



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Feb. 28, 2013

Meadowlark Hills Retirement Community's *Got Talent!*



Some of you may be familiar with the hit reality TV series, *America's Got Talent*. It is a talent show that features singers, dancers, magicians, comedians and other performers of all ages competing for the top prize of one million dollars!

Here is your time to shine! Meadowlark Hills is hosting a talent show of its own at 7 p.m. Friday, Mar. 22, in the Community Room. Talented amateurs and unknown performers will gather to compete for the title! Bring your songs, poetry, artwork, comic routine or any other show of unique talent!

A panel of judges will decide who deserves the title of most-talented Meadowlarkian! Unfortunately, our prize will not amount to the one million dollars that the NBC television network offers, but bragging rights of the winner are priceless.

Meadowlark Hills' employees, residents and family members may register to win. Please sign up in the Blue Book to reserve your place in the talent show! Notify Amanda Rall, in the Advancement office (apt. 220) or by calling, 323-3801 for any set-up needs for your performance, by Monday, Mar. 18.

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. This year's event is set for Saturday, June 15, at Fort Riley.

The package price, which includes a concert ticket, reserved seat, meal and transportation is \$120 per person. Register for this event by signing up in the Blue Book located at the Hospitality Desk.

A schedule of events and departure time will be announced as soon as the information is released. More details to come!

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 Fitzgerald at 323-3802, or Amanda Rall at 323-3801.

ART COMMITTEE UPDATE

A Charitable Donation

The Art Committee would like to extend their gratitude for the charitable donation made to encase or frame the quilts hanging in Miller Place to protect them from damage and extend their life, as they bring so much joy to the community.

If others feel this is a good cause, please direct questions or donations to Pam Reding in the Foundation Office, apt. 220, or at 323-3890. Please indicate what the donation is intended to be used for.



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

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

COMMUNITY UPDATE

Riley County election changes

We have been notified that the County Clerk's Office has made the decision that Meadowlark Hills will no longer be a voting location for elections due of the lack of available parking for voters. The new location will be the fire station on the corner of Denison and Kimball. The next local election will take place on Tuesday, Apr. 2, and it will be for city commission members and School District 383 members. Meadowlark Hills will provide free transportation for anyone who wishes to travel to the fire station to vote.

An attractive alternative to voting in person at the fire station is applying for a Permanent Advance Mail Ballot. If you are a registered voter in Riley County, you can apply for this status and you will receive a ballot in the mail for all future elections. This means you will never have to wait in a long election line

again. Your ballot will be mailed to you well in advance of each election, and you can fill it out at your leisure and mail it in. A photo I.D. is not required with this form.

The Hospitality Desk has the application forms for ballot by mail. Come by and pick one up if you are interested! We will collect the forms and return them to the County Clerk's office for you. The deadline for the forms to be turned in to the Hospitality Desk is Monday, Mar. 11.

If you are not registered to vote in Riley County or if your address has changed, the Hospitality Desk has forms for this also. New registrations and address changes must be submitted to the Hospitality Desk by Monday, Mar. 11.

Questions can be directed to the County Clerk's Office at 537-6300.

ASK ANNIE!

Q: If a resident accumulates 12 Courtesy Days, then uses three, do days they begin to accumulate again until the total reaches 12?

Yes, that is correct. As long as a resident is still participating in a Life Use Fee contract they continue to accumulate a day per month even as they are using them.

Q: Where can the days be used? Honstead, Sloan and Lyle? Bramlage or other places?

Courtesy Days may be used in any healthcare household. Here are the names of all the Healthcare Households: Sloan House, Lyle House, Honstead House, Collins House, Stolzer House, Wroten House and Bramlage House.

Q: Is the use of Courtesy Days by the choice of the resident or the choice of the physician?

My simple answer is by the choice of the resident. I would add that Meadowlark Hills would work with your doctor for an order as a part utilizing Courtesy Days in healthcare households, and the choice is yours.

Q: How many levels of care are there and what are the rates?

I have done all my research and learned that a lot goes into this answer as the rates are based on individual needs and payer source. Our sales team has agreed to set up some information sessions to fully explain the levels of care and rates for days spent in

the healthcare households.

What I do know is each resident will be charged according to his or her level of service, which is reviewed regularly by staff. The following are included in the daily rate: room, meals, assistance with bath or shower, certified and licensed nursing staff, life enrichment activities, social and restorative services, laundry, housekeeping, maintenance and personal care items such as lotion, powder, facial tissues, disposable incontinent pad inserts, mouthwash, toothpaste, soap and more. Local transportation is also included in the daily rates.

In order to establish the most appropriate level of care, all residents move in to an admissions level for a 21-day assessment period, and then fees are adjusted appropriately if necessary. Unless noted, costs are based upon a semi-private room. Examples of services available for an additional charge include: beauty/barber services, telephone, clothing identification, medication, consultant therapies physician visits, oxygen and equipment, special-order supplies and equipment and personal escort.

Please keep the questions coming. If you are curious, I imagine other people are as well. Additionally, I thank you for your follow up questions on current issues.

by Annie Peace



ANNOUNCEMENTS & UPCOMING EVENTS

Forza Femina String Quartet

The Forza Femina String Quartet, representing the Gold Orchestra, is led by Grace Horton-Smith, first violin of the quartet. Other members include Christina Minton, second violin, Roxy Gehring, viola, and Lauren Fisher, cello. The performance will feature pieces that range from classical to romantic to modern. The quartet will perform at 7 p.m. Friday, Mar. 1, in the Community Room.

Osher class registry

Osher Institute is offering "Life Writing: Discovering Slice-of-life Stories in Your Treasured Objects." The class will take place from 5 to 7 p.m. Monday, Mar. 25, April 1 and 8, at the Area Agency on Aging Conference Room.

This course invites you to consider family mementos, treasured photographs, vintage clothing, wartime letters or family recipes in your pursuit of recording important family stories. It will also explore ways to compile stories so that they can be shared with friends and family. Instructor, Deborah Murray, is an Instructor in the English Department at Kansas State University.

Meadowlark Hills residents may attend these classes at no charge. Sign up today by going to the UFM Community Learning Center website at www.tryufm.org and clicking on the Osher Institute Classes link or call, toll-free (877) 404-5823 or (785) 864-5823.

Committee Sign-up sheets

Staff members or committee chairs can now come by and pick up the committee sign-up sheets at the Hospitality Desk. Make sure to call and invite any new members to the upcoming meetings. Direct questions to Amanda Rall, at 323-3801.

City Commissioner Meet & Greet

Join Max Bayer and Bob Robinson in the Prairie Star Restaurant at 8:30 a.m. Friday, Mar. 1, for a complimentary breakfast of biscuits and gravy to meet and greet Manhattan City Commission candidate Bob Strawn. Breakfast will be served from 8:30 to 9 a.m.

**This event is not hosted by Meadowlark Hills.*

AARP Safe Driving Course

Learn tips on how to be a defensive driver at the safe driving course designed especially for drivers age 50 and older. Course completion helps older drivers refine existing skills and develop safe driving strategies. There are no tests required. Auto insurance discounts may be available to participants that complete the course. Participants must contact their insurance provider.

The course will be held in two consecutive days from 10 a.m. to 3 p.m. Monday, Mar. 18, and from 10 a.m. to 3 p.m. Tuesday, Mar. 19, in the KSU Classroom. Each day will include time for a lunch break. The cost to take the course is \$12 for AARP members and \$14 for non-members. Payment may be made at the door. Sign up in the Blue Book, located at the Hospitality Desk. The class is limited to 24 people.

Hale Library Concert Series

Transportation will be provided, free of charge to the Hale Library Concert Series, departing at 7 p.m. Friday, Mar. 8, from the Village Entrance. Sign up is available in the Blue Book at the Hospitality Desk.

Resident Focus Group

Join Lonnie Baker and Amanda Rall for a Resident Focus Group at 10:30 a.m. Thursday, Mar. 14, in the Manhattan Room. Sign up in the Blue Book, located at the Hospitality Desk.

Meet Miss Leavenworth County

Teresa Vail, title holder of Miss Leavenworth County, will join us at Coffee Corner at 3 p.m. Tuesday, Mar. 5, in the Community Room. She will sing a song that is part of her talent routine.

Irish songs duet

Jane Boys and Pat Mitsch share a musical performance at 7 p.m. Friday, Mar. 8, in the Community Room. Come enjoy songs from Irish background in celebration of Saint Patrick!

Pottery Class

A K-State Art major will be leading a pottery class at 9:30 a.m. Saturday, Mar. 9, in the West Conference Room. The pots will be fired and participants will eat a meal off their handcrafted pottery at 11:30 a.m. Saturday, Apr. 6, in the Manhattan Room. Sign up in the Blue Book if interested!

March *BIRTHDAYS*

Residents

Health Care

3/2	Evelyn Schoeff
3/7	Marcelle Boyd
3/10	Doris Givens
3/13	Sandra Bergersen

Assisted Living

3/17	Lois Thierolf
3/21	Diane Erbe
3/25	Leon Edmunds

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

Independent Living

3/1	Jean Beatty
3/2	Warren Walter
3/6	Alice Loar
3/9	Pat Hartman
3/10	Helen Janes
3/10	John Hartford
3/12	Charles Deyoe
3/14	Penny Socolofsky
3/15	Don Davis
3/16	John Mann
3/17	Mildred Lindholm
3/22	Donis Vaughn
3/22	Sue Buyer
3/23	Marion Boydston
3/23	Sandra Emley
3/24	Don Fallon
3/25	Ruth Friedmann
3/29	Dorothy Frazee
3/31	Bill Michel

Employees

3/3	Linda Frey	3/17	Mike Musselman
3/3	Danytra Spangler	3/17	Bailey Hedstrom
3/4	Beverly Shriver	3/17	Danielle Dobratz
3/4	Susan Entriakin	3/18	Crystal Neumann
3/4	Jacob Douglas	3/18	Joshua Reed
3/4	Kenzie George	3/18	Taelor Winchester
3/7	Chanta-Leiana Davis	3/19	Lynn Roberts
3/9	Sara Snell	3/23	Allie Cochran
3/10	Kristen Martin	3/25	Cara Brunswig
3/11	Renay Andersen	3/25	Tiffany Defebaugh
3/12	Shirley Escamilla	3/27	Kathryn Taylor
3/12	Abby Katt	3/28	Keana Davis
3/14	Janae Wollenberg	3/28	Brittany Schmitz
3/15	Tom Brown	3/29	Claudia Gordon
3/16	Kathy Ross	3/29	Victoria Brenneis
3/16	Sarah Truman		

Grosh Cinema Movies

Monday, March 4 -Sunday, March 10

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

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

Monday, March 4 — Band Wagon (1953) **Resident Request*

Washed-up movie star Tony Hunter tries to revive his career on Broadway in this classic musical comedy. Hunter and his talented cohorts encounter all kinds of problems as they try to bring "Faust" to the stage. Musical numbers include "That's Entertainment" and "Dancing in the Dark."

Starring: Fred Astaire

Rated NR; 1 hr. 52 min.

Tuesday, March 5 – One Day (2011)

After a romantic tryst on college graduation night, Emma and Dexter pursue separate dreams. This romantic drama based on a novel of the same name checks in with them each year on the same date, tracking their personal and professional progress.

Co-starring: Ann Hathaway & Jim Sturgess

Rated PG-13; 1 hr. 48 min.

Wednesday, March 6 – In Old California (1942)

When dignified Boston pharmacist Tom Craig heads out West to set up shop in California, he's unaware that the Gold Rush is about to explode and change the state forever. The locals quickly take a disliking to the pharmacist and poison his meds, causing Craig to almost lose his business. When typhoid fever strikes the town, however, Craig gets a chance to prove his worth in this quirky Western that features Wayne in an unusual role.

Starring: John Wayne

Rated NR; 1 hr. 27 min.

Thursday, March 7 – October Sky (1999)

As the Soviet satellite Sputnik streaks across the heavens in October 1957, it's a source of inspiration for 17-year-old Homer Hickam. Drafting a few friends to help, Homer crafts a rocket to compete for a science fair scholarship.

Starring: Jake Gyllenhaal

Rated PG; 1 hr. 47 min.

Friday, March 8 – Total Recall (2012)

Bursting with mind-blowing action sequences and spectacular visual effects, Douglas Quaid, a man on the run after a mind-bending procedure at Rekall goes horribly wrong.

Co-starring: Colin Farrell, Kate Beckinsale & Jessica Biel

Rated PG-13; 1 hr. 52 min.

Saturday and Sunday, March 9 & 10 – Hugo (2011)

When his father dies, 12-year-old orphan Hugo takes up residence behind the walls of a Parisian train station. There, he meets Isabelle, the daughter of filmmaker Georges Méliès, who holds the key to Hugo's destiny.

Co-starring: Chloe Grace Moretz, Ben Kingsley & Sacha Baron Cohen

Rated PG; 2 hrs. 6 min.



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

March Lunch Specials

March 1 – Three Meat Flatbread Pizza	\$3.75/ \$5.50
March 4 – Chicken Club Wrapini with Soup OR Chips	\$3.75/ \$5.50
March 6 – Tuna Noodle Casserole with Peas	\$5.50
March 8 – Bierock with Corn	\$5.50
March 11 – French Dip Sandwich with Corn Cob	\$3.75/ \$5.50
March 13 – Sloppy Joes with Cole Slaw	\$5.50
March 15 – Chili with Cornbread Muffins	\$3.75/ \$5.50
March 18 – Grilled Cheese Sandwich with Tomato Soup	\$3.75/ \$5.50
March 20 – Baked Spaghetti with Small Caesar Salad	\$5.50
March 22 – Cheese Quesadilla	\$3.00
Chicken Quesadilla	\$4.00
Steak Quesadilla	\$5.00
March 25 – Tuna Melt with Cottage Cheese & Fruit	\$3.75/ \$5.50
March 27 – Broccoli Chicken Casserole with Candied Carrots	\$5.50
March 29 – Stuffed Chicken Breasts with Green Beans	\$5.50

PRAIRIE★STAR

RESTAURANT

Mar. 3-9

Includes beverage, starter and dessert.

SUNDAY	Mar. 3 ~ Lunch \$11	Dinner \$12
	Cornish Game Hen with Mango Salsa Rice Pilaf Vegetable of the Day	Roast Brisket with Mushrooms Burgundy Sauce Roasted Red Potatoes Vegetable of the Day
MONDAY	Mar. 4 ~ Lunch \$10	Dinner \$11
	Grilled Ham & Cheese Sandwich Tomato Soup Choice of Vegetable	Chicken Roulades with Artichoke Parmesan Stuffing & Carrot Madeira Wine Sauce Wild Rice & Vegetable of the Day
TUESDAY	Mar. 5 ~ Lunch \$6	Dinner \$11
	Taco Tuesday (does not include drink, starter or dessert)	Roasted Pork Loin with Balsamic Cherry Sauce Scalloped Potatoes Vegetable of the Day
WED.	Mar. 6 ~ Lunch \$10	Dinner \$11
	Pork French Dips Steak Fries Choice of Vegetable	Shrimp Fettuccini Alfredo Garlic Toast Vegetable of the Day
THURSDAY	Mar. 7 ~ Lunch \$7	Dinner \$11
	Pizza Bar (does not include drink, salad, and dessert)	Pork Duo Parsnip Puree Braised Collard Greens
FRIDAY	Mar. 8 ~ Lunch \$10	Dinner \$13
	Turkey Rueben's Waffle Fries Choice of Vegetable	Seared Scallops with Lobster Butter Soft Sun Dried Tomato Polenta Vegetable of the Day
SATURDAY	Mar. 9 ~ Lunch \$10	Dinner \$15
	Sloppy Joes Tater Tots Choice of Vegetable	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 March 3– March 9

SUNDAY • MARCH 3

2:00 p.m. ~ Movie, GC
7:00 p.m. ~ Vespers– 1st Presbyterian Church with
Rev. Cam McConnell & Rev. Zac Morton, CR

MONDAY • MARCH 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
3:00 p.m. ~ Meadowlark Hills Singers, CR
5:30 p.m. ~ Tuttle Creek Supper, MR
7:00 p.m. ~ Game Time, GR

TUESDAY • MARCH 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
12:00 p.m. ~ Kimball Luncheon, MR
1:00 p.m.– Tai-Chi, CR
2:00 p.m.– Life Story, MR
3:00 p.m. ~ Coffee Corner, CR
4:00 p.m. ~ Newspaper & Bible, LR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • MARCH 6

8:00 a.m. ~ Centering Prayer, TR
8:00 a.m. ~ Dr. Tran's Foot Clinic, CR
By Appointment Only
9:00 a.m. ~ New Perspectives, LR
10:00 a.m. ~ Memory Support Group, CON
11:30 a.m. ~ 1st Men's Club, MR
1:00 p.m. ~ Pitch, GR
1 to 2 p.m. ~ Fitness Center Office Hour, FC
3:00 p.m. ~ Call Hall Ice Cream, KR
7:00 p.m. ~ Game Time, GR

Joke of the Week

A man inserted an advertisement in the
classifieds: **"Wife wanted."**
The next day he received a hundred letters.
They all said the same thing:
"You can have mine!"

THURSDAY • MARCH 7

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, CR
5:30 p.m. ~ Meadowlark Circle Supper, MR
7:00 p.m. ~ Bingo, CR

FRIDAY • MARCH 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
1:15 p.m. ~ Parkinson's Exercise Group, CR
7:00 p.m. ~ Irish Song Duet, CR

SATURDAY • MARCH 9

9:30 a.m. ~ Pottery Class, CON
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



Mar. 4 – 9
Purple Mask
1 oz. Vodka
1 oz. Grape Juice
0.5 oz. Crème de Cacao
\$3.75