# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

March 7, 2013

# All Aboard!

# Scenic train rides part of summer trip to Colorado

by Becky Fitzgerald

- The highest mountain pass reached by rail in the United States
- The Million
   Dollar Highway,
   with spectacular
   views around
   every curve
- The World's Greatest Gold Camp

The attractions listed above are just a

few that await Meadowlark Hills Travelers this summer as we escape the Kansas heat and journey to Colorado. There are more than 100,000 square miles to explore in our nation's eighth largest state, but from July 13 to 20, we'll concentrate our efforts in the south central and southwest regions. Our Arrow Stage Lines coach will take us to Colorado Springs, west to Cripple Creek and over the Continental Divide to Palisade and south through "The Switzerland of America" to Silverton and Durango. After a guided tour at Mesa Verde National Park, west of Durango, we head southeast to Chama, N.M., experiencing Toltec Gorge, Rock Tunnel and Phantom Curve, as we leisurely make our way north, back to Colorado Springs.

The scenery outside our bus windows promises to prompt much picture-taking, but we'll get off the beaten path when we hop aboard two narrow gauge trains, both of which regularly receive rave reviews on TripAdvisor.com. With the Durango and Silverton Narrow Gauge Railroad, travelers experience a coal-



One route of the Cumbres and Toltec Scenic Railroad runs from Chama, N.M., to Antonito, Colo. Many travelers have proclaimed this excursion as the "best in Colorado."

fired, steam-powered locomotive that travels along the same railroad tracks that miners, cowboys and the early settlers of the Old West used more than a hundred years ago. After lunch and time to shop in Silverton, we'll ride the train from Silverton to Durango.

A couple of days later, our group will traverse 64 miles of

unparalleled scenery on the Cumbres and Toltec Scenic Railroad, climbing from Chama to the dining hall at Osier and on to our final terminal. (Lunch is included!) We will sense the grandeur of the Rocky Mountains as our train is handled by sure-footed locomotives and able crews through tunnels, above deep gorges and over Cumbres Pass.

A hallmark of any Meadowlark Travelers trip is the variety of sight-seeing and learning opportunities offered, and this adventure is no different. Other attractions include an in-depth tour of an active, open pit gold mine and a brothel museum visit in Cripple Creek; an alpaca farm tour and wine-paring dinner at Palisade; a guided tour of Mesa Verde National Park; the Bar D Chuckwagon Dinner and Show; an overnight stay at Monte Vista Movie Manor Motel, where guests may watch a "drive-in" movie from the comfort of their motel rooms, and a tour of the U.S. Olympic Training Center in Colorado Springs.

See Colorado Trip, Page 5



# **WELLNESS WORD**

# **Healthy Habits**

Over 40 percent of the decisions we make each day are based on habit, not conscious thought. By creating better habits, you can create the backbone of a healthy lifestyle—one that works, even when you are not thinking about it!

One way to create a healthy habit is to track your behavior until the behavior becomes a habit. Follow these steps to a healthy lifestyle.

- Write down a goal.
- Add habits that will support your goal.
- Track your progress by checking off the healthy behavior as you complete it. Then look back to the day(s) you missed and see if there were any patterns of that day (didn't get enough sleep the night before, worked late, etc.) then try to correct these unhealthy patterns that are interfering with your goal

Hint: Statistics say that if you can stick with it for 21 to 60 days, you will have created a new habit. by Amanda Rall

# WITH SINCERE THANKS

Roger and I want to say thank-you for your concern and support these last weeks. The welcome back was heart-warming. Thanks to staff and residents who subtlety checked that Roger was safe and didn't go off with someone he shouldn't and for the support given to our children as they stepped in to help us through the events. To such a great bunch of neighbors, it's nice to be home and Meadowlark Hills is definitely home.

Submitted by Roger and Kay Shanks

# Joke of the Week

A couple on a road trip were angry with each other and hadn't said much in many miles.

When they passed a farmyard of animals, the husband asked sarcastically, "Relatives of yours?" "Yep," the wife replied, "in-laws."

# **ASK ANNIE!**

# Q: I was told there are generators for the duplexes. Is this true?

I have discussed this question with Mike Davis. He explained to me that we do not provide generators for the duplexes. He provided me with further information for power outages in the duplexes. I learned that Meadowlark Hills has priority service with Westar Energy Center. However, if there is an extended power outage, Meadowlark Hills will provide an escort to the main building to any resident living in the cottages or duplexes.



Although I am hopeful the snow is passed for this season, it has been a good reminder to stay prepared for emergencies. I discovered these recommendations for emergency kits. It is recommended that we have kits sufficiently stocked for each person in the home for a three-day period.

Recommended items include:

- flashlights
- battery powered radio and extra batteries
- food
- bottled water
- medications
- a list of emergency medical information describing any current needs and medications
- a whistle to signal for help
- other personal items you always need
- emergency phone number list

Thank you for your question, please keep them coming. by Annie Peace



# **UPCOMING EVENTS**

# Celebrating 32 years of service

After 32 years of service as a nurse at Meadowlark Hills, Linda Frey is celebrating her retirement! Please join us as we honor her with refreshments and fellowship from 4:30 to 6:30 p.m. Friday, Mar. 22, in the Community Room!

#### Irish songs duet

Jane Boys and Pat Miksch 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!

#### Church service

St. Paul's Episcopal Church will host a service on campus on the fourth Thursday of each month. Join in fellowship at 4 p.m. Thursday, Mar. 28, in the Living Room.

# **Voting transportation**

Need a ride to your polling place for the elections on April 2? Sign up in the Blue Book located at the Hospitality Desk for a ride to the Denison Fire House polling place, free of charge. The bus will depart from the Village Entrance at 9 a.m., Tuesday, April 2.

# **Tips and Techniques**

A local artist will be leading a water color painting class at 9 a.m. Saturday, Mar. 16, in the Community Room. Sign up in the Blue Book if interested!

# **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.

# Meadowlark Hills Retirement Community's Got Talent

The Meadowlark Hills talent show will be at 7 p.m. Friday, Mar. 22, in the Community Room. Talents of **all** kinds are welcome to enter! To register, sign up in the Blue Book located at the Hospitality Desk. For any performance set-up needs, contact Amanda Rall by Monday, Mar. 18, at 313-3801!

#### **AARP Safe Driving Course**

The completion of the AARP Safe Driving Course helps refine existing driving 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 nonmembers. 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.

### **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!

# **Card making with Michelle**

Join Michelle Lehmer at 2 p.m. Wednesday, Mar. 13, in the West Conference Room to make Easter cards or any other style you choose!

#### Irish folk music

A Saint Patrick's celebration will be hosted at 4 p.m. to 5:30 p.m. Saturday, Mar. 16, in the Community Room. Entertainment will include Irish folk music, complete with a set of bagpipes! Refreshments will be served, free of charge, including pretzels, peanuts, popcorn and green beer!

#### Meadowlark Hills Red Hatters

The Meadowlark Hills Red Hat Ladies will gather for a Saint Patrick's themed lunch at 12:30 p.m. Thursday, Mar. 14, in the Manhattan Room. Wear green and/or orange if you wish! Join us for a delicious Irish lunch with a very special surprise Irish dessert created for us by Chef John. The Irish menu includes cabbage salad, corned beef, herbed boiled potatoes and carrots!



# **ANNOUNCEMENTS**

# Verna Belles Café now offers the Manhattan Mercury

The Verna Belles Café now has a daily newspaper delivered. Come by and have a cup of coffee and catch up on current events!

#### **Weekend Greeter Volunteers**

The Hospitality Desk is looking for volunteers to staff the front desk over the weekends. Volunteers will have training prior to their shift. Openings include the fifth Saturday (when applicable) from noon to 2 p.m. and the fifth Sunday (when applicable) from noon to 2 p.m. and 2 p.m. to 4 p.m.

#### Candidate forum

The League of Women Voters of Manhattan and Riley County are hosting a Candidate forum for the Manhattan City Commission and USD #383 school board from 2:30 to 5 p.m. Sunday, Mar. 10, at the Fire Station Headquarters Lecture Hall, at the corner of Denison and Kimball Avenues.

Co-Sponsored by AARP, AAUW, MAREA & Manhattan Area Chamber of Commerce

# **In-Home Personal Training Services**

Many of you are aware of the fitness services offered at Meadowlark Hills, but did you know that we can bring our services to you? In-home personal training is a service available to all residents of Meadowlark Hills, passport members or friends and family in the community. A certified trainer will come to your place of residence and assist you through a safe, yet challenging workout. Equipment will be provided and transported by your trainer for each session, so purchasing equipment is not necessary. Before starting your sessions, the trainer will design a specific workout to help you reach your fitness goals. Contact the Fitness Coordinator, Jeff Heidbreder, at 341-2995, for questions about fitness services, or to set up an appointment!

- Jeff Heidbreder Fitness Coordinator
- Sara Hillard Personal Trainer and Massage Therapist
- Janalee Walter Personal Trainer and Group Exercise Instructor
- Teri Awbrey Personal Trainer and Group Exercise Instructor



One of the overnight stops will be near Grand Junction at Palisade, Colo. Travelers will enjoy the peaceful setting of Wine Country Inn, nestled in its own vineyards and orchards.

### Colorado Trip, from Page 1

Adding value to this trip is the service of a tour guide who will be with our group during our time in Colorado. He or she will meet us in Colorado Springs and offer education and insight throughout our journey. On previous trips, travelers often ask Becky questions about what's out the window, and she must "Google it" to get the answers. The guide should be able to take Google's place this time.

Tour package includes:

- Seven night's accommodations, luggage service
- Three nights at Drury Inn Colorado Springs (two nights at beginning of trip, one night before returning to Kansas) Drury Inn offers a nightly Kick Back reception with complimentary beer, cocktails and hot appetizers.
  - Wine Country Inn, Palisade
- Best Western Plus Rio Grande Inn, Durango (two nights) Manager's Reception offers free cocktails and snacks.
  - Movie Manor Motel, Monte Vista
  - Seven breakfasts, six lunches, two dinners
- Admission to all attractions, fares for railroads and park fees
  - Guided tour of Mesa Verde, including gratuity
  - Colorado guide, including gratuity

Cost is \$1,715 per person based on double occupancy, or about \$214 daily. Keep in mind, the rate includes lodging, transportation, many meals, all attractions and a knowledgeable guide. The rate for singles is \$2,215. A \$250 deposit is required with registration, and may be paid by check, Visa or Mastercard. Meadowlark residents also may have trip fees applied to their monthly statements. A minimum of 30 paid travelers are required to obtain the quoted price. Becky Fitzgerald and Amanda Rall plan to serve as co-leaders.

Please register in the Blue Book. Questions? Please contact Becky at 323-3802 or Amanda at 323-3801.

Meadowlark Hills Town Meeting Notes March 4, 2013

#### Introduction of New Residents, Kinzie Jo Zimmerman

New resident, Donna Ann Vaughn was introduced. She lives on the fifth floor.

#### **Board of Trustees Update, Dirk Daveline**

Dirk Daveline reported on the CEO search. They have narrowed it down from 27 applicants to five applicants. The CEO Search Committee is hoping to have a decision made and a CEO in place by June 1.

#### **Operations Update, Lonnie Baker**

Lonnie introduced Heath Rath. He is an Administrator in Training, or AIT. He will be working with us for another two weeks, for a total of eight weeks, before he goes onto another facility.

Outpatient Services Update, Garrett Lee Garrett introduced Dr. Matt Floersch, the new Medical Director for Meadowlark Hills.

#### Sales Update, Kinzie Jo Zimmerman

Kinzie Jo reported that Independent Living is projected to be at 90 percent by the end of March. The healthcare households and transitional care household are also doing very well.

Wellness Guide Update, Kinzie Jo Zimmerman

Kinzie Jo reported that interviews have been going on for a new wellness guide. In the mean time Josh Bayless, a PRN social worker here at Meadowlark Hills. He will be taking over the support groups until someone is hired. If anyone has any questions or concerns with one of the support groups, please contact Kinzie Jo Zimmerman or Carrie Escamilla.

#### IL Update/Upcoming Events, Amanda Rall

Amanda spoke about the various events coming up in the month of March, such as the Pottery Class on Saturday, Mar. 9. She also reported that no one has signed up for the talent show that is scheduled for Friday, Mar. 22. Amanda encouraged everyone to sign up to participate.

#### Adjourn

Submitted by Elizabeth Birk

### Grosh Cinema Movies

Monday, March 11 - Sunday, March 17 Show Times: 1, 4 and 7 p.m., Monday – Friday 1 and 4 p.m. Saturday; 2 p.m., Sunday

#### Monday, March 11 - Gentlemen Prefer Blondes (1953)

Two showgirls board a luxury liner to Paris. Engaged to be married, fair-haired Lorelei is unknowingly tracked by a private investigator who was hired by her future father-in-law. But the detective only has eyes for her brunette friend, Dorothy.

Co-starring: Jane Russell & Marilyn Monroe

Rated NR; 1 hr. 31 min.

#### Tuesday, March 12 – Steel Magnolias (1989)

Featuring a star-studded cast, this bittersweet drama follows the abiding friendship among five tight-knit women who congregate at a beauty parlor in a small Louisiana town to laugh, cry and discuss their lives.

Co-starring: Sally Field, Dolly Parton & Julia Roberts

Rated PG; 1 hr. 58 min.

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#### Wednesday, March 13 – El Dorado (1966)

Director Howard Hawks reunites with Rio Bravo star John Wayne in this classic Western. Gunfighter Cole Thornton hires himself out to the highest bidder. But that doesn't mean he'll face down his friend J.P. Harrah, sheriff of the titular town.

Starring: John Wayne Rated NR; 2 hrs. 6 min.

# Thursday, March 14 – Monkey Business (1952)

Grant's a middle-aged fuddy-duddy who may have invented a fountain of youth serum in his laboratory. But when a rampaging chimp mixes it into the water cooler, Grant and wife Rogers regress to their childhood. Marilyn Monroe is also a scream as the dim-bulb secretary to Charles Coburn.

Co-starring: Cary Grant & Ginger Rogers

Rated NR; 1 hr. 36 min.

# Friday, March 15 - Won't Back Down (2012) \*Resident Request

In this fact-based drama, two women from different classes and races draw on their common bond of motherhood to fight institutional inertia and an antagonistic bureacracy to improve an inner-city school.

Co-starring: Viola Davis & Maggie Gyllenhaal

Rated PG; 2 hrs. 1 min.

# Saturday and Sunday, March 16 & 17-Little Women (1994)

Louisa May Alcott's beloved novel comes to life in this sensitive, soulful adaptation. Four sisters and their mother battle life's vicissitudes in Civil War-era America after their father leaves to join the conflict.

Co-starring: Susan Sarandon & Winona Ryder

Rated PG; 1 hr. 58 min.

# PRAIRIE\*STAR RESTAURANT Inclu

# Mar. 10-16

Includes beverage, starter and dessert.

No. of Concession, Name of Street, or other Designation, Name of Street, or other Designation, Name of Street,		
>	Mar. 10 ~ Lunch \$11	Dinner \$10
SUNDAY	Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Shepherds Pie Vegetable of the Day
7	Mar. 11 ~ Lunch \$10	Dinner \$11
MONDAY	Grilled Chicken BLT's French Fries Choice of Vegetable	White Lasagna Garlic Toast Vegetable of the Day
<b>/</b>	Mar. 12 ~ Lunch \$8	Dinner \$12
TUESDAY	Fajita Bar (does not include drink, starter or dessert)	Braised Shortribs Roasted Carrots, Celery, Onions & New Potatoes
	Mar. 13 ~ Lunch \$10	Dinner \$12
WED.	Pork Fritter Sandwiches Steak Fries Choice of Vegetable	Sautéed Pork Tenderloin with Creamed Apple Brandy Sauce Potato Pancakes Vegetable of the Day
ΑΥ	Mar. 14 ~ Lunch \$6	Dinner \$11
THURSDAY	Pasta Bar (does not include drink, starter or dessert)	Chicken Roulades with Wild Mushrooms & Leeks Sherry Garlic Sauce, Rice Pilaf Vegetable of the Day
>	Mar. 15 ~ Lunch \$10	Dinner \$13
FRIDAY	Oyster Po'Boys Tater Tots Choice of Vegetable	Stuffed Trout with Shrimp & Crab Roasted Red Potatoes Vegetable of the Day
ΑΥ	Mar. 16 ~ Lunch \$10	Dinner \$15
SATURDAY	Meatball Subs Waffle Fries Choice of Vegetable	Steak Night Baked Potatoes Vegetable of the Day

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

# This Week's Opportunities March 10- March 16

# SUNDAY • MARCH 10

2:00 p.m. ~ Movie, GC

7:00 p.m. ~ Vespers-1st Presbyterian Church with

Rev. Cam McConnell & Rev. Zac Morton, CR

#### MONDAY • MARCH 11

Trash pick-up day.

8:00 a.m. ~ Dental Hygiene Clinic, 201

By Appointment Only

8:30 a.m. ~ 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 Luncheon, 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. ~ Ladies Pool Table Time, BP

1:30 p.m. ~ Hearing Aid Doctor, LR

2:00 p.m. ~ History Committee, MR

3:00 p.m. ~ Meadowlark Hills Singers, CR

7:00 p.m. ~ Game Time, GR

### TUESDAY • MARCH 12

10:30 a.m. ~ Steady Yourself, CR

11:15 a.m. ~ Chair Yoga, CR

1:00 p.m.- Tai-Chi, CR

3:00 p.m. ~ Coffee Corner, CR

3:30 p.m. ~ Ambassador Committee, CON

4:15 p.m. ~ Newspaper & Bible, LR

5:30 p.m. ~ 4th Floor Supper, MR

7:00 p.m. ~ Dominoes, GR

# WEDNESDAY • MARCH 13

8:00 a.m. ~ Centering Prayer, TR

9:00 a.m. ~ Building & Grounds Committee, LR

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 & Be Fit, CR

12:00 p.m. ~ 2nd Men's Club, LR

1:30 p.m. ~ Afternoon Presby Church Circle, LR

1:30 p.m. ~ Pitch, GR

1 to 2 p.m. ~ Fitness Center Office Hour, FC

2:00 p.m. ~ Card Making w/ Michelle, CON

3:00 p.m. ~ Call Hall Ice Cream, KR

4:00 p.m. ~ 3rd Floor Meeting, CR

7:00 p.m. ~ Game Time, GR

# THURSDAY • MARCH 14

10:00 a.m. ~ Meadowlark Bible Study, MR

10:00 a.m. ~ Great Decisions, LR

10:30 a.m. ~ Resident Focus Group, KSU CR

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

2:30 p.m. ~ KSU Gerontology Class, CR

4:00 p.m. ~ KSU Center on Aging Lecture Series, CR

7:00 p.m. ~ Bingo, CR

### FRIDAY • MARCH 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

# SATURDAY • MARCH 16

9:00 a.m. ~ Water Color Painting Art Class, CR

1:00 p.m. ~ Movie, GC

2:00 p.m. ~ Mildred Lindholm's Birthday Celebration, CR

4:00 p.m. ~ Movie, GC

4:00 p.m. ~ Irish Music for St. Patrick's Day, CR

# ROOM ABBREVIATIONS

Community Room, CR

Library, LB

Billiards Parlor, BP

Kansas Room (Pub), KR

Prairie Star Restaurant, PS

Conference Room, CON

Manhattan Room, MR

Apartment 201, 201

Fitness Center, FC

Living Room, LR Game Room, GR

Grosh Cinema, GC Tranquility Room, TR

Woodshop, WS

KSU Classroom, KSU CR

Village Entrance, VE Miller Office, MO

Miller Craft Room, MCR

