



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

April 25, 2013

Charlie Hall Receives Honor

Iowa State University names greenhouses in honor of MLH resident

by Amanda Rall

Meadowlark Hills resident, Charlie Hall, was honored by Iowa State University. On Friday, April 12, a ceremony was held to name the new horticulture greenhouses the "Charles V. Hall Greenhouses." Charlie served as chair of the Department of Horticulture at ISU from 1979 to 1990.

The new greenhouses will be used for teaching and for researching opportunities. They opened in 2011 and replaced the 98-year-old greenhouses that once stood on the ISU campus.

Charlie's work at ISU included plant breeding research which led to the creation of several watermelon varieties. He is widely known for the Crimson Sweet watermelons, which have smaller seeds and remain fresh during shipping. The Crimson Sweet variety is grown in more than 50



above: Charlie Hall poses in the Iowa State University horticulture greenhouses that will carry his name.

countries.

Charlie received his Ph.D. from Kansas State University in 1960. During his time at Kansas State University, he designed one of the first plant science courses and developed an introductory course in the elements of horticulture. Charlie was also a popular counselor among students at Kansas State, served on the Faculty Senate and Graduate Council, and was advisor to the Horticulture Club. In 1972, he appeared in the publications *Crops and Soils* and *Seed World* as the featured scientist.

Charlie certainly has been blessed with a green-thumb and Meadowlark Hills is grateful to have him as part of our Building and Grounds Committee and for his service in the Meadowlark Hills Community Garden.

Board of Trustees Calls for Special Town Meeting

Community Update

You are invited to a Special Town Meeting at 4 p.m. Friday, April 26, in the Community Room. Dirk Daveline, Board of Trustees Chair, will introduce the new Chief Executive Officer of Meadowlark Hills.

The Meadowlark Hills Board of Trustees appointed a 12-person CEO Search Committee to execute the process of hiring a CEO. The Search Committee included residents, staff, board and community members.

Three candidates were identified as finalists and invited back to Meadowlark Hills for a final interview. The final interview was a full-day schedule

consisting of a circle with front-line staff and household leadership, town hall meeting with residents, lunch with senior staff, circle with the Search Committee and the full board. Resident, staff and board participants were given the opportunity to provide written feedback from their time with each candidate.

The Search Committee met Thursday, April 18. Upon the conclusion of the meeting they identified one candidate that will be recommended to the full Board and subsequently vote to accept as CEO.

This is an exciting time at Meadowlark Hills and everyone is invited to be a part of the celebration!

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

Coach Bruce Weber to visit MLH

Kansas State University Men's Basketball Coach is relatively new to the Manhattan area however is reaching out to the community. Coach Bruce Weber will visit Meadowlark Hills at 3 p.m. Tuesday, May 7, in the Community Room. Come show your support and give your congratulations for the outstanding basketball season that resulted in a Big 12 Conference Championship and NCAA Tournament appearance!

Randi Dale's Dancers

Dance studio students from Randi Dale's Dancers will perform at 7 p.m. Friday, April 26, in the Community Room. The dancers will interpret the story of the ballet *Coppelia*, about a toy maker's dolls coming to life!!

Phi Mu Alpha Sinfonia

Don't miss the singing group from Phi Mu Alpha Fraternity, Sinfonia. They will perform at 7 p.m. Friday, May 3, in the Community Room. This group of young, musical men will be sure to impress!

Kentucky Derby Watch Party

Who will be the winning horse? Among the contestants are Super Ninety Nine, Falling Sky, Charming Kitten and Will Take Charge. Make your prediction at the Kentucky Derby watch party at 4:30 p.m. Saturday, May 4, in the Kansas Room and Pub to win a free drink. Everyone is invited to wear your most outrageous and flamboyant, oversized hat! Mint Juleps will be on special.

Dinner celebration for Cinco De Mayo

Enjoy Mexican inspired food in celebration of Cinco De Mayo on Sunday, May 5, in the Prairie Star Restaurant. The menu includes carne asada tacos with salsa verde and guacamole, Spanish rice and beans for \$12.

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.

LETTER TO THE MESSENGER

Why I like Centering Prayer

by Wilma Hafenstein

Once a week we gather in the Tranquility Room at Meadowlark Hills at 8 a.m. on Wednesdays for Centering Prayer. This is a time to shut out all thoughts of the outside world and give God a chance to speak of His truth and love for us all. Many residents of Meadowlark Hills do these meditations on a daily basis by themselves but it becomes much more powerful when two or more gather together in His name. We invite anyone to join us.

On the Importance of Words

by Helen Roser

In a Messenger reference to the Relay for Life, persons who are experiencing cancer were said to be "battling" cancer. Those of us who are familiar with the power of words certainly hope that no one who has cancer feels they are "battling" anything.

Our medical professionals have learned to do many wonderful things as friends of our bodies in trouble. But always the healing depends on the patient's choice.

I think of healing as "lady-like." It never barges in nor pounds on the door to be let in. In one recovery (which surprised everyone who expected me to die, I learned later) it seemed that healing had arrived "on padded paw." I was simply aware that it was with me. It had arrived.

Of course my mental welcome mat had been out for it. There were no candles, flowers, teddy bears, nor urgent pleas for my recovery. There is a beautiful word that describes the welcome mat for healing: acceptance. No effort or pleading required. Simply peace and calm that bid healing welcome. Acceptance.

Years ago, the surgeon bent over me and told me, "This surgery is going to take a long time. Whether you come out of it or not will depend on you. You must want to come out of it." I understood. He did not suggest a mindset of "battling," but let me choose. I chose acceptance of healing. Acceptance: calm, peaceful. Serenity.

For all my fellows who are experiencing cancer, I bid them a feeling of peace as they await the arrival of healing as it arrives on padded paw.

ANNOUNCEMENTS

Marathon Bridge

Marathon Bridge will resume in June. We would like to have more teams. If you are interested, please call Betty Grubb at 776-3373, before May 15.

Reoccurring shopping trip

Meadowlark Hills is now offering shopping trips every two weeks to the Wal-Mart shopping area, free of charge. Transportation will depart from the Village Entrance at 10 a.m. Wednesday, May 1, 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. Please limit your shopping to three bags per person.

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. These can also be confused with telemarketers. To register for the *Federal Do Not Call List*, please see the Hospitality Desk for a registration form. Telemarketers are required to update their list every 31 days to remove those numbers on the register. Remember to NEVER give out any financial information, including credit card numbers, to an unknown caller.

Lucas day trip update

A day trip on May 16 to see the Grassroots Arts Center and Garden of Eden in Lucas has gotten great response. All 17 seats have been taken. However, a waiting list has been added to the Blue Book registration page. If you'd like to go, please sign the waiting list. If there are cancellations, persons on the waiting list will be given the opportunity to take those seats on a first-come, first-serve basis.

The cost of the trip is \$56 per person. This includes guided tours at the Grassroots Arts Center and Garden of Eden, lunch in Lucas and dinner at Abilene's Brookville Hotel. If you'd like this amount added to your June statement, please contact Amanda Rall or Becky Fitzgerald. You may also pay by check or credit card at the Hospitality Desk.

Please know that S.P. Dinsmoor's home at the Garden of Eden is not handicap-accessible. There are two steps with a railing to get into the house. Our guide will point to items of interest on the first floor, and then the tour will continue up a flight of stairs. Persons who can't climb those stairs may view photos of the second-floor rooms.

The tour of Dinsmoor's home and Garden of Eden isn't expected to take as long as originally thought, so a visit to two local businesses in downtown Lucas may be added to the itinerary. If you have questions, please contact Amanda at 323-3801 or Becky at 323-3802. Amanda and Becky will serve as drivers for this trip.

ASK ANNIE!

Q: Courtesy Days has many of us thinking about those who are not included in that scenario. How many apartments/duplexes are rented and how many are life use fee paid? What plan do we have in place to give comparable care to the renters?

by Annie Peace

Any of our smaller apartments may be rented month-to-month or the occupant may select a Life Use Fee. By "smaller" apartments, I'm referring to the studios, one-bedrooms and two-bedrooms in the West Village as well as the one-bedroom garden apartments.

Of the 57 apartments that could be rented, the 20 occupants of apartments currently have rental agreements. There are a total of 168 apartments/duplexes.

Those who choose the rental option have the same access to temporary or long-term health care as those who have Life Use Fees; however, they do not earn Courtesy Days that help offset the cost of that care. Courtesy Days are a perk, if you will, of investing in a Life Use Fee.

Also, keep in mind that often Medicare and/or supplemental insurance pays for a temporary stay in a healthcare household, so Courtesy Days are used only when Medicare/supplemental insurance don't pay for the stay. Common uses of Courtesy Days are to hold a room in a healthcare household or to help pay for a stay after the Medicare benefit has been exhausted.


Please keep the questions coming.



May BIRTHDAYS

Residents

Health Care



5/1	Judy Phelps
5/8	Faye Havenstein
5/8	Helen Hays
5/8	Mary Peterson
5/15	Ann Schram
5/20	Barbara Wilson
5/22	Eleanor Collier
5/27	Bea Mullin
5/30	Barbara Higham

Independent Living

5/11	Max Brecheisen
5/11	Jim Shanteau
5/12	Larry Buatte
5/16	Nathan Bolls
5/20	Ellen Hoover
5/22	Doris Gaul
5/22	Mary Smith
5/22	Ramona Woodhouse
5/26	Marla Bugbee

Assisted Living

5/8	Ella Parsons
5/26	Betty Calhoun
5/29	Wy Johnson

***Bold denotes milestone
birthday of 80, 90, 100 or 100+***

Employees

5/3	Vanessa Leach	5/16	Christina Boos
5/6	Kathy Wunder	5/18	Eric Hall
5/6	Katrin Gordon	5/19	Caitlynn Lundberg
5/7	Daveda Johnston	5/19	Alyssa Chabrier
5/7	Michelle Lehmer	5/21	Marsha Miller
5/7	Megan Spradlin	5/21	Annie Henke
5/11	Brittany Murphy	5/22	Carly Shumway
5/12	Bonnie Gilligan	5/23	Brad Olson
5/12	Tami Sparks	5/24	Meghan Murray
5/12	Janelle Cumro-Sultzer	5/25	Maria Idarraga
5/12	Katrina Leisner	5/25	Jeff Heidbreder
5/14	Abigail Lechtenberg	5/27	Lynette Ford
5/14	Jennifer Fronce	5/31	Bethany Skocny
5/15	Stephanie Holden	5/31	Jacqueline Russell
5/16	Jac Brown		

Grosh Cinema Movies

Monday, April 29 -Sunday, May 5

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

Monday, April 29 – Carousel (1956)

Not your typical 1950s musical, this often overlooked Rodgers and Hammerstein classic takes an abusive husband and gives him one last chance to make things right with his wife and newborn daughter. Gordon MacRae stars as Billy, a lowlife carny barker, and Shirley Jones plays his wife, Julie, an innocent girl who's fallen for the wrong guy. After getting himself killed, Billy is allowed out of purgatory for one last shot at redemption.

Co-starring: Gordon MacRae & Shirley Jones

Rated NR; 2 hrs. 8 min.

Tuesday, April 30 – The Imposters (1998)

Rated R for some language

To elude the wrath of overbearing Broadway star Sir Jeremy Burtom, two struggling actors are forced into a madcap succession of masquerades aboard an elite ocean liner swarming with people who aren't what they seem.

Co-starring: Oliver Platt & Stanley Tucci

Rated R; 1 hr. 40 min.

Wednesday, May 1– Quigley Down Under (1990)

In this outback Western, American Matt Quigley answers Australian land baron Elliott Marston's ad for a sharpshooter to kill the dingoes on his property. But Quigley hits the road when he learns that Marston's real target is the aborigines.

Starring: Tom Selleck

Rated PG-13; 1 hr. 59 min.

Thursday, May 2–Unstoppable (2010) **Resident Request*

It's a nail-biting race against time as an unmanned train carrying a load of lethal chemicals speeds out of control, and a conductor and engineer do everything in their power to keep it from derailing and killing tens of thousands of people.

Co-starring: Denzel Washington & Chris Pine

Rated PG-13; 1 hr. 38 min.

Friday, May 3 – Life of Pi (2012) **Resident Request*

Based on Yann Martel's best-selling novel, this coming-of-age tale recounts the adventures of Pi, an Indian boy who is the sole survivor of a shipwreck. Pi finds himself on a lifeboat with only some zoo animals for company.

Starring: Suraj Sharma

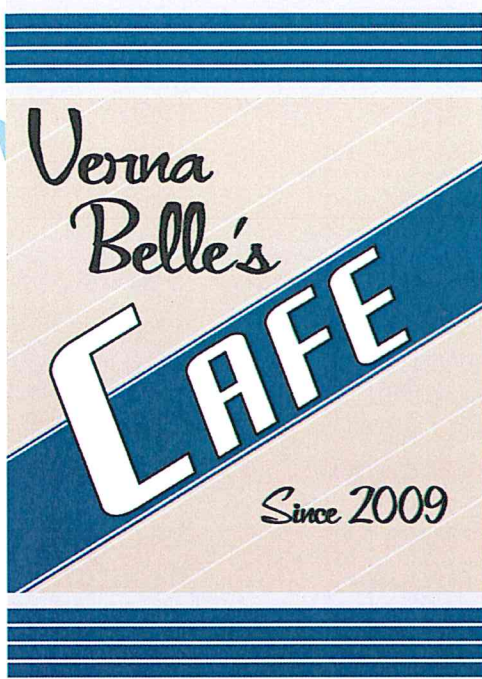
Rated PG; 2 hrs. 7 min.

Saturday and Sunday, May 4 & 5 –The Big Year (2011)

Inspired by Mark Obmascik's nonfiction book of the same name, this high-flying comedy concerns a trio of competitive bird watchers who vow to win a contest by spotting and recording as many avian species as humanly possible.

Co-starring: Steve Martin, Jack Black & Owen Wilson

Rated PG; 1 hr. 40 min.



Hours:
8 a.m. to 5 p.m.
Monday - Friday
8 a.m. to 1 p.m.
Saturday

May Lunch Specials

May 1 – Chicken Spinach Penne with Candied Carrots	\$5.50
May 3 – Brats & Kraut with BBQ Baked Beans	\$5.50
May 6 – RB & Cheddar Wrapini with Soup OR Chips	\$3.75/\$5.50
May 8 – Creamy Chicken & Veggies over Buttermilk Biscuit	\$5.50
May 10 – Chili & Sweet Cornbread Muffin	\$3.75/\$5.50
May 13 – Chicken Club Wrapini with Soup OR Chips	\$3.75/\$5.50
May 15 – Baked Spaghetti with Small Caesar Salad	\$3.75/\$5.50
May 17 – Macaroni & Ham with Green Sweet Peas	\$5.50
May 20 – Hot RB Sandwich with Mashed Potatoes & Gravy	\$5.50
May 22 – Chicken & Stuffing Casserole with Green Beans	\$5.50
May 24 – Cheese Quesadilla	\$3.00
Chicken Quesadilla	\$4.00
Steak Quesadilla	\$5.00
May 27 – Tuna Melt with Cottage Cheese & Fruit	\$3.75/\$5.50
May 29 – Sloppy Joe's with Cole Slaw	\$5.50
May 31 – Taco Pizza	\$3.75/\$5.50

PRAIRIE★STAR

RESTAURANT

April 28-May 4

Includes beverage, starter and dessert.

SUNDAY	April 28 ~ Lunch \$11	Dinner \$10
	Beef Stroganoff Buttered Egg Noodles Vegetable of the Day	Catfish Nuggets Hushpuppies Vegetable of the Day
MONDAY	April 29 ~ Lunch \$10	Dinner \$10
	Fried Pork Cutlet Sandwich Potato Salad Choice of Vegetable	Beef & Broccoli Stir Fry Chinese Noodles Steamed Rice
TUESDAY	April 30 ~ Lunch \$6	Dinner \$10
	Taco Tuesday (does not include drink, starter or dessert)	Sundried Tomato Chicken Zita Garlic Bread Vegetable of the Day
WED.	May 1 ~ Lunch \$10	Dinner \$12
	Beer Bratwurst & Sour Kraut Tator Tots Choice of Vegetable	Bacon Wrapped Pork Tenders Roasted Red Potatoes Choice of Vegetable
THURSDAY	May 2 ~ Lunch \$7	Dinner \$11
	Pizza Bar (does not include drink, starter or dessert)	Lasagna Garlic Bread Vegetable of the Day
FRIDAY	May 3 ~ Lunch \$10	Dinner \$12
	Meatloaf Sandwich Choice of Vegetable	Root Beer Short Ribs Caramelized Onion Potatoes Vegetable of the Day
SATURDAY	May 4 ~ Lunch \$10	Dinner \$14
	Turkey Club Wrap Waffle Fries Choice of Vegetable	Mediterranean Fish Fingerling 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 April 28– May 4

SUNDAY • APRIL 28

2:00 p.m. ~ Movie, GC

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

MONDAY • APRIL 29

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

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

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

TUESDAY • APRIL 30

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

7:00 p.m. ~ Dominoes, GR

WEDNESDAY • MAY 1

8:00 a.m. ~ Dr. Tran's Foot Clinic, CR

By Appointment Only

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

9:00 a.m. ~ New Perspectives, LR

10:00 a.m. ~ Memory Support Group, CON

11:30 a.m. ~ 1st Men's Club Lunch, MR

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

1:30 p.m. ~ Pitch, GR

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

THURSDAY • MAY 2

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

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. ~ Blood Pressure Clinic, GR

2:00 p.m. ~ Parkinson's Support Group, CR

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

5:30 p.m. ~ Meadowlark Circle Supper, MR

7:00 p.m. ~ Bingo, CR

FRIDAY • MAY 3

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

9:30 a.m. ~ Art Committee, LR

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 Mass, CR

7:00 p.m. ~ Phi Mu Alpha Sinfonia Performance, CR

SATURDAY • MAY 4

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

1:00 p.m. ~ Movie, GC

4:00 p.m. ~ Movie, GC

4:30 p.m. ~ Kentucky Derby Watch Party, KR

• 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

DRINK SPECIAL



April 29 – May 4

Mint Juleps

4 Fresh Mint Springs

2.5 oz. Bourbon Whiskey

1 tsp. Powdered Sugar

2 tsp. Water

\$3.75

Joke of the Week

A doctor had put an overweight women on a diet. His instructions were to eat regularly for two days, then skip a day, and continue this for the next two weeks. The women returned to the doctor. She had lost nearly 20 lbs.

"That's amazing! Did you follow my directions?" asked the doctor.

"Yes," the women said, "but I almost dropped dead on the third day."

"From hunger," asked the doctor?

"No," said the women, "from skipping!"