



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

March 21, 2013

Therapy Services

Health Fairs Planned for Assisted and Independent Living

by Garrett Lee

Therapy Services will host two health fairs in April for Assisted Living and Independent Living residents and families. The first opportunity will start at 2:30 p.m.

Wednesday, April 10, in the Tinklin Pointe Dining Room. The second starts at 10 a.m.

Thursday, April 11, in the Community Center Game Room.

Participants will have the opportunity to meet the therapists, have their questions answered, learn about Lee-Silverman Voice



Training, fall prevention and low-vision. Tasty refreshments will be available. We encourage Assisted Living residents to attend the Wednesday session and Independent Living residents to attend the Thursday session, however, feel free to join either sessions if your schedule requires.

Please contact Garrett Lee at (785) 323-3829 or Jordan in the Therapy office at (785) 323-3873 with questions. We're looking forward to seeing you there!

UPCOMING EVENTS

MLH's Got Talent

If you are registered to perform at the Meadowlark Hills Retirement Community's Got Talent, please come to the main lobby by 6:30 p.m. Friday, March 22. The judges are Lynette Ford, Miguel Perez and Marla Bugbee. Join us for a night of talented performers!

MLH Reading Recital

Join Charlie Kempthorne's writing class, LifeStory, as they recite the stories they've been working on this session, at 7 p.m. Friday, March 29, in the Community Room. Refreshments will be served!

Transportation to 150 Years of K-State

In celebration of K-State's anniversary, the Manhattan Public Library is hosting a food heritage expedition, at no charge. Transportation will be provided for \$3, and will depart at 7 p.m. Thursday, April 4, from the Village Entrance.

Tai Chi

Tai Chi classes will resume at 1 p.m. Tuesday, April 2, in the Community Room. Classes will be held at 1 p.m. every Tuesday and Thursday from Tuesday, April 2, to Tuesday, July 2. Tai Chi instructor, Laurie Pieper, would like to keep class sizes to 12 participants, to ensure ample space and safety. Sign up now in the Blue Book, located at the Hospitality Desk. Participants new to Tai Chi are encouraged to attend on a regular basis, as the class will build from one class to the next. There will be no additional fee for residents and passport members. Any outside participants will need to sign up for a general fitness membership. Please contact the, Fitness Coordinator, Jeff Heidbreder at 341-2995 with any questions, or to get registered for the next session.

4-H Drama Skit to follow Coffee Corner

The Little Apple 4-H group will perform a short skit at 4 p.m. Tuesday, March 26, in the Community Room, following Coffee Corner.



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

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

ANNOUNCEMENTS

Coil wrist band for house keys

Coil wrist bands that can hold apartment or house keys may be picked up at the Hospitality Desk. These holders will make it easier to carry your key with you at all times. Then when you are in your apartment you can hang it on your doorknob to help you to remember to lock-up before your leave.

Service of Remembrance

The Service of Remembrance to celebrate the lives of those we've lost in the last month will be at 2:30 p.m. Friday, March 22, in the Community Room.

Courtesy reminder

Please remember to be considerate of others when parking walkers and scooters, especially at entrances. Mobility equipment not being used should be parked securely out of high traffic areas. Ask the staff to help with parking or retrieving the equipment.

Paid scribe wanted

A typist is needed to help publish a book about genealogy. For more details contact Les Frazier at 539-4897.

A Special Thank You

Ivan and Dorothy Tomkins want to thank staff and residents of Meadowlark Hills for the exceptionally warm welcome they received upon their move from Kansas City to Manhattan.

WELLNESS WORD

Dementia Caregiver Support Group

Are you caring for someone you love that has been diagnosed with dementia? The Dementia Caregiver Support Group meets every Thursday afternoon at 3:30 p.m. in the KSU Classroom.

Join us on Thursday, March 21, for coffee, dessert and a time to talk and listen to stories of people facing dementia. We offer an opportunity to ask questions, voice concerns and talk about the triumphs and struggles of your relationship with dementia. Anyone is welcome to join at any time!

Joke of the Week

While a young college boy was showing off his new apartment, his friend asked, "What is that brass gong and hammer for?"

"That is a talking clock," he replied.

"How does it work," asked his friend.

"Watch!" the student said as he gave the gong a pound with the hammer.

Suddenly someone screamed from the other side of the wall, "KNOCK IT OFF, YOU JERK! It's 2 in the morning!"

ASK ANNIE!

Q: Who was responsible the improvements of the Meadowlark statue and the sign at the Kimball Avenue entrance?

by Annie Peace



This question did not require much research, as I am aware of the very active and committed Building and Grounds Committee at Meadowlark Hills. The bird at the Kimball Avenue entrance has many great stories of being built, stolen and replaced. I would guess some of the stories are true as they are not fish stories, no pun intended! Bob Klemm and Bob Smith members of the committee have both invested time and focus into this project. Thanks to all the residents who are serving on committees, resident councils and our board. A special thanks to you two gentlemen for leading the charge for this improvement to our campus.

Thank you for your question. Keep them coming!



CEO SEARCH COMMITTEE UPDATE

Community meetings scheduled

The CEO Search Committee has been diligently working to find a leader to assume the role of Chief Executive Officer at Meadowlark Hills. Now that the pool of applicants has been narrowed down, the committee is hosting a community meeting and providing an opportunity for residents to hear from the candidates and ask questions.

Questions must be submitted prior to the community meetings to be included in the discussion. All questions will be read by a moderator. Submissions can be made at the Hospitality Desk and are due by 5 p.m. Friday, March 29, for both meetings.

Two of the final candidates include Lonnie Baker and Matt Loyd. You are invited to meet candidate Matt Loyd from 10:30 to noon Monday, April 1 in the Community Room.

Residents are invited to attend a community meeting with candidate Lonnie Baker from 10:30 to noon, Friday, April 5, in the Community Room.

Good luck to both candidates.

PARKINSON'S PROGRAM UPDATE

Pig Out for Parkinson's

Thursday, April 25, 2013

11 a.m. to 2 p.m. & 5 to 9 p.m.

Cox Bros BBQ, 223 McCall Road, Manhattan, KS



Support the programs sponsored by the Parkinson's Program of Manhattan at Meadowlark Hills. Make a minimum donation of \$10 and you can have your own Cox Bros BBQ sauce with an autograph from Bill Snyder.

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Parkinson's Education Workshop



Saturday, April 13, 2013

9 a.m. to 3 p.m.

Justin Hall, Kansas State University

Join the National Parkinson Foundation Heartland & the Parkinson's Program of Manhattan at Meadowlark Hills for the 2013 Parkinson's Education Conference at the K-State Campus in the newly renovated Justin Hall. To learn more, visit www.meadowlark.org or www.parkinsonheartland.org. **Attendance is free, but registration is required. Seating is limited.** To register: Call (913) 341-8828 or e-mail amy@parkinsonheartland.org.

Grosh Cinema Movies

Monday, March 25 -Sunday, March 31

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

Monday, March 25 – Three Little Words (1950)

Fred Astaire won a Golden Globe for his performance as sidelined magician Bert Kalmar, who meets aspiring baseball player Harry Ruby (Red Skelton). The pair start writing tunes together, embarking on a long roller-coaster partnership.

Co-starring: Fred Astaire, Red Skelton & Debbie Reynolds

Rated NR; 1 hr. 42 min.

Tuesday, March 26 – Harvey (1950)

Affable tippler Elwood P. Dowd (James Stewart) lives with his sister, Veta (Josephine Hull), and her bashful daughter. They hate his drinking, but what rankles them more is his faithful companion: a 6-foot-tall invisible rabbit named Harvey. Elwood's embarrassing flight of fancy is foiling Veta's plans to marry off her daughter, so Veta decides to commit Elwood. But when she confesses she's seen Harvey, the doctor institutionalizes Veta instead!

Starring: James Stewart

Rated NR; 1 hr. 45 min.

Wednesday, March 27 – Joe Kidd (1972)

A wealthy landowner (Robert Duvall) attempts to hire former bounty hunter Joe Kidd (Clint Eastwood) and a band of killers to track down a group of armed revolutionary Mexicans (led by John Saxon's Luis Chama) whose U.S. land claims were denied and then burned by the government. At first, Kidd turns down the offer, until Chama steals his horse and terrorizes his friends. John Sturges directs from an original screenplay by Elmore Leonard.

Co-starring: Clint Eastwood & Robert Duvall

Rated PG; 1 hr. 27 min.

Thursday, March 28 – Sherlock Holmes: A Game of Shadows (2011)

Robert Downey Jr. returns as the brilliant sleuth and Jude Law is back as Dr. Watson in this atmospheric sequel to 2009's *Sherlock Holmes*. Holmes resorts to occult theories and more to defeat the plans of his nemesis, the evil Professor Moriarty.

Co-starring: Robert Downey Jr. & Jude Law

Rated PG-13; 2 hrs. 8 min.

Friday, March 29 – Here Comes the Boom (2012) **Resident Request*

When budget cutbacks threaten his high school's music program, physics teacher Scott Voss decides to moonlight as a mixed martial arts fighter in order to raise the money that would save the program.

Co-starring: Kevin James, Henry Winkler & Salma Hayek

Rated PG; 1 hr. 45 min.

Saturday and Sunday, March 30 & 31 – Hop (2011)

An unemployed slacker suddenly finds himself uncharacteristically busy after he accidentally runs over the Easter Bunny and has to not only nurse the cranky rabbit back to health but also take over his duties so the holiday can continue.

Co-starring: James Marsden, Kaley Cuoco & Russell Brand

Rated PG; 1 hr. 36 min.

PRAIRIE★STAR

RESTAURANT

March 24-30

Includes beverage, starter and dessert.

SUNDAY	March 24 ~ Lunch \$10	Dinner \$10
	Baked Chicken Roasted Reds Vegetable of the Day	Spaghetti & Meatballs Garlic Toast Vegetable of the Day
MONDAY	March 25 ~ Lunch \$10	Dinner \$11
	French Dip Sandwich Steak Fries Choice of Vegetable	Cornish Game Hem Baked Sweet Potatoes Brussels Sprouts
TUESDAY	March 26 ~ Lunch \$8	Dinner \$11
	Fajita Bar (does not include drink, starter or dessert)	London Broil Twice Baked Potatoes Vegetable of the Day
WED.	March 27 ~ Lunch \$10	Dinner \$11
	Monte Cristo Sandwich Waffle Fries Choice of Vegetable	Chicken Cordon Blue Rice Pilaf Vegetable of the Day
THURSDAY	March 28 ~ Lunch \$6	Dinner \$11
	Mac & Cheese Bar (does not include drink, starter or dessert)	Sautéed Pork Chops Mashed Potatoes & Gravy Vegetable of the Day
FRIDAY	March 29 ~ Lunch \$10	Dinner \$15
	Open Faced Turkey Sandwich Mashed Potatoes Choice of Vegetable	Catch of the Day Roasted Red Potatoes Vegetable of the Day
SATURDAY	March 30 ~ Lunch \$10	Dinner \$15
	Chicken Quesadilla 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 24– March 30

SUNDAY • MARCH 24

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

MONDAY • MARCH 25

Trash pick-up day.

8:00 a.m. ~ Dental Hygiene Clinic, 201
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
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
3:00 p.m. ~ Meadowlark Hills Singers, LR
7:00 p.m. ~ Game Time, GR

TUESDAY • MARCH 26

10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
3:00 p.m. ~ Coffee Corner, CR
3:30 p.m. ~ Ambassador Committee, CON
4:00 p.m. ~ Newspaper & Bible, LR
4:00 p.m. ~ Little Apple 4-H Acting Skit, CR
5:30 p.m. ~ 3rd Floor Supper, CR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • MARCH 27

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, LR
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
2:30 p.m. ~ Lutheran Communion, LR
3:00 p.m. ~ Unitarian Universalist Fellowship, MR
3:00 p.m. ~ Call Hall Ice Cream, KR
5:30 p.m. ~ 1st Floor Supper, MR
7:00 p.m. ~ Game Time, GR

THURSDAY • MARCH 28

10:00 a.m. ~ Meadowlark Bible Study, LR
12:00 p.m. ~ Resident Wellness Committee, MR
1:00 p.m. ~ Parkinson's Voice Class, KSU CR
1:00 p.m. ~ Blood Pressure Clinic, GR
2:30 p.m. ~ KSU Gerontology Class, CR
3:30 p.m. ~ Dementia Support Group, KSU CR
4:00 p.m. ~ St. Paul's Episcopal Church Service, LR
5:15 p.m. ~ Eastside Supper, MR
7:00 p.m. ~ Bingo, CR

FRIDAY • MARCH 29

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. ~ Meadowlark Hills Reading Recital, CR

SATURDAY • MARCH 30

9:00 a.m. ~ Water Color Painting Art Class, CR
1:00 p.m. ~ Movie, GC
4:00 p.m. ~ Movie, GC
4:30 p.m. ~ Sloan House Meal, CR

• ROOM ABBREVIATIONS •

201, Apartment 201	LB, Library
BP, Billiards Parlor	LR, Living Room
CR, Community Room	MR, Manhattan Room
CON, Conference Room	MCR, Miller Craft Room
FC, Fitness Center	PS, Prairie Star Restaurant
GR, Game Room	TR, Tranquility Room
GC, Grosh Cinema	VE, Village Entrance
KR, Kansas Room (Pub)	WS, Woodshop
KSU CR, KSU Classroom	

DRINK SPECIAL



March 24 – 30

Derby

2 oz. Bourbon

0.25 oz. Benedictine

1 dash bitters

Lemon Twist

\$3.75