



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

April 11, 2013

The Parkinson's Program of Manhattan

April is Parkinson's Disease Awareness Month

by Amanda Rall

April is Parkinson's Disease Awareness Month. The Parkinson's Program of Manhattan at Meadowlark Hills has been extremely busy planning fundraisers and educational workshops to raise awareness about Parkinson's Disease.

The Parkinson's Program, together with the National Parkinson Foundation Heartland, will host the 2013 Parkinson's Education conference on the Kansas State University campus in the newly-renovated Justin Hall. A neurologist who specializes in movement disorders and two Kansas State University College of Human Ecology faculty members will be among the speakers scheduled to present.

The educational workshop begins at 9 a.m. and will conclude by 3 p.m. Saturday, April 13. This is a free event and everyone is welcome to come learn about Parkinson's Disease and ways to actively live with the disease. Seating is limited, so register for this event by calling (913) 341-8828, or email amy@parkinsonheartland.org. Transportation will depart at 8:30 a.m. from the Village Entrance at Meadowlark Hills. Please sign up for transportation in the Blue Book, located at the Hospitality Desk.

Would you like to support a good cause while chowing down on some great food? The Pig Out for Parkinson's event will be Tuesday, April 25, at the Cox Bros. BBQ restaurant. Enjoy \$2 pork sliders



from 11 a.m. to 2 p.m. or if you miss the lunch crowd come back from 5 p.m. to 9 p.m. Make a minimum donation of \$10 and you can choose from their pantry of Cox Bros BBQ sauce with an autograph from Coach Bill Snyder! A portion of the proceeds will benefit the Parkinson's Program.

If you would like to have lunch at the Pig Out for Parkinson's and support the Parkinson's Program, transportation will be available. Sign up in the Blue Book located at the Hospitality Desk.

Departure is at 11:30 a.m. from the Village Entrance.

Join the fight against Parkinson's Disease by signing up for the Speedy PD 5K/10K race or the 1/2 mile family fun run/walk. The race begins at 8 a.m. Saturday, Aug. 24, at the Tuttle Creek State Park. Register before May 1 and receive a reduced rate. For more information visit www.runspeedypd.org.

Questions about the Parkinson's Program can be directed to Michelle Haub, Parkinson's Program Director, at (785) 323-3899.



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

Reoccurring shopping trip

Meadowlark Hills will now be offering shopping trips every two weeks to the Wal-Mart shopping area, free of charge. Beginning Wednesday, April 17, transportation will depart from the Village Entrance at 10 a.m. and drop passengers off at Wal-Mart. They will be picked back up at the west entrance of Wal-Mart at 11:30 a.m. The shopping area offers groceries, a deli counter, bakery, clothing, cleaning supplies, photo printing, jewelry counter, garden department, banking, hair and nail salon, and a sub sandwich restaurant. Please limit your shopping to three bags per person.

Veterans' Meeting

All veterans are invited to the monthly meeting at 10 a.m. Friday, April 19, in the Grosh Cinema. The meeting will focus on a video called the Manhattan Project.

Performing author

Author Dan Walters will lead an entertaining lecture over the *History of Aggieville*. The journey begins at 7 p.m. Friday, April 19, in the Community Room.

Osher class: A Poetic Tribute to Kansas' First 150 Years

Kansas poet laureate, Caryn Mirriam-Goldberg will lead a reading and discussion of the book *To the Stars Through Difficulty: A Kansas Renga in 150 Voices*. Based on the Kansas state motto, "Ad Astra Per Aspera"! The Osher class, A Poetic Tribute to Kansas' First 150 Years begins at 7 p.m. Tuesday, May 7, in the Community Room. Please register for this class by calling (877) 404-5823. There is a \$10 fee associated with the class.

Travel & Dining Auction

The 17th Annual K-State Travel and Dining Auction is taking place at 6:30 p.m. Friday, April 26, at The Hilton Garden Inn. Enjoy a night of beer, wine, heavy hors' devours, a live auction and over 200 silent auction lots. Tickets are \$25 in advance and \$35 at the door. All proceeds benefit the KSU Hotel Restaurant Management and Dietetics program. Please contact Ashley Green for ticket purchase information or any questions, at (785) 249-8188.

Karaoke Night

Get to know Dr. Micheal Wesch's Anthropology class as they lead a Karaoke Night at 7 p.m. Friday, April 12, in the Game Room.

Dementia & Personhood Conference

The Kansas State University Center on Aging is hosting a conference entitled "Dementia and Personhood." Dan Cohen and Jim Vanden Bosch are among the speakers who will share information about communicating and connecting with persons with dementia. Panel discussion and questions will follow. The conference begins at 9 a.m. Tuesday, April 23, Holiday Inn Manhattan at the Campus. There are two sessions, one in the morning from 9 to 11:30 a.m. and the second in the afternoon from 1 to 3 p.m. Transportation will be available, departing from the Village Entrance at 8:30 a.m. and returning after the first session. Please indicate if you would like to attend the second session. Sign up in the Blue Book, if interested.

Welcome Coach Bill Snyder

Show your K-State pride by wearing purple as Meadowlark Hills hosts the icon of wildcat country, KSU Football Coach Bill Snyder. At 2 p.m. Tuesday, April 23, in the Community Room, Coach Snyder will speak about the previous season, the season to come and other aspects of the KSU Football Program. Come show your support and congratulations for the outstanding football season last year that resulted in a Big -12 Conference Championship, Fiesta Bowl appearance and a Heisman Trophy candidate!

Relay for Life

Want to be a part of the fight against cancer? Here is a way to get involved! Purchase a luminaria bag to remember loved ones lost to cancer and honor those battling the disease. The luminaria bags can be purchased at the Hospitality Desk. Please personalize the luminaria with a name, photo, message or drawing in memory or honor of a friend or loved one who has been affected by cancer and return the bag to the Hospitality Desk. The luminaria bags will be displayed in the Independent Living Hallway until it is time for them to go to the local Relay For Life event where they will be illuminated after dark. The bags are **\$10.00** each and all proceeds go to Relay for Life.



ANNOUNCEMENTS

Pianist needed

We are in need of a pianist that could play for the Sunday evening Vesper services. This is a 30 minute service and requires someone who could play hymns for our song leader. If you are someone who is willing to play a couple Sunday evenings a month or even occasionally, please contact Sandy Emley at 313-1635 or e-mail semley1@cox.net.

Students on Campus

On Friday, April 12, Meadowlark Hills' campus will be full of visitors! The Speech and Hearing Center will host a Lee Silverman Voice Treatment LOUD Training and Certification Workshop for speech-language pathologists in the Community Room.

Notice of fraudulent calls

There has been report of fraudulent calls being made to elderly people in the Manhattan area, including a Meadowlark Hills resident. John Lindholm is willing to talk to anyone concerned about the phone call he received. Please be conscientious of any call asking for money or accounting numbers, even if the caller claims to be a family member.

Washers & Dryers

New washers and dryers are now on order! The majority of residents agreed that top-loading washers and dryers would best fit our needs. If everything goes according to plan, they will be installed Tuesday, April 16. Please try to schedule your laundry chores for another day to allow maintenance time to get the new equipment installed.

ASK ANNIE!

Q: Will residents and staff be able to cast a 'final vote' for the CEO candidate?

by Annie Peace

We have concluded our interviews with the three finalists. The candidates are Lonnie Baker, Matt Loyd and Valerie McGhee.

Following each interview all participants were asked to complete a feedback form for each candidate. The feedback forms are all being tabulated and the information will be made available to the members of the search committee. The search committee will utilize this feedback along with the information we already have from reviewing resumes, initial interviews, information from the candidates references and the continual feedback we have received through this recruitment process. The committee will select the final candidate that will be recommend to the Board of Trustees for the position. In accordance with our by-laws, the Board of Trustees will then vote whether or not to approve the recommendation.

If you have additional feedback you would like us to consider before making this recommendation, I encourage you to contact a member of the search committee. The committee meets on Thursday, April 18, to determine our recommendation so please offer any additional feedback prior to then.

I am serving as a member of the committee and would be happy to listen to and share your input with the rest of the members. Other committee members on campus are Loren Alexander and Jean Beatty. Membership of

the committee include: Bill Meredith (Committee Chair), Dirk Daveline (Board of Trustees Chair), Gayle Doll (KSU Center on Aging), Jean Beatty (Resident Council Chair), Jo Lyle (Past Board Chair), Terry Arthur (Foundation Board Rep.), Bill Bahr (Board Member), Carol Ann Holcomb (Board Member), John Kobiskie (Board Member), Larry Fox (Board Member), Loren Alexander (Board Member) and myself representing the employees.

Through the engagement and commitment of our Board of Trustees we have been fortunate to conduct a thorough national search and complete an interview process that has involved a great number of stakeholders. I have appreciated being a part of this process and it is no small task.

Thank you for your question and for your involvement in this process.



Joke of the Week

I'm not going to pay taxes. When they say I'm going to prison, I'll say no, prisons cost taxpayers a lot of money. You keep what it would have cost to incarcerate me, and we'll call it even!!

Meadowlark Hills
IL Resident Council Minutes
March 11, 2013

Members present: Jean Beatty, Charles Deyoe, Pat Vogt, Don Rasmussen, Loren Alexander, Enell Foerster, Bob Kruh, Jo Call, Sandra Emley, Lincoln Deihl, Warren Walters and Betty Grubb

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

Updates:

1. Ambassador Committee- Amanda Rall reported that the Ambassador Committee will be hosting events as well as spending time with residents who would like someone to talk with. They will also bring residents of the households to events that are held on campus.

2. Independent Living- Lonnie Baker reported on the Physician's office. Many residents have chosen Dr. Floersch as their primary care doctor instead of switching to a new provider. Dr. Floersch has been very active in healthcare and with nurse education on campus. Lonnie also spoke about the thefts on campus and encouraged Council members to remind residents to lock their doors. He is also encouraging staff to stop and talk to people that are not familiar. Meadowlark Hills is also getting bids on a camera security system.

3. CEO Search Committee- Dirk reported that interviews have started with the final five candidates. They are hoping to have someone hired and in place by June 1.

Approval of February Minutes:

The February minutes were approved.

New Business: Jean Beatty

1. Employment Appreciation- Jean Beatty asked the Council members to speak with the residents about the timing and the name of the annual staff appreciation gift. Ideas and suggestions for change will be discussed at the April meeting.

2. Board of Trustee Member Don Rasmussen- Don Rasmussen's current board term is ending and he is eligible to serve another 3 year term. The council members voted and approved by unanimous vote for Don to serve three more years on the Board of Trustees.

Old Business: Jean Beatty

1. Action Items

- a. **New Resident Checklist-** At the February meeting, Jean requested that the reps bring a copy of their new resident checklist to the March meeting. This item will be carried over to the April meeting as only two reps responded to the request.
- b. **Political Signs/Meeting Policy-** Amanda Rall and the committee presented the formatted Political Signs/Meeting Policy. Bob Kruh suggested that the statement "Campaigning in the public areas, such as dining room, game room, etc. is strictly prohibited," be moved and included in the first point of the policy that reads "A Meadowlark Hills resident may invite a candidate to campaign in a designated area. Door-to-door campaigning is not allowed." Amanda will make the suggested change and will bring back the amended policy for approval at the April meeting.

IL Resident Council Minutes Continued

- c. **Pedestrian/Vehicle Safety Program-** Amanda reported that there have been no volunteers to lead the program. She also reported that the AARP Safe Driving Course will take place Mar. 18 and 19.
- d. **Crossing Stripes-** Don Rasmussen reported that Mike Davis is still looking into different paints for the crosswalks.
- e. **Washers & Dryers-** Dirk Daveline reported that the washers and dryers will be selected soon. Each floor will have a choice in the style that they would like, front load or top load.
- f. **Signage at Entrances-** Lonnie Baker reported that the signage around the campus is obvious except for the main entrance. He suggested that a sign be placed there.
- g. **Security-** Amanda Rall reported that bids are being submitted for a security camera system. Also being discussed is the possibility of providing more security or extending the hours of the person at the Hospitality Desk.

Questions and Concerns

- 1. **Key Pads Locks on Doors-** Concerns were heard about residents who have installed key pad locks and padlocks on the inside of their doors. Emergency access to these residences would be difficult.
- 2. **Pond Access-** Don Rasmussen reported that a committee is being formed to address adding paths and fishing areas that are wheelchair safe around the pond by Bramlage and Wroten houses.

Action Items

Action Item	Brief Description	Action to be Taken	By:	Status:
1.	The Political Signs/ Meeting Policy needs have the proposed changes made.	Changes need to be made to the policy and then brought to next Council Meeting.	Sandra Emley Jo Lindley Pat Vogt Jo Call	In Process
2.	Resident Council needs a larger room for meetings.	Looking into switching to the Class room.	Jean Beatty	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.	Signage at Entrances	Looking into adding a sign at the main entrance.	Lonnie Baker	In Process
5.	Locking Doors	Amanda is to put a reminder in the Meadowlark Hills Messenger about your locking doors.	Amanda Rall	In Process
6.	Staff Appreciation	Council members gather input from the residents in regard to the timing and title of the annual staff appreciation gift.	All Council Members	In Process

Adjourn

Submitted by: Elizabeth Birk

Grosh Cinema Movies

Monday, April 15 - Sunday, April 21

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

Monday, April 15 – There's No Business Like Show Business (1954)

Irving Berlin provides the tunes for this engaging musical about the singing and dancing Donahue clan as they ascend to stardom on the vaudeville circuit during the genre's last hurrah.

Co-starring: Marilyn Monroe & Ethel Merman

Rated NR; 1 hr. 57 min.

Tuesday, April 16 – A Knight's Tale (2001) **Resident Request*

After befriending aspiring writer Geoffrey Chaucer, squire William Thatcher persuades the scribe to forge documents passing William off as a bona fide knight -- who soon becomes a jousting star while finding romance with an admiring princess.

Starring: Heath Ledger

Rated PG-13; 2 hrs. 12 min.

Wednesday, April 17– The Scalphunter (1968)

Outnumbered by a tribe of gun-toting Kiowa Indians, illiterate trapper Joe Bass reluctantly agrees to trade his furs for educated slave Joseph Lee. Bass and Lee track down the Indians to reclaim the furs, but Jim Howie gets there first, nabs the furs, kidnaps Lee and heads to Mexico.

Starring: Burt Lancaster

Rated NR; 1 hr. 43 min.

Thursday, April 18 – No Reservations (2007)

Kate, an uptight chef, finds her life turned upside down when her sister dies in a car accident and she becomes her niece's sole guardian. The arrival of an unpredictable sous chef at her restaurant adds to the chaos.

Co-starring: Catherine Zeta-Jones & Aaron Eckhart

Rated PG; 1 hr. 44 min.

Friday, April 19 – Salmon Fishing in the Yemen (2011) **Resident Request*

A sheik with a love for the sport hopes to introduce fly-fishing to the Middle East and turns to uptight fisheries expert Fred Jones for help. Buoyed by the sheik's enthusiasm (and his comely English aide), Fred sets out to achieve the impossible.

Co-starring: Ewan McGregor & Emily Blunt

Rated PG-13; 1 hr. 51 min.

Saturday and Sunday, April 20 & 21–The Mighty Ducks (1992) **Resident Request*

As punishment for getting a DUI, hotshot lawyer Gordon Bombay is sentenced to community service coaching the pathetic Mighty Ducks hockey team. Initially reluctant, Gordon eventually transforms the ragtag band of outsiders and misfits into the No. 1 team in the peewee league, overcoming his own childhood trauma in the process.

Starring: Emilio Estevez

Rated PG; 1 hr. 40 min.

PRAIRIE★STAR

RESTAURANT

April 14-20

Includes beverage, starter and dessert.

SUNDAY	April 14 ~ Lunch \$11	Dinner \$10
	Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Steak Fingers Mac & Cheese Vegetable of the Day
MONDAY	April 15 ~ Lunch \$10	Dinner \$11
	Beef Gyros Waffle Fries Choice of Vegetable	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day
TUESDAY	April 16 ~ Lunch \$6	Dinner \$11
	Taco Tuesday (does not include drink, starter or dessert)	Pork Papperdelli Garlic Toast Vegetable of the Day
WED.	April 17 ~ Lunch \$10	Dinner \$11
	Roast Beef Salad Steak Fries Choice of Vegetable	Pesto Flank Steak Roasted Red Potatoes Choice of Vegetable
THURSDAY	April 18 ~ Lunch \$7	Dinner \$10
	Breakfast Bar (does not include drink, starter or dessert)	Shrimp, Andouille & Beef Gumbo Steamed Rice
FRIDAY	April 19 ~ Lunch \$10	Dinner \$14
	Fried Fish Tacos Coleslaw Choice of Vegetable	Coffee Crusted Tenderloin Mashed Potatoes with Demi Sauce Vegetable of the Day
SATURDAY	April 20 ~ Lunch \$10	Dinner \$12
	Chicken Enchiladas Black Beans Spanish Rice	Seared Salmon Leeks & Potato Cakes Vegetable of the Day

*You may substitute an extra vegetable for the starch on any special for no additional charge.

This Week's Opportunities April 14– April 20

SUNDAY • APRIL 14

2:00 p.m. ~ Movie, GC
2:00 p.m. ~ Kahler's 70th Wedding Anniversary Party, CR
6:30 p.m. ~ Little Apple Investment Club, KSU CR
7:00 p.m. ~ Vespers– Blue Valley Methodist Church, CR

MONDAY • APRIL 15

Trash pick-up day.

8 to 5 p.m. ~ Sound System Replacement, CR
8:00 a.m. ~ Dental Hygiene Clinic, 201
By Appointment Only
1:00 p.m. ~ Blood Pressure Clinic, GR
1 to 2 p.m. ~ Fitness Center Office Hours, FC
1:30 p.m. ~ Ladies Pool Table Time, BP
3:00 p.m. ~ Meadowlark Singers, LR
5:30 p.m. ~ 5th Floor Supper, MR
7:00 p.m. ~ Game Time, GR

TUESDAY • APRIL 16

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
2:00 p.m. ~ Life Story, MR
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 • APRIL 17

8:00 a.m. ~ Centering Prayer, TR
9:00 a.m. ~ New Perspectives, MR
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 to 2 p.m. ~ Fitness Center Office Hour, FC
1:30 p.m. ~ Pitch, GR
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 • APRIL 18

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. ~ Tai-Chi, 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
3:30 p.m. ~ Dementia Support Group, KSU CR
7:00 p.m. ~ Bingo, CR
7:30 p.m. ~ Sons of the American Revolution, CON

FRIDAY • APRIL 19

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 Class, CR
3:30 p.m. ~ Catholic Rosary, CR
7:00 p.m. ~ History of Aggieville Presentation, CR

SATURDAY • APRIL 20

9:30 a.m. ~ Water Color Painting Art Class, KSU CR
11:00 a.m. ~ League of Women Voters Luncheon, CR
1:00 p.m. ~ Movie, GC
2:00 p.m. ~ Campus-Wide Bingo, CR
4:00 p.m. ~ Movie, GC

• 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



April 15 – 20

Income Tax Martini

1.5 tps. Vermouth
1.5 tps. Sweet Vermouth
1 oz. Gin
1 dash Bitters
1 oz. Orange Juice
\$3.75