Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

April 18, 2013

2013 Marketing Study Results

Meadowlark Hills launches study to gage financial future

Submitted by Meagan Florie

In February 2013, Meadowlark Hills engaged in a marketing study to survey the needs of elders in the Manhattan area. Chad Kunze and Tom Melchior of CliftonLarsonAllen, conducted marketing research pertaining to the market position of Meadowlark Hills. The primary objectives of this research are as follows:

- Understand current market conditions for independent living in the Manhattan, Kansas area
- Obtain updated demand estimates for independent living, assisted living (including memory-support care) and nursing apartments.
- Understand potential market issues related to the entrance fee plans currently offered at Meadowlark Hills.

In performing the market study, CliftonLarsonAllen gathered demographic information, data related to housing values, healthcare utilization, and interviewed key members of the Manhattan community.

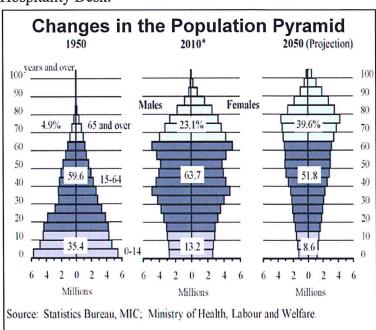
The following are key findings from this study:

- There are two other independent living facilities in the market study area besides Meadowlark Hills (Villas at St. Joseph's and Valley View Senior Life in Junction City)
- Meadowlark Hills provides 24 of 214 assisted living apartments in the market study area
- Meadowlark Hills provides all 14 of the assisted living memory-support apartments in the market study area
- Meadowlark Hills provides 133 of the 552 skilled nursing apartments in the market study area.
 Meadowlark Hills had the second highest occupancy rate (91%) after Leonardville Nursing Home (98%)
- There is projected demand for independent living apartments with minimum rents of \$2,000 per month and less

- There is projected demand for assisted living apartments with minimum rents in the \$4,000 to \$5,000 range
- There is significant projected demand for assisted living memory-support apartments (147 by 2018) with minimum rents of \$5,000
- There is an oversupply of skilled-nursing apartments in the market study area, but population growth in the area will stabilize demand for skilled nursing units by 2018

As a result of this market study, Meadowlark Hills will move forward with exploring how we can best position ourselves in the market to ensure a strong financial future. This exploration will include the possibility of adding assisted living, memory-support apartments and improvements to Sloan and Honstead houses, as the semi-private healthcare rooms are the least desirable.

A copy of the full report is available upon request at the Hospitality Desk.





ANNOUNCMENTS

Service of Remembrance

The Service of Remembrance to celebrate the lives of those we've lost in the last month will now be at 3 p.m. Friday, April 26, in the Community Room.

Relay for Life

Want to be a part of the fight against cancer? Purchase a luminaria bag from the Hospitality Desk to remember loved ones lost to cancer and honor those battling the disease. Examples of luminaria bags are displayed in the Independent Living Hallway. The bags are \$10 each and all proceeds go to Relay for Life.

Artwork needed

Resident and employee artwork is needed to be showcased in the Verna Belle's Café display. Contact Harriette Janke at 539-0865, for information on how to get your artwork displayed.

ASK ANNIE!

Q: Who handles the recycling service near the kitchen entrance? It is a great service and they deserve a big 'thank-you.' I think more people should recycle.

by Annie Peace

This is my favorite question yet, as I get to highlight an individual that I happen to think is an angel. The person that handles the recycling by the kitchen

also handles it throughout the entire campus. She is the hardest working person I have ever met. She has been handed more than her share of bumps in life yet has came out on the other side not only with her beautiful smile, but with more ideas to be of service to others. She is a long-term employee who works in the middle of the night as a skilled caregiver, and you will see her here during the daytime as she is also a very involved leader. Kim Ensley and her daughter, Angela, *volunteer* many hours each week to provide the recycling service at Meadowlark Hills. As you can probably tell, I also think she makes the sun come up every day. She is a remarkable person and you are correct, she is very deserving of our appreciation.

Thank you for your question. Keep them coming!

UPCOMING EVENTS

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.

Pig Out for Parkinson's

Enjoy \$2 pork sliders at Cox Bros. BBQ on Thursday, April 25. Transportation will depart at 11 a.m. from the Village Entrance for the Pig Out for Parkinson's event. A portion of the proceeds benefit the Parkinson's Program of Manhattan at Meadowlark Hills. Sign up in the Blue Book for transportation.

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!

Optometry Clinic

The K-State Optometry Club will be on the Mead-owlark Hills campus Saturday, April 27, from 10 a.m. to noon in the Living Room. K-State Optometry students, together with Manhattan Vision Source, will perform lens cleanings and adjustments. This service is *free* to all residents. No appointment is necessary. Residents are encouraged to come to the Living Room at their convenience between 10 a.m. and noon. Contact Garrett Lee at 323-3829 with questions regarding the clinic.

Travel & Dining Auction

The K-State Travel and Dining Auction is taking place at 6:30 p.m. Friday, April 26, at The Hilton Garden Inn. Bid at the live auction or 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.

Randi Dale's Dancers

Dance studio students from Randi Dale's Dancers will perform dance routines at 7 p.m. Friday, April 26, in the Community Room.

TICKETS STILL AVAILABLE

SYMPHONY IN THE FLINT HILLS

AT HISTORIC FORT RILEY

The Great American West was first experienced by travelers, tradesmen, and pioneers who either passed through or settled in the Flint Hills. Fort Riley was established in the Flint Hills as a protector of those who traveled west and of those whose lands were being crossed, thus becoming an integral part of Flint Hills history.

The eighth annual Symphony in the Flint Hills, set for Saturday, June 15, presents a rare opportunity to explore the place that was so significant in the early life of our country. According to the event website, attendees will be surrounded by the largest contiguous example of Flint Hills vernacular architecture remaining today. After strolling the tree-lined streets of 19th century limestone buildings, along the Cavalry Parade Field, and through the Cavalry Museum, concert-goers will settle

onto the Artillery Parade Field for an extraordinary evening of music by the Kansas City Symphony on the very land that our forbearers crossed in our country's great westward expansion.

Only five tickets remain in Meadowlark Hills's allotment of tickets and reserved seats. These tickets are available for residents, Passport members, Board members and staff through April 30. After that, the tickets will be released, so that the organization isn't charged for unused tickets.

Ticket packages are \$120 and include a reserved seat, a meal with drink and transportation. See an upcoming Messenger for news about the departure time and the day's activities.

If you'd like to attend, please sign up in the Blue Book or contact either Becky Fitzgerald at 323-3802 or Amanda Rall at 323-3801.

COMMUNITY RESOURCES

Library Services

The Manhattan Public Library will deliver books right to your door if you are unable to come to the library. The *Homebound Delivery* program has helped Meadowlark Hills residents continue reading books from the library for more than ten years. We will select books with your guidelines and deliver them once or twice per month on a regular schedule. Library cards are fine-free so fines do not accumulate for patrons over the age of 65. We will keep track of your selections and can print a list whenever you would like.

A selection service is also available if you would like the Adult Services librarian to

choose books and have them waiting for someone of your choice to pick them up at the library. Pick-up, delivery and return of the requested materials can be done by the patron (if they are able) or by a friend, caregiver, family member or other person chosen by the patron who brings the patron's library card with them.

The North Central Kansas Library System also delivers a collection of large type print books to the Meadowlark Hills library every other month. Watch for new books in this rotating collection. They are located on a shelf just to the right after entering the library.

Grosh Cinema Movies

Monday, April 22 -Sunday, April 28 Show Times: 1, 4 and 7 p.m., Monday – Friday 1 and 4 p.m. Saturday; 2 p.m., Sunday

Monday, April 22 – How to Marry a Millionaire (1953)

In this classic comedy, three New York models set up an apartment with a mission: They plan to use their looks, charm and talent to catch and marry a trio of millionaires. The gold-digging dames' outrageous man-hunting scheme does attract wealthy candidates, but, love and money don't appear to coexist; all three women must choose between the extremes.

Co-starring: Marilyn Monroe, Betty Grable & Lauren Bacall

Rated NR; 1 hr. 35 min.

Tuesday, April 23 – People Like Us (2012)

When Sam flies home for his estranged father's funeral, the reading of the will reveals a sister he never knew he had -- and an order that Sam must bring his alcoholic sibling and her young son their inheritance.

Co-starring: Chris Pine, Elizabeth Banks & Olivia Wilde

Rated PG-13; 1 hr. 55 min.

Wednesday, April 24 – <u>Death Rides a Horse</u> (1968)

Rated R for some western violence.

As a boy, Bill had watched helplessly as bandits slaughtered his parents. Now, more than a decade later, grown-up gunslinger Bill scours the Old West for his family's killers, eventually joining up with Ryan, a criminal who's also looking for the bandits.

Co-starring: John Phillip Law & Lee Van Cleef

Rated R: 1 hr. 55 min.

Thursday, April 25 -Hide Away (2011)

A deceptively tranquil harbor helps turn around the life of a businessman who is looking to escape his tragic past. As he puts together a broken-down sailboat, three mysterious people enter his life: a single dad, a seasoned mariner and a waitress.

Starring: Josh Lucas

■ Rated PG-13; 1 hr. 20 min.

Friday, April 26 - Lincoln (2012) *Resident Request

■ Director Steven Spielberg takes on the towering legacy of Abraham Lincoln, focusing on his stewardship
 ■ of the Union during the Civil War years. The biographical saga also reveals the conflicts within Lincoln's
 ■ cabinet regarding the war and abolition.

■ Co-starring: Daniel Day-Lewis & Sally Field

■ Rated PG-13; 2 hrs. 30 min.

■ Saturday and Sunday, April 27 & 28 – Defending Your Life (1991) *Resident Request

After Daniel Miller crashes his BMW convertible into a bus, he's transported to "Judgment City," where
 he meets the love of his life, Julia. Unfortunately, Daniel needs to defend his life on Earth before he can
 ascend to heaven with Julia. He frantically attempts to explain the positive things he's accomplished, but
 soon realizes that Julia may be too good for him.

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■ Co-starring: Meryl Streep & Albert Brooks

■ Rated PG; 1 hr. 52 min.

PRAIRIE*STAR

RESTAURANT

April 21-27

Includes beverage, starter and dessert.

>_	April 21 ~ Lunch \$11	Dinner \$10
SUNDAY	Cornish Hen with Mango Relish Roasted Red Potatoes Vegetable of the Day	Chicken and Dumplings Vegetable of the Day
7	April 22 ~ Lunch \$10	Dinner \$13
MONDAY	Avocado BLT Steak Fries Choice of Vegetable	Trout Almandine Lemon Couscous Vegetable of the Day
>	April 23 ~ Lunch \$8	Dinner \$11
TUESDAY	Fajita Tuesday (does not include drink, starter or dessert)	Chicken and Broccoli Alfredo Garlic Toast Vegetable of the Day
	April 24 ~ Lunch \$10	Dinner \$12
WED.	Bierocks Fresh Fruit Choice of Vegetable	Crab Cakes Pimento Beurre Blanc Sundried Tomato Orzo Vegetable of the Day
Α	April 25 ~ Lunch \$8	Dinner \$10
THURSDAY	BBQ Sandwich Buffet (does not include drink, starter or dessert)	Roasted Pork Loin with Balsamic Cherry Sauce Scalloped Potatoes Vegetable of the Day
>	April 26 ~ Lunch \$10	Dinner \$14
FRIDAY	Turkey Rubens Waffle Fries Choice of Vegetable	Seared Roughy Shrimp Risotto Vegetable of the Day
ΑY	April 27 ~ Lunch \$10	Dinner \$15
SATURDAY	Carolina Pulled Pork Sandwich Choice of Vegetable	Steak Night 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 21- April 27

SUNDAY • APRIL 21

2:00 p.m. ~ Movie, GC

7:00 p.m. ~ Vespers- Blue Valley Methodist Church, CR

MONDAY • APRIL 22

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 Lunch, MR

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

1:00 p.m.~ Blood Pressure Clinic, GR

1:15 p.m. ~ Parkinson's Exercise, CR

1:30 p.m. ~ Ladies Pool Table Time, BP

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

5:30 p.m. ~ Eastside Supper, MR

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

TUESDAY • APRIL 23

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

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

2:00 p.m. ~ Bill Snyder Visit during Coffee Corner, CR

2:00 p.m. ~ LifeStory, CON

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

5:30 p.m. ~ 3rd Floor Supper, CR

7:00 p.m. ~ Dominoes, GR

WEDNESDAY • APRIL 24

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

1:00 p.m. ~ Dr. Tran's Foot Clinic, CR

By Appointment Only

1:30 p.m. ~ Pitch, GR

3:00 p.m. ~ Unitarian Universalist Fellowship, MR

5:30 p.m. ~ 1st Floor Supper, MR

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

Joke of the Week

A teenage girl had been talking on the phone for about half an hour. When she hung up, her father said, "Wow, that was short. You usually talk for two or more hours."

"Wrong number," the girl replied.

THURSDAY • APRIL 25

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

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

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

12:00 p.m. ~ Resident Wellness Committee, MR

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

7:00 p.m. ~ Bingo, CR

FRIDAY • APRIL 26

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 Class, CR

3:00 p.m. ~ Service of Remembrance, CR

7:00 p.m. ~ Randi Dale's Dancers, CR

SATURDAY • APRIL 27

9:30 a.m. ~ Water Color Painting Art Class, KSU CR

10:00 a.m. ~ KSU Optometry Clinic, LR

1:00 p.m. ~ Movie, GC

4:00 p.m. ~ Movie, GC

ROOM ABBREVIATIONS

201, Apartment 201

BP, Billiards Parlor

CR, Community Room

CON, Conference Room

FC. Fitness Center

GR, Game Room

GC, Grosh Cinema

KR, Kansas Room (Pub)

KSU CR, KSU Classroom

LB, Library

LR, Living Room

MR, Manhattan Room

MCR, Miller Craft Room

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WS, Woodshop

