



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Feb. 14, 2013

Writing Contest Winner

The Freedom of Living Continues

By Ed and Jo Call

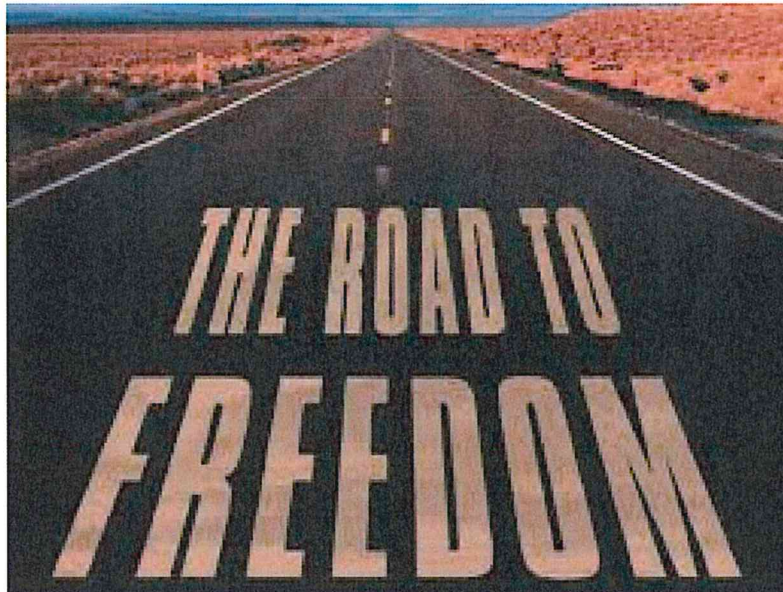
After moving to Meadowlark Hills in 2008, many of our friends and acquaintances asked, "How do you like living at Meadowlark Hills?"

My candid reply was, "I hate it less each day!" Seriously after 40 years on Timberlane Drive, we were down-sizing from 2,000 square feet to less than 800 square feet. That fact in itself can be traumatic. Adding to the anxiety was the task of

selling our home, remembering the housing market was lousy at the time. An added concern was that both of us were facing medical issues.

When down-sizing, one has to make many decisions—what goes—what stays? Vern Gannon, the auctioneer, advised storing all the things that would be offered at an auction ("estate" sale). We learned quickly at the sale that there was considerable difference between our value of many items and the buying public. One example was the furniture we had in the sale—mostly colored and patterned. We soon learned that the public was into solids! No matter how we measured our new apartment, we still had more items than would fit, so we down-sized some more.

We had been Passport Members of Meadowlark Hills for a number of years. We knew there had to be an "end" to mowing, shoveling and all the other fun things that are involved in home maintenance.



We appreciated the counsel of Becky Fitzgerald in explaining the "working" at Meadowlark Hills. It finally came down that there were two units that would be satisfactory. The one finally selected was the "office" used by staff during the remodeling. It, of course, needed to be renovated. Another factor that came into focus during the deci-

sion-making process was health issues. Both of us had hip replacements prior to moving and that experience was most convincing. Our rehabilitation was in our home with STAIRS everywhere. Inadequate rehab was partially responsible for Jo to have a hip revision at KU Medical Center in Kansas City, Kansas the next year. Also Ed still suffers from leg pain from his hip replacement.

Health issues escalated after moving to apartment 229. As mentioned, Jo had a hip revision at KU Medical Center and later a procedure to correct scoliosis of the spine. The latter procedure resulted in an infection of the incision which required further surgery. Like it or not, these things happen. As one sage put it, "Nothing's for sure but death and taxes." But the best is yet to come, rehab. Jo first was assigned to Lyle House to recover from the hip revision.

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UPCOMING EVENTS & ANNOUNCEMENTS

Meadowlark Hills Singers to perform Valentine's Day concert

The Meadowlark Hills Singers, led by Jane Boys, have prepared a Valentine's Day concert that will take place at 7 p.m. Friday, Feb. 15, in the Community Room. Stop by and support your friends and neighbors as they share their wonderful gift of music!

Woodwinds Anonymous

Come enjoy the Woodwinds Anonymous as they present, *Songs Without Words*, music inspired by Felix Mendelssohn, at 7 p.m. Friday, Feb. 22, in the Community Room.

Woodwinds Anonymous was organized in 1975 originally as a woodwind trio. Although the membership has increased over the years, one constant has been the dedication of the group to performing music for wind ensembles. The repertoire ranges from Baroque to Modern, with an emphasis on 18th and 19th century music. WWA plays music by composers as varied as Vivaldi, Bach, Mozart, Beethoven, Schubert, Dvořák, Schumann, Elgar and Joplin.

Opportunity for fellowship with Kansas State students

You are cordially invited to a Valentine's Day Party on Sunday, Feb. 24, from 1 to 3 p.m. in the Community Room. This event is being held by Silver Key Sophomore Honorary from Kansas State University. There will be board games, sugar cookies, and some dancing to oldies hits. Hosted by a large group of young, excited K-State students. We hope to see you there!

Technical Support

Amanda Rall, Independent Living Leader, will be available from 2 to 3 p.m. in the Library to answer any computer questions. Look for her at the Tekikin computer every fourth Wednesday, beginning at 2 p.m. Wednesday, Feb. 27.

Resident Focus Group

Resident Focus Group will be at 10:30 a.m. Thursday, Feb. 14, in the West Conference Room. Please sign up in the Blue Book.

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.

Sunday Brunch

The Prairie Star Restaurant will serve brunch from 10:30 a.m. to 2 p.m. Sunday, Feb. 24. The cost is \$16 for adults and \$8 for children. The menu includes made-to-order omelets, fresh waffles, variety of cold salads, fresh baked bread, variety of vegetables and sides, variety of entrees, carving station of prime rib and a plethora of homemade desserts. Residents are encouraged, but not required, to sign up in the Blue Book at the Hospitality Desk.

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. Please reserve seats for members of the Meadowlark Hills Singers.

Move with Balance opportunity

A complementary Move with Balance class will be held on Saturday, Feb. 16, from 10 a.m. to 2 p.m. in the Living Room. Books will be supplied, but cannot be taken home unless purchased. Stop by and take advantage of this opportunity!

Osher Class Transportation Sign-up

If you have registered for an Osher class that is held off campus, you can sign up for transportation to these courses by locating your class in the Blue Book at the Hospitality Desk.

ASK ANNIE!

Q: What is the trend of the number of staff to resident over the past 3 years?

This question required a lot of assistance for me to answer. I would like to thank Lonnie Baker and Chris Nelson, greatly for their help.

These calculations are based on our fiscal year, which ends June 30.

The following calculations are for total staff:

- 2011 the ratio was .69 employees to each resident
- 2012 the ratio was .68 employees to each resident
- 2013 the ratio is .70 employees to each resident

The following calculations are for Household staff (direct-care staff) excluding leadership staff:

- 2011 the ratio was .83 employees to each resident
- 2012 the ratio was .80 employees to each resident
- 2013 the ratio was .80 employees to each resident

Thank you for your question.



“Ask Annie” follow up on transportation charges

To clarify, the charges I listed previously apply for all transportation including medical transportation, emergent and non emergent. For residents living in Assisted Living or a Health Care Households, all local medical transportation is provided at no additional charge. Please keep the questions coming.

Joke of the Week

A little boy prayed for weeks for \$100, when it did not come he wrote a letter to the Lord and post-marked it, Lord, USA.

When the postmaster saw this, he sent it on to the President. The President was so impressed that he sent \$5 to the little boy.

The little boy was delighted and sat down to write a thank-you note to the Lord. It said:

Dear Lord, Thank you for the money. However, I noticed that it had to be sent through Washington D.C. and as usual, those jerks deducted \$95!

February Black History Month

Quote by Fredrick Douglass

"I have observed this in my experience of slavery, that whenever my condition was improved, instead of increasing my contentment; it only increased my desire to be free, and set me thinking of plans to gain my freedom."

Frederick Douglass was an American social reformer, orator, writer and statesman. After escaping from slavery, he became a leader of the abolitionist movement, gaining note for his dazzling oratory and incisive antislavery writing.

CONTEST WINNER, con't

Continued from page 1

Then came Bramlage House and the constant care to resolve the infected incision. Words cannot express the compassionate care she received by the staff at both facilities. We have a similar appreciation for Dr. Joe, her attending physician at Bramlage.

But Ed vowed not to be left out of the medical scene. He had his aortic valve replaced at KU Medical Center in 2010 and benefited by the rehab program at Bramlage and later on at the cardiac rehab at Mercy.

Obviously, I have modified my earlier statement, "Hate it less each day." Our only regret is delaying the move to Meadowlark Hills. Being a Passport Member helps the decision-making but there is no simple computer program that will make the decision for you. You just have to think it through and say, "what is best for us?" I take a lot of satisfaction when I see non-residents at Meadowlark Hills by asking, "When are you moving in?"

Members present: Jean Beatty, Charles Deyoe, Pat Vogt, Don Rasmussen, Loren Alexander, Enell Foerster, Bob Kruh, Wilma Hafenstein, Lincoln Deihl, Warren Walter, Jo Lindly, Jo Call and Betty Grubb
Staff present: Amanda Rall, Kinzie Jo Zimmerman, Ashley Green, Elizabeth Birk and Dirk Daveline

Introductions:

Jean Beatty introduced Warren Walter who is taking over as the fourth floor representative for Wilma Hafenstein. Jean also introduced Sue Bayer. Sue spoke to the Council about her concerns with the annual gift that is presented to the staff.

Updates:

Art Committee- Jo Lindley updated the council on the Art Committee's new displays. One display will be in Verna Belle's and will be made up of artwork of mixed medias from the residents of Meadowlark Hills. The other display will be in the hall by the old marketing area and will be made up of local artists work.

Independent Living- Dirk Daveline reported on the upcoming Board of Trustees meeting that will be taking place at Meadowlark Hills in the Community Room. He invited the Resident Council to join the meeting to see how they work. He reported on the CEO search, which is getting closer to starting the interview process.

Approval of December Minutes:

One change was proposed by Don Rasmussen. The change was made and approved. The amended December minutes were then approved by a unanimous vote.

Old Business: Jean Beatty

Action Items

- 1. Political Signs/Meetings Policy-** The Political Signs and Meetings policy committee has not met to begin writing the policy. The committee will report at the next Resident Council Meeting.
- 2. Pedestrian/Vehicle Safety-** Amanda Rall has put a notice in the Messenger about the need for a new champion of the Pedestrian and Vehicle Safety Committee. There is a sign up in the Blue Book for anyone wanting to join the committee. The safety information has been added to the Resident Handbook. Amanda is working with Kelly McMahon to get an in-service made for the employees. It was proposed that the Neighborhood Representatives approach residents that they would see fit for this position.
- 3. Crosswalk Stripes Paint-** Don Rasmussen reported that Mike is still researching different types of paint to use on the crosswalks.
- 4. Copies of Duties-** Jean Beatty read through the responsibilities of the Resident Council to the members present. Don Rasmussen proposed a change to the duties. Change will be made and the updated duties will be reviewed again next Resident Council meeting.
- 5. Community Room Sound System-** Kinzie Jo Zimmerman reported that IT is working with Redi Systems to get a quote for a new system and will be getting some more quotes.

New Business: Jean Beatty

- 1. Students-** Kinzie Jo reported that the students from K-State will be getting name tags to wear. Kinzie also asked the council if the students could be invited to a meeting so that they can see how decisions are made. The council approved this idea.
- 2. E-mail Group-** Amanda Rall asked for all of the Resident Council's e-mail addresses which will be added into a group. She will use this e-mail group to let the Neighborhood Representatives know when new residents will be moving in and other council business.

IL Resident Council Minutes Continued

Questions and Concerns

1. Weekend Volunteers- The weekend volunteers are concerned about identifying the Weekend Resource. They are not coming up to introduce themselves and to let the volunteers know that they are here. Ashley Green is looking into the situation.

2. Emergency Transportation- It was asked if transportation will take someone to the hospital without charge for an emergency. Kinzie Jo is checking with transportation to see if there is a charge or not.

3. Washers & Dryers- Several of the washers and dryers on campus are not working properly. Loren Alexander is going to take this to the Building & Grounds Committee to see they are going to be replaced.

Action Items

Action Item	Brief Description	Action to be Taken	By:	Status:
1.	New policy needs to be written for political signs and meetings	Committee needs to meet and create policy.	Sandra Emley Jo Lindley Pat Vogt	In Process
2.	Pedestrian/Vehicle safety- need a new champion for residents.	Sign-up for Vehicle/ Pedestrian safety in blue book.	Amanda Rall	In Process
3.	Crosswalk paint for white stripes not very visible.	Mike is looking into different options for new paint and will report back.	Don Rasmussen	In Process
4.	Addition to be made to the Representative duties for Resident Council.	Addition added in and brought back to next meeting.	Jean Beatty	In Process
5.	Need guidelines for use of the Chalmers gift.	Need to look into the gift and see if there are any guidelines for how it should be used.	Lonnie Baker	In Process
6.	Is there a charge for emergency transportation to the hospital?	Needs to be checked on with Transportation	Kinzie Jo Zimmerman	In Process
7.	There are many problems with the washers & dryers on several of the floors.	Need to check with the building and grounds committee to see if they will be replaced at all.	Loren Alexander	In Process
8.	Weekend Volunteers do not know who the weekend resources are.	Need to speak with the weekend resources & make sure they are coming up front.	Ashley Green	In Process

Adjourn

Submitted by: Elizabeth Birk

Grosh Cinema Movies

Monday, Feb.18-Sunday, Feb. 24

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

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

Monday, Feb. 18— The Producers (2005)

A has-been Broadway producer and a neurotic accountant scheme to raise a ton of money for a production that's sure to be a flop -- a play titled "Springtime for Hitler," penned by a Nazi -- so they can then pocket the extra cash.

Co-starring: Nathan Lane, Matthew Broderick & Uma Thurman

Rated PG-13; 2 hrs. 14 min.

Tuesday, Feb. 19— Morning Glory (2010)

Whiz-kid producer, Becky Fuller, finds her abilities put to the test when she's charged with bringing a network morning show back from ratings purgatory. Her first job: getting the show's feuding, acid-tongued co-hosts under control.

Co-starring: Harrison Ford, Diane Keaton & Rachel McAdams

Rated PG-13; 1 hr. 47 min.

Wednesday, Feb. 20— Dakota Incident (1956)

Featuring an all-star cast, this allegorical Western follows six disparate stagecoach passengers who must brave harsh terrain, marauding Indians and one another to reach Laramie, Wyo., with singer Amy Clarke and outlaw John Banner leading the group. Relying on them for survival are a pacifist senator, a vengeful bank clerk, Amy's alcoholic pal and a tenderfoot.

Co-starring: Linda Darnell & Dale Robertson

Rated NR; 1 hr. 28 min.

Thursday, Feb. 21—The Great Debaters (2007)

At all-black Wiley College in 1935, an activist professor pushes his debate team to a level of excellence that nets them a chance to take on Harvard University -- the reigning national champs -- in this inspiring drama based on a true story.

Starring: Denzel Washington

Rated PG-13; 2 hrs. 4 min.

Friday, Feb. 22— The Dark Knight Rises (2012) **Resident Request*

Still grief-stricken over past losses, billionaire Bruce Wayne is conflicted about once again donning the cape of his lethal alter ego, Batman, but defends Gotham when it's threatened by new foes such as the slinky Catwoman and the sinister Bane.

Co-starring: Christian Bale, Gary Oldman, Tom Hardy & Anne Hathaway

Rated PG-13; 2 hrs. 45 min.

Saturday and Sunday, Feb. 23 & 24— Seabiscuit (2003)

A knobble-kneed colt becomes a winning thoroughbred at the hands of its owner, its unorthodox trainer and its jockey, a half-blind ex-prizefighter, in this Depression-era drama based on the true story of champion racehorse Seabiscuit.

Co-starring: Toby Maguire & Jeff Bridges

Rated PG; 2 hrs. 21 min.

PRAIRIE★STAR

RESTAURANT

Feb. 17-23

Includes beverage, starter and dessert.

SUNDAY	Feb. 17 ~ Lunch \$11	Dinner \$10
	Sauerkraut Braised Pork Mashed Potatoes Vegetable of the Day	Beef Stew Cornbread Vegetable of the Day
MONDAY	Feb. 18 ~ Lunch \$10	Dinner \$11
	Turkey Rueben's Potato Salad Choice of Vegetable	Chicken Fairmont with Hunters Sauce Orzo Vegetable of the Day
TUESDAY	Feb. 19 ~ Lunch \$6	Dinner \$11
	Taco Tuesday (does not include drink, starter or dessert)	Pork Tenderloin Piccata Angel Hair Pasta Vegetable of the Day
WED.	Feb. 20 ~ Lunch \$10	Dinner \$10
	Turkey Tetrizzini Choice of Vegetable	Meat Loaf Mashed Potatoes & Gravy Vegetable of the Day
THURSDAY	Feb. 21 ~ Lunch \$6	Dinner \$11
	Baked Potato Bar (does not include drink, starter or dessert)	Chicken Cordon Bleu Rice Pilaf Vegetable of the Day
FRIDAY	Feb. 22 ~ Lunch \$10	Dinner \$13
	Catfish Po Boy Waffle Fries Choice of Vegetable	Trout Almandine Roasted Red Potatoes Vegetable of the Day
SATURDAY	Feb. 23 ~ Lunch \$10	Dinner \$15
	Steak Fingers Mac & Cheese Choice of Vegetable	Steak Night Baked Potato 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. 17 – Feb. 23

SUNDAY • FEB. 17

1:00 p.m. ~ Movie, GC
1:00 p.m. ~ Riley Co. Genealogy Society Program, CR
7:00 p.m. ~ Vespers— 1st Baptist Church w/ Pastor Rich Neubauer, CR

MONDAY • FEB. 18

Trash pick-up day.

8:00 a.m. ~ Dental Hygiene Clinic, MCR
By Appointment Only
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. ~ 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
3:00 p.m. ~ Meadowlark Hills Singers, CR
5:30 p.m. ~ 5th Floor Supper, MR
7:00 p.m. ~ Game Time, GR

TUESDAY • FEB. 19

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
1:00 p.m. ~ Tai- Chi, CR
1:30 p.m. ~ TPM Meeting, CON
2:00 p.m. ~ Life Story, MR
2:00 p.m. ~ Move with Balance, LR
3:00 p.m. ~ Coffee Corner, CR
Sponsored by Bayer Construction
4:15 p.m. ~ The Story of the Bible, LR
5:30 p.m. ~ 2nd Floor Supper, CR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • FEB. 20

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
1 to 2 p.m. ~ Fitness Center Office Hour, FC
1:00 p.m. ~ Behind the Iron Curtain: Cold War Stories
OSHER Class, CR
2:30 p.m. ~ Lutheran Communion, LR
3:00 p.m. ~ Call Hall Ice Cream, KR
5:30 p.m. ~ Meadowlark Circle Supper, MR
7:00 p.m. ~ Game Time, GR

THURSDAY • FEB. 21

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. ~ Low Vision Support Group, KSU CR
2:00 p.m. ~ Move with Balance, LR
2:00 p.m. ~ Literature Club, MR
3:30 p.m. ~ Dementia Support Group, KSU CR
7:00 p.m. ~ Bingo, CR

FRIDAY • FEB. 22

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
1:15 p.m. ~ Parkinson's Exercise Group, CR
3:00 p.m. ~ Service of Remembrance, CR
7:00 p.m. ~ Woodwinds Anonymous Performance, CR

SATURDAY • FEB. 23

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



Barrier Breaker

1 ½ oz. dark rum
½ oz. Galliano
2 teaspoon dark crème de cacao
4 oz. cold coffee

\$3.75