

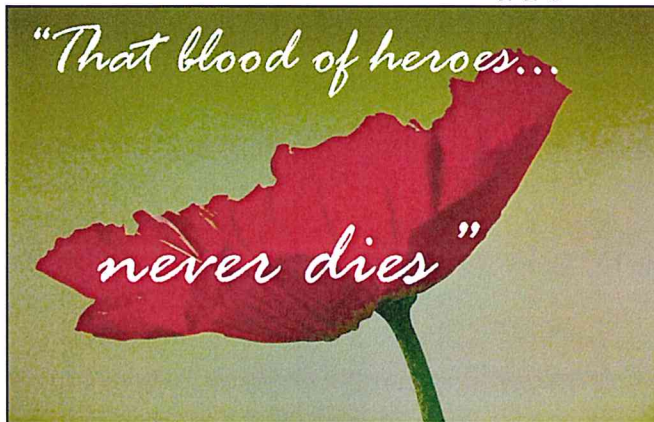
Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

May 9, 2013

Poppies for Memorial Day

Purchase a Poppy to benefit the Veterans Group



by Amanda Rall

As Memorial Day approaches, it is time to pause and consider the true meaning of this holiday.

Purchase a poppy to honor a veteran that has served our country! Poppies will be on display in the main lobby from Monday, May 20, until after Memorial Day. The name of your honored loved one will be displayed with the poppy. The proceeds will benefit the Meadowlark Hills Veterans Group.

Poppies became the iconic flower of Memorial Day through the rise of two poems. First, *In Flanders Fields*, by John McCrae and the reply by Moina Michael with the words, "We cherish too, the Poppy red, That grows on fields where valor led, It seems to signal to the skies, That blood of heroes never dies."

For many American's the traditional observance of Memorial Day has faded. To help remind us of the true meaning of Memorial Day, the "National Moment of Remembrance" resolution was passed in 2000 which asks that all Americans pause for one minute at 3 p.m. (local time) on Memorial Day, to remember and reflect on the sacrifices made by so many to provide freedom for all.

I would like to invite all residents, family members and staff to gather around the display of poppies in

the main lobby at 3 p.m. Monday, May 27, for a moment of silence and reflection.

A poppy may be purchased for \$10 at the Hospitality Desk. The amount may be paid by cash, check or added to your monthly statement. Your poppy may be picked up after Memorial Day, May 27, until Wednesday, May 29.

In Flanders Fields

by John McCrae, 1915

In Flanders fields the poppies blow
Between the crosses, row on row
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

FOUNDATION NEWS

In Memory & Honor

April 2013

David Chastan

Sheila Mills

*Donations were made to the Good Samaritan Fund
and the Lyle Household Fund.*



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

Mother's Day brunch

Prairie Star Restaurant's Mother's Day Brunch will be Sunday, May 12, in the restaurant, Kansas Room Pub, and Game Room. There will be two seating times available: 11 a.m. and 1 p.m. The cost is \$16 for adults and \$8 for children. Patio seating will be available, weather permitting. Please sign up in the Blue Book if you would like to attend.

Mother's Day piano recital

Glenn's Music will be hosting their piano recital at Meadowlark Hills at 4 p.m. Saturday, May 11, in the Community Room in honor of Mother's Day weekend.

National Senior Fitness Day

National Senior Fitness Day is Wednesday, May 29! To celebrate, a fitness challenge course will be held in our Community Center from 1 to 3 p.m. The challenge course will consist of six stations and will follow the Senior Fitness Testing protocol, which many may remember from previous testing. The testing will start in the Community Room and continue on to the Game Room, Classroom and Fitness Center, then finish in the Manhattan Room for refreshments and prizes. Completion of the course should take roughly 30 minutes and participants will start upon arrival in a first come, first served manner. Please contact Fitness Leader, Jeff Heidbreder, at (785) 341-2995 with any questions. The challenge course is open to all residents and Passport members, so mark your calendars to join us for the celebration of National Senior Fitness Day!

Religious Literacy

Come and learn how to improve your religious literacy by attending a lecture led by Rev. Cam McConnell. The program will begin at 4 p.m. Tuesday, May 14, in the Living Room.

Lucas Trip

The Meadowlark Hills day trip for the Grassroots Arts Center and Garden of Eden in Lucas, Kan. will depart at 8:30 a.m. Thursday, May 16. The cost of the trip is \$56 per person which includes guided tours, lunch in Lucas, dinner at Brookville Hotel and transportation.

Coffee Corner with a Twist

Would you like to connect with more of the community at Meadowlark Hills? Join potter, Lauren Karle of KSU, to enjoy coffee from handmade mugs and get to know more residents. It's Coffee Corner with a twist, at 3 p.m. Tuesday, May 14, in the Community Room.

Women of Song Concert

Kathy Peak, vocalist, will perform at 7 p.m. Friday, May 10, in the Community Room. The title of her concert is "Women of Song—50 Years of Great Music." Listen to number one songs from the past plus Big Band and Academy Award winning songs featuring Patti Page, Andrews Sisters, Doris Day and others!

Meadowlark Hills Singers to perform

Meadowlark Hills Singers, led by Jane Boys, will perform their Spring Fling performance at 7 p.m. Friday, May 17, in the Community Room. You're invited to come support your neighbors!

Reoccurring shopping trip

Transportation for the shopping trip will depart from the Village Entrance at 10 a.m. Wednesday, May 15, 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.

Anthropology students premier documentary about Meadowlark Hills

submitted by Dr. Michael Wesch

For the past four months, 10 Kansas State Anthropology students have been taking turns living at Meadowlark Hills. They ate, talked, played games, sang and danced with you. They have shared their stories, and you have shared yours. Now they are ready to share the documentary they have been working on all this time. Please join them at 7 p.m. Tuesday, May 14, in the Community Room to enjoy the show! Refreshments will be served and discussion will follow.

Card-making with Michelle

Join Michelle Lehmer at 2 p.m. Tuesday, May 14, in the West Conference Room to make Father's Day cards or any other style you choose!

ANNOUNCEMENTS

Privacy Preference Update

The Operations Team is updating residents' privacy preferences. If you would prefer not to have your phone number listed in the Meadowlark Hills directory or if you do not wish to have your birthday listed on the birthday calendar, please contact Amanda Rall at 323-3801, or Lynette Ford at the Hospitality Desk. In the absence of a response (unless previously noted), your phone number and birthday will continue to be listed.

Photos for electronic records

The Operations Team is updating residents photos for Independent Living. If you received a notice that we needed an updated photo for your electronic records and have not responded yet, you can visit Ashley Green or Amanda Rall to have your photo taken or make an appointment by calling Ashley at 323-3800, or Amanda at 323-3801.

Grocery shopping

There will be no grocery shopping on Thursday, May 16. Instead, Sherry Holcomb will shop on Wednesday, May 15, at 9 a.m. Grocery services will resume the following week at its normal time, Thursday, May 23, at 1 p.m.

Joke of the Week

Two young freshmen boys were taking Introductory to Chemistry at KSU. They were doing very well in the class and both had a very solid A. Despite the final Chemistry exam on Monday the boys decided to go to Kansas City and party all night with some friends.

They had a great time, however they overslept and missed their final exam on Monday morning. They pleaded with the professor. They confessed they went to Kansas City but had planned on making it home to study before the exam when they got a flat tire and couldn't make it back to Manhattan in time.

The professor decided she would give the boys a second chance and let them take their exam the following day. The boys were elated and studied all night long.

The professor placed the boys in separate rooms and gave them a two-page exam. The first page was worth 5 points and was a simple Chemistry question. The boys were unprepared for what they saw on the second page. The question contained two words, worth 95 points:

Which tire?

ASK ANNIE!

Q: What are the responsibilities of the new role created in the households?

by Annie Peace

The new role in the households is being called "Enrichment Specialist."

The role is designed to increase and exceed our standards for care, especially focused in the areas of cleaning and life enhancement. Our goal is to hire trained caregivers that are Certified Nursing Assistants so while working in this new role they are also an equal participant in the team. With the addition of the roles the Household teams have written new standards for both cleaning and housekeeping.

You may notice that our household staff and residents are out in the community more often. One of the new standards is to offer a weekly shopping trip. This new role has been active in the houses since the last part of March. We are seeing great results and hearing many stories from the improved quality. This is a very successful move for our organization. I would like to thank the teams that are making it so successful.

Keep the great questions coming!



left: Bramlage House Guest, Miles Brooks, carting in some precious cargo, Jayme Minton's son, back from the households' shopping trip.

SUMMERFEST 2013

It's that time of year again to block off Meadowlark Road for the annual Summerfest event. This event is fun for all ages! Enjoy inflatables, sno-kones, live music, great food and a beer garden! Each household will bring a summer-time game or booth. Be sure to dress for the occasion! Water balloons welcome!

Friday, June 7

Welcome, 4:45 p.m.

Cookout, 5:00 p.m.

Live band, 6:00 p.m.



Welcome and Introduction of New Residents, Amanda Rall

There were no new residents introduced at town meeting. Alana Johnston was introduced as the new Director of Nursing Services. Alana has worked at Meadowlark Hills on-and-off for about ten years and took over as the Director of Nursing Services in April. Her office is located past the double-sliding doors in the Park Den area.

Presentation of Pool Tournament Trophy, Don Rasmussen

Lynn Roberts was presented as the winner of the spring 2013 semi-annual pool tournament. Lynn won the first two tournaments that were held, but there was no trophy to document those wins. This will be the first time his name will be added to the trophy.

Campus Update, Lonnie Baker

Lonnie reported that the Pig out for Parkinson's, held on April 25 at Cox Bros. BBQ, was a success. The event raised over \$1,000 for the Parkinson's Program of Manhattan at Meadowlark Hills. He reported on possible organizational changes, such as possibility of filling his previous position as COO, office location moves and the possible addition of memory-supported assisted living apartments.

Outpatient Services Update- Home Health, Penny Garber

Penny reported on the software change for the Home Health office. This will result in residents receiving one bill instead of two separate bills if they are a Home Health client. There will be a Home Health newsletter that will be distributed in June to residents who utilize Home Health services. A Home Health forum will be scheduled in June to educate residents on the services that are available.

Sales Update, Becky Fitzgerald

Becky reported that there were two new independent living residents that moved in this month. Miller Place will be at 100 percent occupancy on Wednesday, May 8.

Bayer Pond Area Restoration Team, Don Rasmussen

Don reported on the plans for the pond restoration project. He has distributed surveys to all residents in attendance to get feedback on the project.

IL Update/Upcoming Events, Amanda Rall

Amanda spoke about the various events coming up in the month of May, such as Coach Weber's visit on May 7, the Memorial Day Poppy display, and a presentation by Jane Fishback on May 24, titled *Ten Things you Need to Know about the Brain*. She reported on a money scam in the form of e-mail. She encouraged residents to not open these e-mails and delete them right away.

Adjourn

Submitted by Elizabeth Birk

Grosh Cinema Movies

Monday, May 13 -Sunday, May 19

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

Monday, May 13 – Cinderfella (1960)

Fowler is a simple guy who's saddled with the unpleasant task of taking care of his stepmother and egotistic stepbrothers, Maximilian and Rupert, in this updated twist on the classic Cinderella fairy tale.

Starring: Jerry Lewis

Rated NR; 1 hr. 27 min.

Tuesday, May 14 – The Imposter (2012) **Resident Request*

Rated R for language.

A 13-year-old boy who vanished in Texas and shows up three years later in Spain now has the same tattoos, but looks different and speaks with an accent. An investigator sets out to unravel the mystery in this riveting documentary

Starring: Frederic Bourdin

Rated R; 1 hr. 38 min.

Wednesday, May 15 – My Name is Nobody (1974)

Spaghetti Western regular Terence Hill stars as Nobody, a man who's been chosen to take out established bandit Jack Beauregard but who strikes up a friendship with the seasoned outlaw instead.

Starring: Henry Fonda

Rated PG; 1 hr. 55 min.

Thursday, May 16 – The Master (2012) **Resident Request*

Rated R for sexual content, graphic nudity and language.

Freddie, a volatile, heavy-drinking veteran who suffers from post-traumatic stress disorder, finds some semblance of a family when he stumbles onto the ship of Lancaster Dodd, the charismatic leader of a new "religion" he forms after World War II.

Co-starring: Joaquin Phoenix, Philip Seymour Hoffman & Amy Adams

Rated R; 2 hrs. 17 min.

Friday, May 17– Bernie (2011) **Resident Request*

In this black comedy inspired by a true story, affable Texas mortician Bernie befriends the small town's wealthiest widow and then kills her. But despite the suspicious nature of her death, no one wants to think anything but the best of Bernie.

Starring: Jack Black, Shirley MacLaine & Matthew McConaughey

Rated PG-13; 1 hr. 39 min.

Saturday and Sunday, May 18 & 19 – Sergeant York (1941) **Resident Request*

In a career-defining performance that earned him his first Academy Award, Gary Cooper stars as Alvin York, a poor Appalachian pacifist drafted into World War I. Placed in an impossible position, York single-handedly captures an entire enemy platoon and becomes a national hero. This World War II-era Hollywood classic based on the real-life war hero received 11 Academy Award nominations, including one for director Howard Hawks.

Starring: Gary Cooper

Rated NR; 2 hrs. 14 min.

PRAIRIE★STAR

RESTAURANT

May 12-18

Includes beverage, starter and dessert.

SUNDAY	May 12 ~ Lunch \$16	Dinner \$12
	Mother's Day Brunch <i>Seating times: 11 a.m. & 1 p.m.</i>	Corn Real Shrimp Hushpuppies Vegetable of the Day
MONDAY	May 13 ~ Lunch \$9	Dinner \$12
	Chicken BLT French Fries Choice of Vegetable	Salisbury Steak Mashed Potatoes & Gravy Vegetable of the Day
TUESDAY	May 14 ~ Lunch \$6	Dinner \$12
	Taco Tuesday (does not include drink, salad or dessert)	Chicken Kabobs Wild Rice Vegetable of the Day
WED.	May 15 ~ Lunch \$11	Dinner \$13
	Bacon Cheddar Buffalo Burgers Steak Fries Choice of Vegetable	Steak Pin Wheel with Caper Demi Scalloped Potato Cakes Vegetable of the Day
THURSDAY	May 16 ~ Lunch \$6	Dinner \$11
	Potato Bar (does not include drink, salad or dessert)	Deep Fried Pork Cutlets Mashed Potatoes & Gravy Vegetable of the Day
FRIDAY	May 17 ~ Lunch \$10	Dinner \$12
	Oyster Po Boys Waffle Fries Choice of Vegetable	Ham Loaf Au Gratin Potatoes Vegetable of the Day
SATURDAY	May 18 ~ Lunch \$10	Dinner \$14
	Melon Prosciutto & Feta Tossed Salad Choice of Vegetable	Sesame Seed Crusted Tuna Asian Linguini Vegetable of the Day

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

This Week's Opportunities May 12- May 11

SUNDAY • MAY 12

11:00 a.m. ~ Mother's Day Brunch, PS
1:00 p.m. ~ Mother's Day Brunch, PS
2:00 p.m. ~ Movie, GC
7:00 p.m. ~ Vespers- Michael Schmidt from St. Luke's Lutheran Church, CR

MONDAY • MAY 13

Trash pick-up day.

8:00 a.m. ~ Dental Hygiene Clinic, 201
By Appointment Only
8:30 a.m. ~ Resident Council, KSU CR
9:30 a.m. ~ Seated Strength, CR
10:20 a.m. ~ Weights 101, CR
11:15 a.m. ~ Sit and Be Fit, CR
11:30 a.m. ~ Meadowlark Valley Lunch, LR
12:00 p.m. ~ 1st Pres. Men's Lunch, 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, CR
1:30 p.m. ~ Hearing Aid Doctor, CON
1:30 p.m. ~ Ladies Pool Table Time, BP
2:00 p.m. ~ History Committee, LR
3:00 p.m. ~ Meadowlark Singers, CR
7:00 p.m. ~ Game Time, GR

TUESDAY • MAY 14

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. ~ Card Making w/ Michelle, CON
3:00 p.m. ~ Coffee Corner, CR
4:00 p.m. ~ Newspaper & Bible, LR
5:30 p.m. ~ 4th Floor Supper, MR
7:00 p.m. ~ Dominoes, GR
7:00 p.m. ~ Anthropology Student Documentary, CR

WEDNESDAY • MAY 15

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 and 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
5:30 p.m. ~ Meadowlark Circle Supper, MR
7:00 p.m. ~ Game Time, GR

THURSDAY • MAY 16

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. ~ 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 • MAY 17

9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Veteran's Group, CR
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. ~ Meadowlark Hills Singers Performance, CR

SATURDAY • MAY 18

9:30 a.m. ~ Water Color Painting Art Class, KSU CR
1:00 p.m. ~ Movie, GC
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



May 13 - 18
Caribbean Romance
1.5 oz. Light Rum
1 oz. Amaretto
1.5 oz. Orange Juice
1.5 oz. Pineapple Juice
Splash Grenadine
\$3.75