



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

March 14, 2013

## Committee Focus

### *Resident Ambassador Committee*

by Amanda Rall

Ever wonder how you can volunteer without even leaving the Meadowlark Hills campus? There are opportunities available to meet that need.

According to Webster's Dictionary, the definition of an ambassador is an authorized representative or messenger.

At Meadowlark Hills, a committee was created to be just that: representatives and messengers of the organization. You can volunteer to participate in the Ambassador Committee.

The committee meets twice a month and each meeting brings more enthusiasm than the last!

At the meetings, the group discusses how to break down the walls of the Meadowlark Hills Community, hypothetically speaking, of course. The committee members are encouraged to be familiar faces within each of the households on the Meadowlark Hills Campus.

The Ambassador Committee hopes to become a source of information for all residents. They are equipped with the knowledge of current events and will communicate this information to household staff to increase involvement in activities around campus of healthcare and assisted living households.

The household staff have an "Ambassador



**"Be the change you wish  
to see in the world!"**

**-Gandhi**

Request" form available to them. A staff member might fill this form out to request an ambassador's time be spent in their household. For example, a resident who wishes they could paint, but do not have the resources readily available to them, might ask an ambassador for their help.

This system helps the Ambassador Committee better identify which individuals at Meadowlark Hills want companionship and assistance

with certain activities.

Another definition of an ambassador is an unofficial representative. Many ambassadors of Meadowlark Hills are not on the committee. These are the people that individually share their gifts and kindness to guests or residents at Meadowlark Hills.

Members of the Resident Ambassador Committee include Sue Hunt, Harriette Janke, Kay Shanks, Mary Ann McCoy and Jo Ann Edwards. The staff representative for this group is Amanda Rall, Independent Living Leader.

If you are interested in joining the Resident Ambassador Committee, it is never too late! The larger the group, the more people and areas we can reach! Contact Amanda Rall, at 323-3801 or a member of the committee to join the meetings.



*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

### 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!

### 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!

### Salon closing, Mar. 22

The Pizazz Beauty Salon will be closed on Friday, Mar. 22. Book your appointments for earlier in the week by calling 537-6189!

### Office move

Amanda Rall, Independent Living Leader, has a new office! She is now located on the first floor in the Wellness office (adjacent to the fitness center). You can still reach her at the same office phone number, 323-3801.

### 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.

The course will be held 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. The cost of 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.

### 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.

### Security reminder

The staff at Meadowlark Hills continue to stress the importance of locking your doors. Apartment doors that have been left unlocked are much more likely to have something stolen. Having a neighbor keep a spare key is also a recommendation. Coil wrist band key holders will be dispersed to every resident. Wear your key ring on your wrist and lock your doors!

## ASK ANNIE!

### Q. Is there someone at Meadowlark Hills that can help me with my taxes, including getting my documents together?

Meadowlark Hills Finance team is not able to offer tax advice or assistance. However there is a great **FREE** community resource. AARP Tax-Aide volunteers are at the Senior Center until April 12. To make an appointment and find out what documents you need to bring, call 537-4040.

If you need help gathering documents, Meadowlark Hills does have staff available through our Finance Office and Home Health Team that can assist gathering the documents as directed by you and/or your tax professional.

I know great people who have in the past, or are currently volunteering for AARP. I first learned about this service from John Mann, as he was a volunteer. I know that Terry Arthur, a member of our Foundation Board, volunteers for this service along with many other hours of volunteering.

Thank you for your question.

*by Annie Peace*





## UPCOMING EVENTS

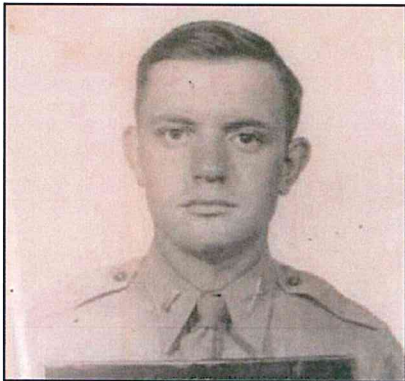
### Little Apple Chorus

The Little Apple Chorus will perform Saturday, April 13, with shows at 2 p.m. and 7 p.m. A special performance, one-half hour before each show, is Manhattan Barefoot Dixieland Band. Sign up in the Blue Book for transportation. Transportation departure times include 1 p.m. for the first show time and 6 p.m. for the second show time. See Amanda Rall, in the Wellness office for first-come, first-serve general admission ticket voucher, while supplies last! For other ticket information, contact Loren Alexander or Cam Beatty.

### Irish folk music

A Saint Patrick's Day celebration will be hosted from 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!

## Guess Who?



**John Mann**

is celebrating his 90th Birthday  
this year!

Join him for a *hi & a hug* from  
2 to 4 p.m. Wednesday, Mar. 20,  
in the Community Room!  
*No cards, please.*

### The History of Art Lecture Series

Jay Nelson, of the Strecker-Nelson Gallery on Poyntz Avenue, is back by popular demand! Jay has agreed to lecture over a trilogy of art history. He will begin the series at 7 p.m. Wednesday, April 10, in the Community Room and will continue the three sessions on Wednesday, May 8, and June 12. This is a great opportunity to experience art, so sign up in the Blue Book located at the Hospitality Desk.

### Easter brunch

Celebrate your Easter Sunday with a feast! Prairie Star Restaurant is hosting an all-you-can-eat buffet brunch on Sunday, Mar. 31, in the Community Room. There will be two seating times, one at 11 a.m. and another at 1 p.m. Reserve your spot by signing 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!

### Dental Hygiene Location Change

The dental hygienist will now operate out of apartment 201. Please report to this location for future appointments.

### Joke of the Week

My parents recently retired. Mom always wanted to learn the piano, so dad bought her one. A few weeks later, I asked how she was doing with it.

"Oh, we returned it," said my dad, "I persuaded her to switch to the clarinet instead."

"Why is that?" I asked.

"Because," he answered, "with a clarinet, she can't sing!"

**Members present:** Jean Beatty, Charles Deyoe, Pat Vogt, Don Rasmussen, Loren Alexander, Enell Forster, Bob Kruh, Jo Lindly, Jo Call, Sandra Emley and Betty Grubb

**Staff present:** Amanda Rall, Kinzie Jo Zimmerman, Ashley Green, Lonnie Baker, Elizabeth Birk and Dirk Daveline

### **Introductions**

Ashley Green introduced Lyndi Stucky, the Cultural Anthropology student that is staying this week at Meadowlark Hills.

### **Updates**

**History Committee-** Esther Headrick reported on the work that the History Committee has been doing. They are looking into finding an author to write the Meadowlark Hills History. The committee has the existing Meadowlark Hills history in order by year.

**Independent Living-** Lonnie Baker told the council members that they will be doing Resident interviews soon with Dr. Matthew Floersch, the new Medical Director for Meadowlark Hills. Kinzie Jo reported on the current census for Meadowlark Hills. She reported that there will be a steady increase of Independent Living residents through out the coming months.

**Board of Trustees-** Several members of the Council attended the last meeting of the BOT. Jean expressed the appreciation of the Council for being invited. Dirk Daveline extended an invitation to the Council to attend the next BOT meeting.

### **Approval of January Minutes**

One change was proposed by Don Rasmussen to the Representative Duties. The change made was to the purpose statement of the duties. The change reads: "To serve as a forum in which residents participate in the governance of the Meadowlark Hills retirement community. The council functions as an advocate for all Independent Living residents. It also serves as a liaison between all residents and the Board of Trustees." The change was made and approved. The amended January minutes were then approved by a unanimous vote.

### **Old Business**

#### **Action Items**

**A. Political Signs/Meetings Policy-** The committee has worked to put together a policy which was handed out during the Resident Council meeting. There are still a few items that need to be finished for the policy and the committee will meet once more to address those items. They will then present the completed policy to the Reps at the next Resident Council meeting in March.

**B. Pedestrian/Vehicle Safety-** Amanda Rall reported that no one has stepped forward to champion the Safety Committee. She reported that the safety information is in the Resident Handbook and the information is included in the employee in-service. She has arranged for the AARP Safe Driving Course to be held in March on the Meadowlark Hills campus.

**C. Crosswalk Stripes Paint-** Don Rasmussen reported that Mike is still researching different types of paint to use on the crosswalks.

**D. Email Group-** Amanda Rall sent out a few emails to make sure that all of the addresses were correct. She will use this email list to send out Resident Council minutes and a list of new move-ins.

**E. Weekend Resource Number-** Jean Beatty has checked for the last couple of weekends and the Weekend Resource number has been posted each time at the Hospitality Desk.



**F. Emergency Transportation-** The cost of transportation was addressed in the Meadowlark Hills Messenger by Annie Peace.

**G. Washers and Dryers-** Dirk Daveline reported that all of the washers and dryers are going to be replaced in the main building. This should be done within 30 to 60 days.

#### **New Business**

**1. Signage at Entrances-** Lonnie Baker reported that this has been discussed many times before. He said that a survey will be conducted or the issue will be discussed in Focus Groups to see if this is needed.

**2. Neighborhood/Floor Checklist-** Jean asked all of the representatives to create a checklist for new residents. The checklists will be presented at the March Resident Council meeting.

#### **Questions and Concerns**

**1. Second Floor Hallway-** Pat Vogt mentioned that the west wing hallway on the second floor is always very warm.

**2. Keys and Security-** Lonnie reported that a security system is being looked into for Meadowlark Hills. He said that there needs to be more discussion and feedback on this issue.

#### **Action Items**

<b>Action Item</b>	<b>Brief Description</b>	<b>Action to be Taken</b>	<b>By:</b>	<b>Status:</b>
<b>1.</b>	The policy needs to be finished for the Political signage so that it can be approved by the board.	Committee needs to meet and finish policy.	Sandra Emley Jo Lindley Pat Vogt Jo Call	In Process
<b>2.</b>	Pedestrian/Vehicle safety- need a new champion for residents.	Continue looking for a Champion.	Amanda Rall	In Process
<b>3.</b>	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
<b>4.</b>	Signage at Entrances	Surveys will be sent out or focus groups formed to collect more information.	Lonnie Baker	In Process
<b>5.</b>	Security system	More discussion and feedback needed from residents on this issue. Will report back next meeting.	Lonnie Baker	In Process

#### **Adjourn**

*Submitted by: Elizabeth Birk*

## Grosh Cinema Movies

Monday, March 18 -Sunday, March 24

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

### **Monday, March 18 – Man of La Mancha (1972) \*Resident Request**

The hit Broadway musical based on Miguel de Cervantes's novel *Don Quixote* is brilliantly adapted for the screen by director Arthur Hiller with Peter O'Toole in the title role, James Coco as his devoted sidekick, Sancho Panza, and Sophia Loren as a lusty Aldonza/Dulcinea. Classic songs include "The Impossible Dream," "I'm Only Thinking of Him," "Dulcinea" and many others.

**Co-starring: Sophia Loren & Peter O'Toole**

**Rated PG; 2 hrs. 9 min.**

### **Tuesday, March 19 – The Odd Couple (1968)**

Tossed out of the house by his wife, Felix Unger decides the best thing to do is move in with his best pal: deliberately devolved caveman Oscar Madison. Within days, the slovenly Oscar and compulsive neatnik Felix are driving each other bonkers.

**Starring: Jack Lemmon & Walter Matthau**

**Rated G; 1 hr. 45 min.**

### **Wednesday, March 20 – Pony Express (1953)**

Buffalo Bill Cody and Wild Bill Hickok join forces to establish the Pony Express mail service, which is opposed by rival line operator Joe Cooper and siblings Evelyn and Rance Hastings, who hope to profit by fomenting unrest across California.

**Co-starring: Charlton Heston & Rhonda Fleming**

**Rated NR; 1 hr. 41 min.**

### **Thursday, March 21–Million Dollar Baby (2004) \*Resident Request**

Despondent over a painful estrangement from his daughter, trainer Frankie Dunn (Clint Eastwood, who also directs) isn't prepared for boxer Maggie Fitzgerald (Hilary Swank) to enter his life. But Maggie's determined to go pro -- and to convince Dunn and his cohort (Morgan Freeman) to help her.

**Co-starring: Hilary Swank, Clint Eastwood & Morgan Freeman**

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

### **Friday, March 22 – This Means War (2012)**

Each determined to win the heart of a sexy blonde bombshell, two best friends and CIA spies turn their secret-agent skills against each other, heedless of the ever-widening trail of wreckage and collateral damage they leave in their wake.

**Co-starring: Reese Witherspoon, Chris Pine & Tom Hardy**

**Rated PG-13; 1 hr. 37 min.**

### **Saturday and Sunday, March 23 & 24 – Red Dog (2012)**

This is the story of a legendary, lovable canine that roams the outback and finds his way into the hearts of each and every person he meets along the way. He brings people together, helping some find love and others to find themselves.

**Co-starring: Rachael Taylor & Josh Lucas**

**Rated PG; 1 hr. 32 min.**



# PRAIRIE★STAR

## RESTAURANT

# Mar. 17-23

Includes beverage, starter and dessert.

SUNDAY	Mar. 17 ~ Lunch \$11	Dinner \$10
	Corned Beef & Cabbage Boiled New Potatoes Steamed Carrots	Chicken & Roasted Vegetable Rigatoni with Tomato Vodka Sauce Garlic Toast
MONDAY	Mar. 18 ~ Lunch \$10	Dinner \$12
	Broccoli & Chicken Casserole Choice of Vegetable	Grilled Pesto Pork Tenderloin with Pesto Cream Sauce Rice Pilaf Vegetable of the Day
TUESDAY	Mar. 19 ~ Lunch \$6	Dinner \$11
	Taco Tuesday (does not include drink, starter or dessert)	Shrimp Scampi Roasted Red Pepper Risotto Vegetable of the Day
WED.	Mar. 20 ~ Lunch \$10	Dinner \$11
	Avocado BLT's Waffle Fries Choice of Vegetable	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day
THURSDAY	Mar. 21 ~ Lunch \$8	Dinner \$11
	Chinese Buffet (does not include drink, starter or dessert)	Baked Ham with Cherry Balsamic Sauce Au Gratin Potatoes Vegetable of the Day
FRIDAY	Mar. 22 ~ Lunch \$10	Dinner \$12
	Mixed Grill Potato Salad Choice of Vegetable	Grilled Salmon w/dill sauce Roasted Red Potatoes Vegetable of the Day
SATURDAY	Mar. 23 ~ Lunch \$10	Dinner \$14
	Mexican Lasagna 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 March 17– March 23

## SUNDAY • MARCH 17

2:00 p.m. ~ Movie, GC

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

## MONDAY • MARCH 18

*Trash pick-up day.*

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

*By Appointment Only*

9:30 a.m. ~ Seated Strength, CR

10:00 a.m. ~ AARP Safe Driving Course, KSU 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

1:30 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 • MARCH 19

7:30 a.m. ~ 1st Pres. Men's Bible Study, MR

10:00 a.m. ~ AARP Safe Driving Course, KSU CR

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

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

2:00 p.m. ~ Life Story, LR

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

4:00 p.m. ~ Newspaper & Bible, LR

5:30 p.m. ~ 2nd Floor Supper, CR

7:00 p.m. ~ Dominoes, GR

## WEDNESDAY • MARCH 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 & Be Fit, CR

1:30 p.m. ~ Pitch, GR

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

2:00 p.m. ~ John Mann's Birthday Party, CR

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 • MARCH 21

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

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. ~ Blood Pressure Clinic, GR

2:00 p.m. ~ Low Vision Support Group, KSU CR

2:00 p.m. ~ Literature Club, MR

3:30 p.m. ~ Dementia Caregiver Support, KSU CR

7:00 p.m. ~ Bingo, CR

7:30 p.m. ~ Sons of the American Revolution, CON

## FRIDAY • MARCH 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

4:30 p.m. ~ Linda Frey's Retirement Party, CR

7:00 p.m. ~ Meadowlark Hills' Got Talent, CR

## SATURDAY • MARCH 23

1:00 p.m. ~ Movie, GC

4:00 p.m. ~ Movie, GC

## • 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

DRINK SPECIAL



Mar. 18 – 23

Irish Eyes

2 oz. Jameson

0.5 oz. Crème de menthe

2 oz. Cream

\$3.75