



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Jan. 31, 2013

## The Freedom of Living Continues

### *History Committee announces short essay writing contest winner*

If it were up to me, I would award you all first prize. Thank you to Ed and Jo Call, Sue Hunt, Mary Ann McCoy, Alice Nichols, Shirley Sanders, Velma and Ed Skidmore, Bill and Rae Stamey, Donis Vaughn and Jane Westfall for your entries.

First prize goes to the story that best addresses the theme of *The Freedom of Living Continues*. And the winners are: Ed and Jo Call for first place and Velma Skidmore, as runner up! I would give an honorable mention to Alice Nichols for telling a funny story.

*Submitted by Charley Kempthorne and the History Committee*

## MLH hires Medical Director

Meadowlark Hills is very excited to announce that Dr. Matthew Floersch has accepted the position of Medical Director for the retirement community. We are excited to have Dr. Floersch on board and are grateful for the knowledge, experience and perspective that he will bring to the team.

Dr. Floersch's new role will be effective Friday, Feb. 1, 2013. The Medical Director has medical oversight and responsibility for all clinical functions taking place within the organization. The Medical Director will work with the clinical team and other clinicians in the community to ensure that Meadowlark Hills continues to deliver high quality, safe and appropriate care to residents and other clients. This role is separate from the full-time, clinic provider practicing out of the Meadowlark Hills Medical Professionals on-campus clinic. Although the permanent arrangement has not been solidified, Dr. Floersch and his team will be providing care in the clinic at Meadowlark Hills starting Friday, Feb. 1. As usual, call the Meadowlark Hills Medical Professionals at 537-1900 to schedule an appointment.

Please join me in welcoming Dr. Floersch to the Meadowlark Hills community!

*Submitted by Garrett Lee, Exec. Director of Outpatient Services*

## Upcoming Events

### **Doug Tippin to perform at Meadowlark Hills**

Come enjoy some Kansas history in celebration of Kansas Day! Doug Tippin will bring artifacts and interesting stories from the military forts and trails of Kansas at 7 p.m. Friday, Feb. 1, in the Community Room.

### **Town Meeting, Feb. 4**

The February Town Meeting will be at 9:30 a.m. Monday, Feb. 4, in the Community Room. Come listen to organizational updates. If you have a question you'd like answered at this meeting, feel free to submit written questions to the Hospitality Desk.

### **Home Health Forum**

Penny Garber, Home Health director, will be hosting an informative program for anyone interested in services Home Health may provide. Join Penny and other Home Health staff at 3 p.m. Thursday, Feb. 7, in the Community Room.

### **Flint Hills Old Timers**

A musical group, led by Al Schmaderer, will perform a Valentine's Day concert. The Flint Hills Old Timers will sing love songs at 7 p.m. Friday, Feb. 8, in the Community Room.

### **Sing-a-long with the Kahlers**

Who better than Shorty and Betty Kahler to bring us love songs for Valentine's Day? Romantic love songs will be shared at 3 p.m. Sunday, Feb. 10, in the Community Room.



*Thank you for your continued support of the MLH Foundation and its mission.*

*The Meadowlark Hills Messenger is proudly sponsored by The Trust Company.*



## WELLNESS WORD

### Sweet Dreams

Sleep is an important part of wellness—it restores our bodies and minds helping us live our lives to the fullest. Getting a good nights rest affects all aspects of wellness. Whatever ails you, whether it is pain, discomfort, side effects from medications, worry or other reasons, better sleep could help. There are ways to improve your rest! Set a regular bedtime and wake-time for your body to grow accustomed to and be mindful of when you take naps. Try to nap no later than 3 p.m. Exercise and activity are also important things to schedule in your day to help you feel tired when bedtime comes. Limiting alcohol and caffeine before bed can help you fall asleep and minimize bathroom use at night. Try these lifestyle changes to lead you to a restful night and sweet dreams!

## ANTHROPOLOGY UPDATE

### Weekly assignment for students

This week the students will be trying to capture the "5 senses" of Meadowlark Hills by creating a 1-minute video that captures the overall feel of the space. This is a bit of a warm-up to get them to start noticing things they have never noticed before, so if you see them recording the sound of a refrigerator or one of the other little mundane details that normally flutter past our awareness, that is what they are doing.

*Submitted by Michael Wesch, Associate Professor of Cultural Anthropology*

### Joke of the Week

The dean of a college announced, "The female dormitory will be off-limits for male students, so too the male dormitory to the female students. Anyone caught breaking this rule will be fined \$20 the first time. Anyone caught breaking this rule the second time will be fined \$60. Being caught a third time will incur a hefty fine of \$180. Are there any questions?"

At this, a male student in the crowd inquires, "Err... How much for a season pass?"

## ASK ANNIE!

### Q: How many licks does it take to get to the center of a tootsie pop?



*Submitted by Annie Peace*

A. This is one of the more profound questions ever posed to humankind and animal alike. To test this hypothesis correctly, you must stop counting the moment that the 'center' (the tootsie roll blob at the core of the pop) becomes exposed. That should be considered 'reaching the center.' It depends on a variety of factors such as the size of your mouth, the amount of saliva, etc. Basically, the world may never know.

According to the producers of Tootsie Pops the consensus seems to be between 600 and 800 licks, scientifically speaking.

From Tootsie Roll, Inc.: "We've been asking the question since 1970. Many have tried to lick their way to the center of the Tootsie Pop, and many have failed for they couldn't help but bite into it. But for those proud few who do make it to the center, and manage to keep count of how many licks it takes, we hold a special place in our hearts."

There are many factors that would go into how many licks it takes such as:

1. acidity of saliva
2. coarseness of the tongue
3. how much amylase (enzymes) you have in your mouth

It also depends on how you lick it. Here are some results: large licks = 423, small licks = 752.

Let's have some fun and do some research here at Meadowlark Hills. I will provide the Tootsie Pops, making them available around campus. Keep me posted on your individual results.

Here is the criteria to validate our study:

1. You must only lick the Tootsie Pop, it may not rest in your mouth.
2. The criteria for reaching the center is for you to stop counting the moment that the center becomes exposed.
3. Keep close count and report your results to me so I can enter them in the Meadowlark Hills study.



## ANNOUNCEMENTS

### Addition to the Library

Meadowlark Hills resident, Bill Durkee, has donated 15 audio books on CD to the library. There are some really interesting ones. Come check them out!

### Security reminder

For security and safety reasons, remember to lock your doors every time you leave your apartment and keep them locked when you are inside.

### Service of Remembrance

The first of a monthly, reoccurring Service of Remembrance was held on Friday, Jan. 25, in the Community Room. This service is to honor and remember those who have passed away during the month. Those honored on Friday were: Barbara Wiley, Richard Simmonds, Wilfred Eichman and Phyllis Moore. The next service will be at 3 p.m. Friday, Feb. 22, in the Community Room.

### Sign up for Osher classes

Interested in taking one or more of the six exciting Osher classes or three special events for adults 50 and older this spring? Then take this special opportunity to register in the Meadowlark Hills Living Room on Monday, Feb. 4, from 10 a.m. to noon with UFM Community Learning Center staff. No hassle with the phone or computer necessary! UFM Osher Program Assistant will be on sight to help residents sign up for the exact classes they would like to attend this spring.

### Parkinson's Voice Class

Parkinson's Voice Class is led by Michelle Haub, Speech Language Pathologist and KSU speech and Language Master students. The class meets at 1 p.m. starting Thursday, Jan. 31, in the KSU Classroom and is available for anyone who has concerns with the quality of their voice. You will learn techniques to improve voice volume, clarity and amplitude.

### Call for resident artwork

The Art Committee has designated an area in Verna Belle's Café to display artwork of various media created by residents of Meadowlark Hills. Contact Harriette Janke at (785) 539-0865, to enter your artwork.

### UFM Class

UFM is hosting a class titled Elegant Aging I, at 10 a.m. Saturday, Feb. 2, in the Living Room. The focus of the class will be on ways to enhance wellness in a balance format of giving and receiving. Stop by and see if this class is for you as it is a free opportunity. Call Judy Metcalf at (571) 217-7736, with any questions.

### East Village apartment opening soon

A large three-bedroom/two-bath apartment will be ready for viewing in February. This East Village unit boasts 1,319 square feet, our largest apartment floor plan. With windows on three sides of the building, this apartment features views to the north, east and south. There's a balcony off the living area, a master suite with two closets and a closet for a washer and dryer.

The Life Use Fee (LUF) for this apartment for single occupancy is \$140,895, \$175,150 or \$277,840, depending on whether one selects Plan A, B or C. For the second person, add \$10,000 to the LUF. The monthly service fee is \$2,645 for single occupancy; add \$375 for the second person.

If you would like to schedule a tour of this apartment, please contact Becky Fitzgerald at 323-3802 or Kinzie Jo Zimmerman at 477-3435 by Monday, Feb. 11.

### Osher Opportunities

Do you consider yourself a lifetime learner? Then the Osher Institute courses available through Kansas State University and UFM Community Learning Center in partnership with Meadowlark Hills have an exciting line-up of classes for Meadowlark Hills residents coming up in February! To start off the season, the Osher Program will be having its first course "Behind the Iron Curtain: Cold War Stories" on Wednesday, Feb. 6, 13 and 20 from 1 to 3 p.m. in the Meadowlark Hills Community Room. This course will provide an insider's view of the Cold War era. Topics to be discussed include the Yalta Conference, Stalin's Terror, the development of the Communist Block and much more! Instructor, Waldemar Biniecki was born in Bydgoszcz, Poland and received his master's degree in education.



## Grosh Cinema Movies

Monday, Feb. 4-Sunday, Feb. 10

Show Times: 1, 4 and 7 p.m., Monday – Friday

1 and 4 p.m. Saturday; 2 p.m., Sunday

### Monday, Feb. 4 — Memphis (2011)

Filmed before a live audience, this big-screen presentation of the Tony-winning Broadway musical "Memphis" follows the 1950s-era interracial love story between Tennessee radio disc jockey Huey Calhoun and local singer Felicia Farrell. Even as their budding careers in R&B and early rock 'n' roll prove the power of music to overcome prejudice, their relationship sparks a racial backlash that may destroy their love.

**Starring: Chad Kimball**

**Rated NR;** 2 hrs. 11 min.

### Tuesday, Feb. 5 – Love Begins (2011)

After damaging a café during a fight, Clark Davis works off his sentence as a farmhand for sisters Ellen and Cassie Barlow. A tragedy stirs up unexpected feelings between Clark and Ellen, but the arrival of an old flame changes things.

**Starring: Wes Brown**

**Rated NR;** 1 hr. 28 min.

### Wednesday, Feb. 6 – Tombstone (1993)

*Rated R for strong western violence.*

Legendary marshal Wyatt Earp joins his brothers to pursue their collective fortune in the thriving mining town of Tombstone. Earp and his notorious pal Doc Holliday are called into action when a gang of rustlers begins terrorizing the town.

**Co-starring: Kurt Russell & Val Kilmer**

**Rated R;** 2 hrs. 10 min.

### Thursday, Feb. 7 – Sands of Iwo Jima (2011) *\*Veteran Request*

In a role that defined John Wayne in the American mythos, the Duke earned an Oscar nod for portraying Sgt. John Stryker, a tough-as-nails Marine charged with turning recruits into fighting men during World War II.

Though his troops and peers question his harsh methods, Stryker's methods prove useful on the Iwo Jima battlefields.

**Starring: John Wayne**

**Rated NR;** 1 hr. 49 min.

### Friday, Feb. 8 – Red Tails (2012) *\*Resident Request*

The 332nd Fighter Group -- an all-black World War II unit made up of the best U.S. escort pilots and known as the Red Tails -- fights racism at home while fighting the Nazis abroad in this drama based on the true story of the Tuskegee Airmen.

**Co-starring: Cuba Gooding Jr. & Terrence Howard**

**Rated PG-13;** 2 hrs. 5 min.

### Saturday and Sunday, Feb. 9 & 10 – Marley & Me (2008)

Jennifer Aniston and Owen Wilson star in this big-screen tearjerker based on a best-selling memoir as a newly married couple who, in the process of starting a family, learn many of life's important lessons from their trouble-loving retriever, Marley. Packed with plenty of laughs to lighten the load, the film explores the highs and lows of marriage, maturity and confronting one's own mortality, as seen through the lens of family life with a dog.

**Co-starring: Jennifer Aniston & Owen Wilson**


**Rated PG;** 1 hr. 50 min.



# February BIRTHDAYS

## Residents

### Health Care



2/4	Margery Richardson
2/9	Veronica Barry
2/10	Robert Mills
2/22	Lorraine Hirsch
2/23	Genny Matthews
<b>2/27</b>	<b>Merle Day</b>
2/28	Alma Rowlands
2/28	Phoebe Samelson

### Assisted Living

2/1	Roy Smith
<b>2/19</b>	<b>Vernon Bode</b>
2/23	Louise Winter
2/26	Donald Ediger

### Independent Living

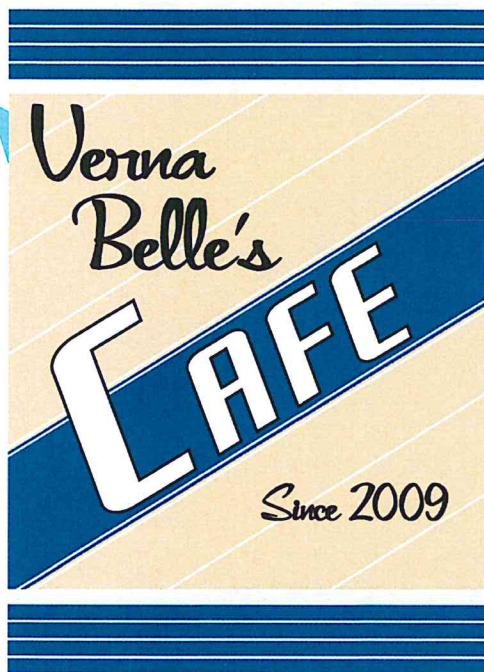
2/2	Kitty Cool
2/4	Marilyn Ray
<b>2/4</b>	<b>Margaret Wheat</b>
2/7	Helen Whiteman
2/11	Lois Deyoe
2/12	Colleen Robinson
2/13	Paul Young
<b>2/24</b>	<b>Alice Roper</b>
2/25	Betty Grubb
2/27	Harriette Janke
2/27	Dotti Nonamaker

***Bold denotes milestone  
birthday of 80, 90, 100 or 100+***

## Employees

2/1	Meagan Florie	2/17	Darin Pelfrey
2/3	McKenzie Reith	2/18	Rebecca Halsey
2/4	Susan Meeker	2/20	William Augustyn
2/6	Sandra Friesen	2/20	Darcy Olson
2/8	Michelle Gorzek	2/22	Julia Zeiner
2/9	Ashley Havel	2/22	Sherry Smith
2/10	Stephanie Postlethwait	2/23	Melissa Bates
2/10	Kelsi Schuckman	2/24	Timothy Rodriguez
2/11	Sarah Richter	2/24	Cynthia Smith
2/11	Ann Crusch	2/25	Roy Peters
2/15	Darla Plante	2/25	Sarah Wiley
2/16	Victoreya McCuin	2/29	Krista Thomas
2/17	Jane Houghton		
2/17	Elizabeth Kieffer		





Hours:  
8 a.m. to 5 p.m.  
Monday - Friday  
8 a.m. to 1 p.m.  
Saturday

## February Lunch Specials

Feb. 1 – Chicken Spinach Penne with Vegetable	\$5.50
Feb. 4 – Hot Turkey Sandwich with Mashed Potatoes & Gravy	\$5.50
Feb. 6 – Tuna Noodle Casserole with Green Peas	\$5.50
Feb. 8 – Lasagna with Small Caesar Salad	\$5.50
Feb. 11 – Mexican Chicken Wrapini with Soup OR Chips	\$3.75/\$5.50
Feb. 13 – Stuffed Meatloaf with Mashed Potatoes & Gravy	\$5.50
Feb. 15 – Cheese Quesadilla	\$3.00
Chicken Quesadilla	\$4.00
Steak Quesadilla	\$5.00
Feb. 18 – Grilled Turkey Bacon Wrap with Soup OR Chips	\$3.75/\$5.50
Feb. 20 – Sloppy Joe's with Cole Slaw	\$5.50
Feb. 22 – White Chicken Chili with Cornbread Muffins	\$3.75/\$5.50
Feb. 25 – Tuna Melt with Cottage Cheese & Fruit	\$3.75/\$5.50
Feb. 27 – Grilled R.B. & Cheddar Sand. with Soup OR Chips	\$3.75/\$5.50



# PRAIRIE★STAR

## RESTAURANT

# Feb. 3-9

Includes beverage, starter and dessert.

SUNDAY	Feb. 3 ~ Lunch \$11	Dinner \$9
	Peach Glazed Ham Au Gratin Potatoes Vegetable of the Day	Chicken Wings BBQ Meatballs Potato Skins Carrot & Celery Sticks
MONDAY	Feb. 4 ~ Lunch \$10	Dinner \$12
	Steak Sandwiches Tater Tots Choice of Vegetable	Sautéed Pork Tenderloins with Sherry Sauce Roasted Baby Red Potatoes Apple Sauce
TUESDAY	Feb. 5 ~ Lunch \$6	Dinner \$10
	Taco Tuesday (does not include drink, starter or dessert)	Turkey Loaf with Sun Dried Tomato Sauce Swiss & Green Onion Scalloped Pots Vegetable of the Day
WED.	Feb. 6 ~ Lunch \$10	Dinner \$11
	Monte Cristo Waffle Fries Choice of Vegetable	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day
THURSDAY	Feb. 7 ~ Lunch \$6	Dinner \$13
	Soup & Salad Bar (does not include drink, starter or dessert)	Sautéed Orange Roughy with Asparagus Sauce Roasted Red Potatoes Vegetable of the Day
FRIDAY	Feb. 8 ~ Lunch \$10	Dinner \$10
	Buffalo Burgers Steak Fries Choice of Vegetable	Shrimp & Chicken Penne with Sherry Garlic Sauce, Portobello Mushrooms, Spinach, Sun-dried Tomatoes, Basil & Garlic Toast
SATURDAY	Feb. 9 ~ Lunch \$10	Dinner \$15
	Chicken Enchiladas Black Beans Spanish Rice	Steak Night Baked Potatoes Vegetable of the Day

\*\*\*You may substitute an extra vegetable for the starch on any special for no additional charge.



# This Week's Opportunities Feb. 3 – Feb. 9

## SUNDAY • FEB. 3

2:00 p.m. ~ Movie, GC  
5:30 p.m. ~ Super Bowl Watch Party, GR  
7:00 p.m. ~ Vespers– 1st Baptist Church with Pastor Rich Neubauer, CR

## MONDAY • FEB. 4

*Trash pick-up day.*

8:00 a.m. ~ Dental Hygiene Clinic, MCR  
*By Appointment Only*  
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. ~ Blood Pressure Clinic, GR  
1 to 2 p.m. ~ Fitness Center Office Hour, FC  
1:15 p.m. ~ Parkinson's Exercise Group, CR  
1:15 p.m. ~ Parkinson's Caregiver Supp. Grp., 201  
1:30 p.m. ~ Ladies Pool Table Time, BP  
2:00 p.m. ~ Ambassador Committee Meeting, LR  
3:00 p.m. ~ Meadowlark Hills Singers, CR  
5:30 p.m. ~ Tuttle Creek Supper, MR  
7:00 p.m. ~ Game Time, GR

## TUESDAY • FEB. 5

7:30 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  
1:00 p.m. ~ Tai Chi, CR  
1 to 2:30 p.m. ~ Wellness Guide Office Hours  
2:00 p.m. ~ Life Story, MR  
2:00 p.m. ~ Card Making with Michelle, LR  
3:00 p.m. ~ Coffee Corner, CR  
*Sponsored by Bayer Construction*  
4:15 p.m. ~ The Story of the Bible, CR  
7:00 p.m. ~ Dominoes, GR

## WEDNESDAY • FEB. 6

8:00 a.m. ~ Centering Prayer, TR  
9:00 a.m. ~ New Perspectives, 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  
11:30 a.m. ~ 1st Men's Club, MR  
1 to 2 p.m. ~ Fitness Center Office Hour, FC  
1:00 p.m. ~ Behind the Iron Curtain: Cold War Stories  
OSHER Class, CR  
3:00 p.m. ~ Call Hall Ice Cream, KR  
7:00 p.m. ~ Game Time, GR

## THURSDAY • FEB. 7

8:30-10:30 a.m. ~ Wellness Guide Office Hours  
10:00 a.m. ~ Meadowlark Bible Study, LR  
10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
1:00 p.m. ~ Parkinson's Voice Class, KSU CR  
1:00 p.m. ~ Tai Chi, CR  
1:00 p.m. ~ Blood Pressure Clinic, GR  
2:00 p.m. ~ Parkinson's Support Group, KSU CR  
3:00 p.m. ~ Home Health Program, CR  
3:30 p.m. ~ Dementia/Alzheimer's Support & Education  
Group, KSU CR  
5:30 p.m. ~ Meadowlark Circle Dinner, MR  
7:00 p.m. ~ Bingo, CR

## FRIDAY • FEB. 8

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. ~ Hand and Foot Card Games, GR  
1:00 p.m. ~ Circle of Wellness Discussion, KSU CR  
1:15 p.m. ~ Parkinson's Exercise Group, CR  
2:00 p.m. ~ Move with Balance, LR  
7:00 p.m. ~ Old Timers Love Songs, CR

## SATURDAY • FEB. 9

10:00 a.m. ~ Elegant Aging 1, LR  
1:00 p.m. ~ Movie, GC  
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
Fitness Center, FC	Miller Craft Room, MCR

DRINK SPECIAL



Feb. 4 – 9

Steamy Peach

2 oz. Peach Schnapps

4 oz. Hot water

\$3.75