



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Feb. 7, 2013

Friendships

Celebrating an important part of our culture

By Michelle Gorzek

February is often called the month of love. We celebrate Valentine's Day and images of young couples in love spring from every newspaper, TV and store front. Instead of romantic love, I would like to put the spotlight on good friendships and the love that takes the form of companionship and mutual care. At Meadowlark Hills, friendships are a precious part of our culture. Groups exist here that facilitate friendships, creating a place for individuals to share ideas about a topic or pieces of who they are. I think of the Story Writing Group or the Ladies Pool Hour as two examples of people who gather to exchange stories and laughter. The Ambassador Club, led by Amanda Rall, is another way to learn what our community needs, how you can contribute and make friends along the way.

For the most part, the friendships that thrive at Meadowlark Hills are not organized or seen. There are so many people here who do small, seemingly insignificant things for each other that make an enormous difference. Giving someone a ride to the



store or doctor, bringing the newspaper inside, inviting a friend to an event or to share a cup of coffee, and being a compassionate listener are only a few of the many ways people can care for each other.

Friendships are often nurtured through regular dates, for lunch or to play card games, and consistent communication. Schedules are wonderful ways

to ensure you receive your regular dose of companionship, stress relief and laughter. This also creates a network of caring people who are familiar with your daily routine and can be a support system in times of need.

As life goes on, we experience loss, including the loss of our dear friends. Bonds of friendship are important and grieving during a loss is normal. I propose that during this month of love that we make room for brotherly and sisterly love. May the friendships that have shaped us, brought us comfort and laughter now and in the past be remembered and celebrated for the treasures they are!

February: Black History Month

Quote by Booker T. Washington

"Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed."

Booker Taliaferro Washington was an African-American educator, author, orator and advisor to Republican presidents. He was the dominant leader in the African-American community in the United States from 1890 to 1915.



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

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

UPCOMING EVENTS & ANNOUNCEMENTS

Red Hat Ladies Luncheon

The Red Hat Ladies will meet for lunch at 12:30 p.m. Thursday, Feb. 14, in the Manhattan Room. Please sign up in the Blue Book for a celebration of Valentine's Day.

Art on display

Harriette Janke has displayed many of her intricate quilts in the Miller hallways. Go check them out!

Meadowlark Hills Singers

The Meadowlark Hills Singers will perform at the National Guard Armory on Saturday, Feb. 23. Transportation will be available by signing up in the Blue Book. The bus will depart at 2 p.m. from the Village Entrance.

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. Contact the Home Health office at 537-9497, with any questions.

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.

Sloan House fundraiser for Collin

Sloan House will be hosting a bake sale full of Valentine's Day treats. The profits will go to Collin, a Manhattan High School student that is battling cancer. To order your treats, stop by Sloan House from 8 a.m. to 6 p.m. beginning Wednesday, Feb. 6, through Friday, Feb. 8. The treats will be delivered on Valentine's Day!

Parking issues

Please remember not to leave unattended vehicles in loading and unloading zones at the entrances of Meadowlark Hills.

The Story of the Bible

The Bible and its teachings are central to the Christian faith. It has endured scrutiny and criticism throughout history. Join Pastor Zac Morton as we discuss questions about the Bible and its impact on culture and church today. The class will be offered at 4:15 p.m. Tuesday, Feb. 12, in the Community Room and on Tuesday, Feb. 19, in the Living Room.

KSU Center on Aging Lecture Series

Speaker, Richard Jackson Harris, will uncover popular public beliefs derived from the media but which are not supported by research. The lecture, titled *Myths of the Media*, will be at 4 p.m. Thursday, Feb. 14, in the Community Room.

McCain Performance Series

Kansas State University's 150th anniversary celebration includes a special addition to the McCain's Performance Series. Carol Burnett, comedic actress, will appear at McCain Auditorium at 3 p.m. Sunday, Feb. 17. Transportation will be available for \$3, departing at 2:15 p.m. and 2:30 p.m. from the Village Entrance. Please sign up in the Blue Book.

New Perspectives Book Club

Wanting to stretch your mind? Join the *New Perspectives Book Club* that meets Wednesdays at 9 a.m. in the Living Room. This group reads aloud and stops to discuss points of interest and growth. On Wednesday, Feb. 13, we will begin reading *A Ladies Life in the Rocky Mountains*, by Isabella Bird.

There is no outside reading unless you choose to do so. Sign up in the Blue Book if interested so enough copies of the book can be ordered. The book will cost \$10. Contact Jan McNeil at 776-3894, or Kay Shanks at 539-2066, if you have questions.

Mardi Gras Dinner Special

Prairie Star Restaurant is catering a Cajun style dinner, for Mardi Gras on Tuesday, Feb. 12. Come enjoy chicken gumbo soup, Cajun shrimp jambalaya and top it off with a piece of King's cake! The person that finds the King in their cake will receive a gift certificate for dinner for two to the Prairie Star Restaurant.

ASK ANNIE!

Q: When we are concerned about our neighbors or friends at Meadowlark Hills, who should we speak to about this?

A: There is not just one person; any of our leadership can take the concern. I recommend you go to whomever you feel most comfortable talking with.



As a part of our Wellness Team, we hold weekly Wellness Circles. This is a meeting that a group of our leaders attend to discuss concerns of residents' wellness. They brainstorm ideas to offer individualized options and support.

I am providing a list of leaders that routinely attend the Wellness Circles and their contact information:

Amanda Rall, 323-3801
Kinzie Jo Zimmerman, 477-3435
Becky Fitzgerald, 313-4951
Penny Garber, (785) 466-6159
Annie Peace, 532-9239
Shirley Escamilla, 323-3831
Jeff Hiedbreder, 341-2995
Mike Musselman, 317-8231

Additional leaders contact information:

Lonnie Baker, 323-3878
Garrett Lee, 323-3829
Carrie Escamilla, 323-3843
Matt Ruhnke, 323-3821
Tracy Musselman, 323-3878
By Annie Peace

HONOR FLIGHT APPLICATION

Honor Flight Network recognizes American veterans for their sacrifices and achievements by having them to Washington, DC to see their memorial, at no cost. For Honor Flight to achieve this goal, guardians fly with the veterans on every flight providing assistance and helping veterans have a safe, memorable and rewarding experience. For further information, please contact Honor Flight Network at (937) 521-2400 or for a copy of the application please contact Amanda Rall at 323-3801, or Sara Snell at 323-3862.

LETTER TO THE MESSENGER

Thoughts

Submitted by H. John Lennon

We all have them. We don't always know what to do with them. For that matter, where they come from. But they are always there—lurking in the shadows of both our conscious and unconscious mind. Often, we don't even know we have them—but we do.

We humans are thinking creatures. That capacity sets us apart from all other living creatures. Thinking imprints our psychosomatic profile.

Evolving creations seldom notice changes subtly executed. Thinking sculpts the individual package of who and what we are. Thinking is our software! Thoughts, our tools of creation.

Remember, you alone are the programmer of this work in progress. Preoccupation with inner dialogue causes us to ignore its cause and effect; What it does to us. In the process we each create an entity we refer to as—ME.

Your thought may well be the original double-edged sword. It can save or destroy you—dependent upon how you use and respond to it.

Only you are in charge of this one-person production. Both director/producer with a front row seat, but so caught up with inner-chatter, we forget to monitor our individual performance.

One thought has a nuclear force potential, and yet, we pay so little attention while sleeping in the front row of our one-person performance.

Our thoughts continually orchestrate our bodies' electro/chemical experiences. Conscious awareness fades but the physical body is indelibly configured by your individual stream of consciousness.

In short, how and what you think is who you are; a digital printout of your individual persona. The chemistry of every thought in your life is tightly locked up somewhere in your body.

Michelangelo's chisel and Rembrandt's brush never wielded the power of your thoughts. We continually mold our individual persona into an image that represents who and what you are to our fellow travelers.

Are you satisfied with your creative force to date? If not—change your thought process. Easily verbalized—monumentally difficult to execute. Changing your mind is an incredibly heroic feat and yet we all do it countless times in a single day.

If affects the metamorphous of the Self you are for now. When you think about it—it becomes a super human force available to each of us, every moment of every day.

Joke of the Week

Deep within a forest, a little turtle began to climb a tree. After hours of effort, he reached the top, jumped into the air waving his front legs and crashed into the ground. The turtle tried again, and again while a couple of birds sitting on a branch watched his sad efforts.

Finally the female bird turned to her mate. "Dear," she chirped, "I think it's time we tell him he's adopted."

DRINK SPECIAL



Feb. 11 - 16

Lovers Kiss

½ oz. Amaretto

½ oz. Cherry Brandy

½ oz. Crème de Cacao

1 oz. Cream

\$3.75

STAFF UPDATE

Wellness Guide offers resignation

Submitted by Michelle Gorzek

I recently made the difficult decision to take a new position as a staff clinician at Family Service and Guidance Center in Topeka. My last day at Meadowlark Hills will be next Thursday, Feb. 14. In Topeka, I will be working with children and families dealing with behavioral and emotional difficulties. I will be able to achieve my clinical licensure in Marriage and Family Therapy through this work. The support groups I have facilitated in the past will continue on. I am sad to leave all of you and have learned from and enjoyed being part of your lives for these last few months. Thank you very much for your kindness and generosity.

FOUNDATION NEWS

In Memory/Honor of people

January 2013

Winifred Reed

Barbara Wiley

*Donations were made to the
Good Samaritan Fund.*

SAVE THE DATE

SYMPHONY IN THE FLINT HILLS

AT HISTORIC FORT RILEY

Meadowlark Hills is able to secure a block of tickets to the eighth annual Symphony in the Flint Hills, with this year's event set for Saturday, June 15, at Fort Riley. Amanda Rall and Becky Fitzgerald are exploring transportation options. Once those options are known, a package price, including a concert ticket, reserved seat, meal and transportation, will be announced. A sign up sheet will be placed in the Blue Book when the package price is available.

Packages will be offered on a first-come, first-serve basis. Residents, Passport members and their friends and families will have first priority. If you have questions, please contact Becky at 323-3802, or Amanda at 323-3801.

Welcome and Introduction of New Residents, Kinzie Jo Zimmerman

There were no new residents or staff members introduced.

Operations Update, Lonnie Baker

Lonnie spoke about the thefts that have happened recently. He reminded everyone to lock their doors when they leave and when they are in their apartment. He also reported that Honstead and Sloan houses will be having some renovations completed. There will be new paint and new carpet.

Marketing Presentation, Sarah Guge

Sarah presented the new website, commercial, and promotional videos. The new products launched on Friday, Feb. 1.

Eden Challenge Winner Presentation, Ashley Green

Ashley spoke briefly about Eden Alternative, a culture-change organization. The staff participated in a competition to help teach all of the staff members a little more about this organization and their work. Staff was split into different teams and they presentations on the Eden Alternative. The winners were Collins House and Environmental Services. Collins House shared their presentation with everyone present.

Therapy Services Update, Rachel Zitrin

Rachel spoke about low vision and the various strategies to use to help deal with it. She also explained that you must have a doctor's order to start this kind of therapy, so anyone interested would have to take this step first.

Outpatient Services Update, Garrett Lee

Garrett gave an update on the Physician's Office. Dr. Matthew Floersch has been hired as the Medical Director of Meadowlark Hills. He will oversee all of the medical services, which includes Home Health, the Physician's Office, and Nurse Council. Dr. Floersch and his nurse practitioner, Jennifer, will be covering in the clinic until someone is hired permanently. The hours that they will be in the clinic are not set yet, but the Physician's Office will be open from 8 a.m. to 5 p.m. daily to schedule an appointment.

History Committee Writing Contest Presentation, Kay Shanks

Kay spoke about the History Committee Writing Contest. The topic was "The Freedom of Living Continues." The winners of the contest were Jo and Ed Call, second place went to Velma Skidmore, and the runner-up was Alice Nichols.

Sales Update, Kinzie Jo Zimmerman

Kinzie Jo reported that the sales team has sold 14 apartments and are doing very well in all areas.

Wellness Guide Update, Michelle Gorzek

Michelle spoke about the Circle of Wellness Discussions on Fridays and the Parkinson's Voice Class that is currently going on. She also let everyone know that she accepted a different position with an organization in Topeka and will be leaving Meadowlark Hills half-way through February.

IL Update/Upcoming Events, Amanda Rall

Amanda spoke about the various events coming up in the month of February, such as the Sing-a-long with the Kahlers and the Flint Hills Old Timers performance.

Adjourn

Submitted by Elizabeth Birk

Grosh Cinema Movies

Monday, Feb. 11—Sunday, Feb. 17

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

Monday, Feb. 11— Let's Make Love (1960)

In this musical comedy, billionaire Jean-Marc falls for showgirl Amanda. When Jean-Marc hears he's the subject of a spoof in a revue Amanda is rehearsing, he convinces the producers to allow him to portray himself so he can be near Amanda. Jean-Marc then hires Bing Crosby, Milton Berle and Gene Kelly (playing themselves) to teach him the tricks of the trade.

Co-starring: Marilyn Monroe, Gene Kelly & Bing Crosby

Rated NR; 1 hr. 58 min.

Tuesday, Feb. 12— Mr. Hobbs Takes a Vacation (1962) **Resident Request*

This classic family comedy, adapted from the novel by Edward Streeter, follows the misadventures of harried city-dweller Roger Hobbs, who agrees to take his wife, Peggy, and their brood of children on vacation at the beach. But what begins as a relaxing escape quickly blossoms into a four-alarm nightmare, complete with a dilapidated summer rental that's practically falling down.

Co-starring: James Stewart & Maureen O'Hara

Rated NR; 1 hr. 56 min.

Wednesday, Feb. 13— The Jayhawkers (1959)

In pre-Civil War Kansas, megalomaniac Luke Darcy aims to take full control of the territory with the help of a band of the titular militant freedom fighters. But ex-convict Cam wants to stand in his way. Cam wants revenge for Luke's role in the death of his wife and the loss of his farm, but once he joins the Jayhawkers himself he wonders if it might be best to join Luke's cause.

Co-starring: Jeff Chandler & Fess Parker

Rated NR; 1 hr. 40 min.

Thursday, Feb. 14— Valentine's Day (2010)

In this Los Angeles-set comedy from director Garry Marshall, the tripwires of modern love are exposed in a carousel involving relationships and the single life on the most romantic day of the year: February 14.

Co-starring: Kathy Bates, Jessica Alba & Patrick Dempsey

Rated PG-13; 2 hrs. 5 min.

Friday, Feb. 15— The Vow (2012) **Resident Request*

Rachel McAdams stars in this romantic drama about a newlywed woman who slips into a coma after a car accident and awakens with amnesia. Her devoted husband (Channing Tatum) must help her recover and also win her back.

Co-starring: Rachel McAdams & Channing Tatum

Rated PG-13; 1 hr. 44 min.

Saturday and Sunday, Feb. 16 & 17— Remember the Titans (2000)

The year is 1971, and the people of Alexandria, Va., are none too pleased when African American Herman Boone is given the nod to head a newly integrated football team. As the season progresses, however, their contentious attitudes begin to change.

Co-starring: Denzel Washington & Will Patton

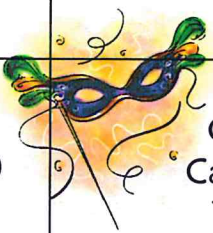
Rated PG; 1 hr. 54 min.

PRAIRIE★STAR

RESTAURANT

Feb. 10-16

Includes beverage, starter and dessert.

SUNDAY	Feb. 10 ~ Lunch \$11	Dinner \$11
	Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Lasagna Garlic Toast Vegetable of the Day
MONDAY	Feb. 11 ~ Lunch \$10	Dinner \$11
	Southwest Chicken Sandwich Waffle Fries Choice of Vegetable	Swiss Steak Mashed Potatoes & Gravy Vegetable of the Day
TUESDAY	Feb. 12 ~ Lunch \$8	Dinner \$11
	Fajita Bar (does not include drink, starter or dessert)	 <u>Mardi Gras Special</u> Chicken Gumbo Soup Cajun Shrimp Jambalaya Vegetable of the Day
WED.	Feb. 13 ~ Lunch \$10	Dinner \$12
	Hot Chicken Salad Choice of Vegetable	Coconut Shrimp Lemon Orzo Vegetable of the Day
THURSDAY	Feb. 14 ~ Lunch \$7	Dinner \$15
	Breakfast Bar (does not include drink, starter or dessert)	Beef Tenderloin Twice Baked Potatoes Vegetable of the Day
FRIDAY	Feb. 15 ~ Lunch \$10	Dinner \$12
	Hot Open-Faced Roast Beef Sandwich Choice of Vegetable	Stuffed Pork Chops Sautéed Apples Vegetable of the Day
SATURDAY	Feb. 16 ~ Lunch \$10	Dinner \$11
	Fried Chimichanga Refried Beans Spanish Rice	Fried Catfish Hush Puppies Coleslaw

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

This Week's Opportunities Feb. 10 – Feb. 16

SUNDAY • FEB. 10

2:00 p.m. ~ Movie, GC
3:00 p.m. ~ Sing-a-long with the Kahlers, CR
7:00 p.m. ~ Vespers– 1st Baptist Church with
Pastor Rich Neubauer, CR

MONDAY • FEB. 11

Trash pick-up day.

8:00 a.m. ~ Dental Hygiene Clinic, MCR
By Appointment Only
8:30 a.m. ~ IL Resident Council, LR
9:30 a.m. ~ Seated Strength, CR
10:20 a.m. ~ Weights 101, CR
11:15 a.m. ~ Sit and Be Fit, CR
11:30 a.m. ~ Meadowlark Valley Lunch, LR
12:00 p.m. ~ 1st Pres. Men's Luncheon, MR
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
1:30 p.m. ~ Hearing Aid Doctor, CON
1:30 p.m. ~ Ladies Pool Table Time, BP
2:00 p.m. ~ History Committee, LR
3:00 p.m. ~ Meadowlark Hills Singers, CR
7:00 p.m. ~ Game Time, GR

TUESDAY • FEB. 12

Happy Mardi Gras!

10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
1:00 p.m. ~ Tai- Chi, CR
1 to 2:30 p.m. ~ Wellness Guide Office Hours
3:00 p.m. ~ Coffee Corner, CR
Sponsored by Bayer Construction
4:15 p.m. ~ The Story of the Bible, CR
5:30 p.m. ~ 4th Floor Supper, MR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • FEB. 13

8:00 a.m. ~ Centering Prayer, TR
9:00 a.m. ~ New Perspectives, LR
9:00 a.m. ~ Building & 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
1:00 p.m. ~ Dr. Tran's Foot Clinic, 201
By Appointment Only
1 to 2 p.m. ~ Fitness Center Office Hour, FC
1:00 p.m. ~ Behind the Iron Curtain: Cold War Stories
OSHER Class, CR

1:30 p.m. ~ Afternoon Presby Church Circle, LR
3:00 p.m. ~ Call Hall Ice Cream, KR
7:00 p.m. ~ Game Time, GR

THURSDAY • FEB. 14

Happy Valentine's Day!

8:30-10:30 a.m. ~ Wellness Guide Office Hours
10:00 a.m. ~ Great Decisions, LR
10:00 a.m. ~ Meadowlark Bible Study, LR
10:30 a.m. ~ Resident Focus Group, CON
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:30 p.m. ~ Red Hat Luncheon, MR
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. ~ Dementia Support Group, KSU CR
2:30 p.m. ~ KSU Gerontology Class, CR
4:00 p.m. ~ Center on Aging Lecture, CR
7:00 p.m. ~ Bingo, CR

FRIDAY • FEB. 15

9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Veteran's Group, GC
10:20 a.m. ~ Weights 101, CR
11:15 a.m. ~ Sit and Be Fit, CR
12:30 p.m. ~ Mending Angel, GR
1:00 p.m. ~ Hand and Foot Card Games, GR
1:15 p.m. ~ Parkinson's Exercise Group, CR
3:30 p.m. ~ Catholic Rosary, CR
7:00 p.m. ~ Meadowlark Hills Singers Performance, CR

SATURDAY • FEB. 16

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