Hair Pasta Vegetable of the Day
SATURDAY	Feb. 11 ~ Lunch \$10	Dinner \$14
	Italian Beef Sandwich Steak Fries Vegetable of the Day	Steak Night Baked Potatoes Vegetable of the Day

## Grosh Cinema Movies

Monday, Feb. 6-Sunday, Feb. 12

Show Times: 1, 4 and 7 p.m., Monday – Friday  
1 and 4 p.m., Saturday; 2 p.m., Sunday

### **Musical Monday, Feb. 6 — An American in Paris (1951)**

Once a struggling painter, opportunistic American artist Jerry Mulligan now lives in the City of Light, enjoying the patronage of a well-heeled, amorous American gallery owner -- and swiftly falling for a willowy French street urchin. Trouble is, the object of Mulligan's affection also happens to be engaged to a famous French singer. This tour de force movie musical nabbed seven Oscars.

**Starring:** Gene Kelly

**Rated NR;** 1 hr. 55 min.

### **Tuesday, Feb. 7 – Drowning Mona (2000)**

Bette Midler stars as malicious Mona Dearly, who's the most despised woman in Verplanck, N.Y.: Her husband hates her, her children hate her, and her neighbors hate her. So, when Mona ends up drowned in the river, it's no accident.

**Starring:** Danny Devito and Bette Midler

**Rated PG-13:** 1 hr. 35 min.

### **Western Wednesday, Feb. 8 – The Duchess and the Dirtwater Fox (1976)**

A sexy saloon singer with loftier aspirations and a suave gambler who steals a large sum from a ruthless gang of outlaws team up in this hilarious Wild West adventure. Deciding they have nothing left to lose, Amanda and Charlie make a run for it from San Francisco's Barbary Coast to Salt Lake City. With the outlaws hot on their heels, the two hit the dusty trail, join a Mormon wagon train and manage to fall in love.

**Starring:** Goldie Hawn and George Segal

**Rated PG;** 1 hr. 43 min.

### **Thursday, Feb. 9 – We're Not Married (1952)**

Five couples find out they're not legally married. Annabel hurries to end her marriage to Jeff; the Gladwyns host a radio show and use their marriage for ratings; Eve is out for her husband's cash; the Woodruffs are bored with their union; and Willie must remarry pregnant Patsy.

**Starring:** Ginger Rogers and Marilyn Monroe

**Rated NR;** 1 hr. 25 min.

### **New Release Friday, Feb. 10 – The Zookeeper (2011)**

When an unlucky-in-love zookeeper tells his romantic troubles to a giraffe, a monkey, a lion and other animals in the zoo, the critters speak up and advise him how to win over the heart of the beautiful woman who got away. But can the sad sap really make their jungle-love advice work for him? Visit a zoo like no other in this live-action comedy from director Frank Coraci features the voices of Adam Sandler, Sylvester Stallone and Cher.

**Starring:** Kevin James and Rosario Dawson

**Rated NR;** 1 hr. 42 min.

### **Saturday and Sunday, Feb. 11 & 12 – The Black Stallion (1979)**

Adapted from the children's book by Walter Farley, this exquisitely filmed animal-lovers' treat follows a boy named Alec from shipwreck to winner's circle with the stunning horse that befriends him. Mickey Rooney was nominated for a Best Supporting Actor Oscar for his role as a trainer who encourages Alec to race with the stallion after the boy and his horse are rescued from a desert island and returned to their home.

**Starring:** Kelly Reno and Mickey Rooney

**Rated G;** 1 hr. 57 min.