



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

May 30, 2013

Summerfest '13 Annual Block Party

by Amanda Rall

Summer, here we come! Enjoy the summer sun on the patio Friday, June 7, during the annual Summerfest Block Party!

The event will kick-off at 4:45 p.m. The cookout will begin at 5 p.m. and the live band, The Tom Cats, will perform at 6 p.m. They will make their debut performance at the 2013 Summerfest!

Meanwhile, you and your family may enjoy water attractions, inflatable playground equipment and game stations. This year's game stations will include, a photo booth, dunk tank, fun on the fire truck, cake walk, face painting, pop toss, lollipop tree, temporary tattoos and lawn games!

Meadowlark Road will be blocked off from the fork to the Village Entrance all day Friday. If you have guests visiting, please make sure they are not parked in the visitor parking between 7 a.m. Friday, June 7, and 10 a.m. Saturday, June 8. Summer has arrived—come enjoy the fun!

right: Jayme Minton, employee, oversees Susie Kiley, Wroten resident, as she heaves the softball in the yard game at last year's Summerfest!



Arts in the Park Transportation Schedule

*Destination: Larry Norvell Band
Shell in Manhattan City Park
Departure from Village Entrance,
sign up in the Blue Book
Cost: \$3 per person*

Manhattan Municipal Band
Tuesday, June 4, 7:30 p.m.
Departure at 7 p.m.

Red State Blues Band
Tuesday, June 28, 8 p.m.
Departure at 7:30 p.m.

Manhattan Municipal Band
Tuesday, July 9, 7:30 p.m.
Departure at 7 p.m.

The Little Apple Music Festival
Saturday, July 13, 6 p.m.
Departure at 5:30 p.m.

Heather Masse, singer/song writer
Friday, August 2, 8 p.m.
Departure at 7:30 p.m.

High School Showcase
Friday, August 9, 8 p.m.
Departure at 7:30 p.m.

Muzzizi Reggae Band
Friday, August 16, 8 p.m.
Departure at 7:30 p.m.



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

Woodwinds Anonymous

Come enjoy the Woodwinds Anonymous as they present, *Songs Without Words*, music inspired by Felix Mendelssohn, at 7 p.m. Friday, May 31, in the Community Room.

Home Health Forum

Penny Garber, Home Health Leader, will be hosting an informative program for anyone interested in the services Home Health provides. Join Penny and other Home Health staff for the Home Health Forum at 3 p.m. Monday, June 10, in the Community Room.

League of Women Voters

A meeting, sponsored by the League of Women Voters is scheduled for Saturday, June 8, in the Community Room. Speakers include: Tom Hawk, Tom Phillips, Sydney Carlin and Ron Highland. Coffee and donuts to be served at 9:30 a.m. and speeches at 10 a.m.

The Great Flood of '51

Photographs, news reports and eye witness accounts document the great Kansas River Flood of 1951. The Osher course, *The Great Flood of '51*, from 2 to 4 p.m. Wednesdays, June 5, 12 and 19, in the Community Room will examine floods of Kansas' past and explore the likelihood of another great flood. This Osher class is free to Meadowlark Hills residents and you can register by calling (877) 404-5823. Registration is required.

Summer Fun with Cocktails

Learn thee secrets to mixing a great summer cocktail at the Osher class from 6:30 to 8:30 p.m. Mondays, June 3, 10 and 17, in the Community Room. This Osher class is free to Meadowlark Hills residents and you can register by calling (877) 404-5823. Registration is required.

Dementia Caregiver Support Group

Are you caring for a loved one with dementia? Join our support group each Thursday at 3:30 p.m. Check the calendar for locations.

Prairie Star Restaurant hours

The Prairie Star Restaurant will close at 3 p.m. Friday, June 7, during Summerfest. Sorry for any inconvenience.

LETTER TO THE MESSENGER

On Thoughts From a Foxhole

by Helen Roser

The scene is a foxhole with two exhausted infantrymen peering over the edge of the foxhole as the first rays of dawn make barely enough light to see across the battlefield where a fierce battle had raged through the night. Now it was quiet and the light was breaking. One soldier, his voice halting and fatigued, asks his fellow soldier: "Oh, say... can you see by the dawn's early light.... What so proudly we hailed at twilight's last gleaming? Whose bright stars and broad stripes, through the perilous night, o'er the ramparts we watched, were so gallantly streaming? ... The rockets' red glare, the bombs bursting in air, GAVE PROOF through the night, THAT OUR FLAG WAS STILL THERE! Oh, say, does that star-spangled banner yet wave, o'er the land of the free and home of the brave?"

As I walk through military cemeteries, I nearly sense that voices are rising up, asking: "Does our banner yet wave?"

Our crashing, blasting, blaring National Anthem, which defies anyone singing it, may divert our thoughts from the foxholes and our military who then, and now, save our United States of America for us. Our beautiful Old Glory has been saved for us at heavy price for many. Love and thanks.

Joke of the Week

A Sunday school teacher was giving her class the assignment for the next week. "Next Sunday," she said, "we will be discussing liars, and in preparation for our lesson, I want you all to read the seventeenth chapter of Mark."

The following Sunday, at the beginning of the class meeting, the teacher said, "Now then, all of you who have prepared for the less by reading the seventeenth chapter of Mark, please step to the front of the room."

About half the class rose and came to the front of the room.

"The rest of you may leave," said the teacher, "these students are the ones I need to talk to. There is no seventeenth chapter of Mark."

ASK ANNIE!

Q: Annie, you were out of the office the last week for a few days, what were you up to?

by Annie Peace

Thank you for noticing. I was invited to speak at a leadership conference in California, over the leadership program I have been co-writing.

Over the last year I have been working with Pam Kramer, the President of ITP (Integral Transformative Practice) International, writing a guide and developing a leadership program. I have been facilitating a leadership program at Meadowlark Hills that utilizes the guide. We are calling the program *Fresh Start*. Approximately 40 leaders in the organization participate in the program. Our goal with the program is to create a framework to foster and support the skills needed for our leaders to live out the values of Meadowlark Hills. There are five *Fresh Start* groups and we meet weekly for one hour. In the program, so far, we have spent time studying the following attributes and skills: Awareness, Balance, Intention, Courage, Engagement, and we are now discussing healthy practices as leaders.

This is the program I was invited to speak about at our National Culture Change conference last year and again this August in Seattle. I am thrilled to be a part of this cutting edge work. I am happy to share a copy of the work we have completed in the guide so far if anyone is interested.

As always, thank you for your questions and please keep them coming!



DAY TRIP

Red Hat chapter to Abilene

By Becky Fitzgerald

June is usually a nice month to travel in Kansas, so Manhattans, let's hit the road for lunch in Abilene! Becky Fitzgerald is your June hostess and driver for a visit at Abilene's Victorian Inn on Thursday, June 13. This bed-and-breakfast inn is listed on the state register of historic Kansas places. We'll enjoy lunch prepared by the home's proprietor, followed by a tour of the home. If you can navigate a stair case, there'll be even more to see on the home's second and third levels.

This lovely, old Victorian home was built in 1887 by Edward E. Hazlett, a local physician. Dr. Hazlett and his family lived here until 1916, after his death the preceding year. There are many memories of this family held in these old walls, especially of the young Hazlett son, Swede, who was a close boyhood friend of Dwight D. Eisenhower. These two chums went to school together and enjoyed playing cards and spending holidays here. It was Swede who encouraged Ike to attend West Point Academy, which-of course-led to Ike's distinguished military career and eventual election to president of these United States.

The Victorian Inn will be an elegant setting for our Red Hat attire, but if you don't have a red hat, don't let that stop you from joining the fun. The Inn has hats and gloves they'll loan us. Cost for the meal -- sandwich, salad, dessert and drink -- and transportation is \$20 and may be applied to residents' monthly statements.

Please reserve your spot in the Blue Book. Meet at the Village entrance at 11 a.m. to catch your Meadowlark Hills ride to Abilene.

Sweet Treats

Now offering a variety of desserts
on Friday afternoons from 2 to 4 p.m.!

June 7 - Chocolate Chip Cookie Ice Cream Sandwich - \$2.75

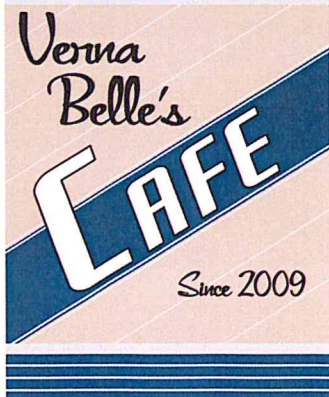
June 14 - Apple Pie - \$2.50. Ala Mode - \$3.25, Cheddar Cheese - \$2.75

June 21 - Kansas Dirt Parfait - \$2.75

June 28 - Oreo White Chocolate Cheesecake - \$3.50

Milkshakes -\$3.50

Chocolate, Vanilla, Strawberry or Peanut Butter



June BIRTHDAYS

Residents

Health Care



6/4	Ralph Miller
6/4	LaMoyne Riffel
6/4	Carolyn White
6/9	Freida Hawthorne
6/11	Dora Karsmizki
6/15	Mardeen Hartford
6/30	Lila Stites

Independent Living

6/4	Jean Brecheisen
6/6	Faith Roach
6/14	Kay Shanks
6/14	Pat Miksch
6/15	Bob Kruh
6/17	June Myers
6/17	Shirley Stone
6/18	Charles Hall
6/20	Robin Higham
6/21	Jane Westfall
6/24	Joanne Michel
6/25	Evelyn Hawley
6/26	Ted Ferguson
6/26	Helen Roser
6/28	Mary Roberts

Assisted Living

6/23	Lois Kennedy
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***Bold denotes milestone
birthday of 80, 90, 100 or 100+***

Employees

6/2	Gina Leon	6/14	Brandy Calistro
6/2	Sara Hillard	6/16	Vivian Dane
6/2	Kenthia Rhyne	6/16	Chris Nelson
6/2	Kevin Foster	6/16	Natasha Duncan
6/3	Charla Steere	6/18	John Roche
6/4	Teri Awbrey	6/21	Emily Gracia
6/4	Ariel Cowley	6/23	Kathryn Sigman
6/5	Michelle Haub	6/24	Rachel Koch
6/7	Malissa Fabela	6/24	Jennifer Stanghellini
6/9	Melina Sprague	6/24	Shaylon Lindeman
6/9	Jonathan Talib	6/25	Jennifer Whitaker
6/10	Teresa Wells	6/28	Emily Hermreck-Cassel
6/10	Ashley Freed	6/29	Noel Olson
6/10	Janalee Walter		
6/11	Dani Yordy		
6/13	Kayla Brzon		
6/14	Barbara Schesser		
6/14	Lonnie Baker		

Grosh Cinema Movies

Monday, June 3-Sunday, June 9

Show Times: 1, 4 and 7 p.m., Monday – Friday

1 and 4 p.m. Saturday; 2 p.m., Sunday

Monday, June 3 – Top Hat (1935)

Jerry Travers, a singer-dancer who auditions some new moves for producer Horace Hardwick at his hotel. The beautiful Dale Tremont is staying downstairs and the wackiness begins when she mistakes Jerry for Horace in this romantic comedy that received an Academy Award nomination for Best Picture.

Co-starring: Fred Astaire & Ginger Rogers

Rated NR; 1 hr. 40 min.

Tuesday, June 4 – Playing For Keeps (2012)

A washed-up, former soccer star attempts to rebuild his relationship with his son and ex-wife by coaching his son's soccer team. His plan to reconnect with his family is met with challenges from the attractive soccer moms who pursue him everywhere.

Co-starring: Gerard Butler, Jessica Biel, Dennis Quaid & Uma Thurman

Rated PG-13; 1 hr. 46 min.

Wednesday, June 5 – Von Ryan's Express (1965)

At the height of World War II, a group of Allied POWs escapes an Italian prison with the help of an idealistic American leader (Frank Sinatra), whose style clashes with that of his second in command (Trevor Howard). Just a few steps from freedom, the men are captured again -- this time by German troops. A series of twists and turns drives them to commandeer the very train that's transporting them to certain death.

Starring: Frank Sinatra

Rated NR; 1 hr. 56 min.

Thursday, June 6 – Beasts of the Southern Wild (2012)

This fantastical drama follows a little girl named Hushpuppy who lives in a dilapidated pocket of homes in the Mississippi Delta. When her father falls ill and natural disasters strike, Hushpuppy sets off to find her long-lost mother.

Co-starring: Quvenzhané Wallis & Dwight Henry

Rated PG-13; 1 hr. 33 min.

Friday, June 7 – 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

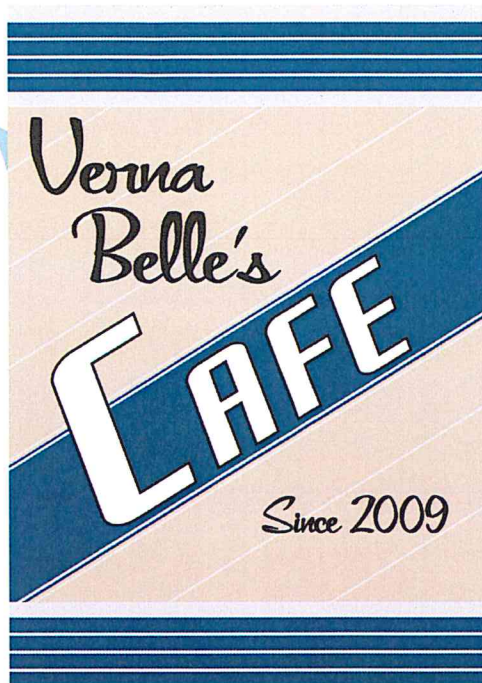
Rated PG-13; 2 hrs. 30 min.

Saturday and Sunday, June 8 & 9 – Snow White and the Huntsman (2012)

An updated take on the Snow White tale finds the fair-skinned maiden battling the Evil Queen with skills learned from the huntsman sent to kill her. Meanwhile, a love-struck prince bides his time from afar.

Co-starring: Kristen Stewart, Chris Hemsworth & Charlize Theron

Rated PG-13; 2 hrs. 7 min.



Hours:

8 a.m. to 5 p.m.

Monday - Friday

8 a.m. to 1 p.m.

Saturday

June Lunch Specials

June 3 – Mexican Chicken Wrapini with Soup OR Chips	\$3.75/ \$5.50
June 5 – Braut and Kraut with Red Potato Salad	\$5.50
June 7 – Bierock with Corn	\$5.50
June 10 – Triple Grilled Cheese with Tomato Soup	\$3.75/ \$5.50
June 12 – Chili Dog with Pistachio Salad	\$5.50
June 14 – Chicken, Bacon, Ranch Flatbread Pizza	\$3.75/ \$5.50
June 17 – French Dip & Au Jus with Potato Chips	\$3.75/ \$5.50
June 19 – Turkey, Provolone, Avocado Panini with Soup	\$3.75/ \$5.50
June 21 – White Chicken Chili with Cornbread Muffin	\$3.75/ \$5.50
June 24 – Tuna Melt with Cottage Cheese & Fruit	\$3.75/ \$5.50
June 26 – Chicken, Spinach Penne with Candied Carrots	\$5.50
June 28 – Cheese Quesadilla	\$3.00
Chicken Quesadilla	\$4.00
Steak Quesadilla	\$5.00

PRAIRIE★STAR

RESTAURANT

June 2-8

Includes beverage, starter and dessert.

SUNDAY	June 2 ~ Lunch \$10	Dinner \$10
	Beef Stroganoff Buttered Noodles Vegetable of the Day	Ham and Beans Corn Bread Vegetable of the Day
MONDAY	June 3 ~ Lunch \$9	Dinner \$11
	Egg Salad Sandwich Waffle Fries Choice of Vegetable	London Broil Herbed Rice Vegetable of the Day
TUESDAY	June 4 ~ Lunch \$8	Dinner \$10
	Fajita Bar (does not include drink, starter or dessert)	Chicken & Wild Mushroom Cheesecake Green Onion Caulis Vegetable of the Day
WED.	June 5 ~ Lunch \$10	Dinner \$12
	Turkey Club Wrap Steak Fries Choice of Vegetable	Broiled Short Ribs Caramelized Onion Mashed Potatoes Vegetable of the Day
THURSDAY	June 6 ~ Lunch \$6	Dinner \$11
	Soup & Salad Bar (does not include drink, starter or dessert)	Whiskey Glazed Pork Chops Ranch Roasted Potatoes Vegetable of the Day
FRIDAY	June 7 ~ Lunch \$10	Dinner \$11
	Chicken Fried Chicken Sandwiches French Fries Choice of Vegetable	Closed for Summerfest. <i>Sorry for any inconvenience.</i>
SATURDAY	June 8 ~ Lunch \$10	Dinner \$14
	Carolina Pork Sandwiches Tator Tots Choice of Vegetable	Steak Night Baked Potato Vegetable of the Day

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

This Week's Opportunities June 2– June 8

SUNDAY • JUNE 2

2:00 p.m. ~ Movie, GC
7:00 p.m. ~ Vespers with Michael Schmidt, St. Luke's
Lutheran Church, CR

MONDAY • JUNE 3

8:00 a.m. ~ Dental Hygiene Clinic, 201
By Appointment Only
9:30 a.m. ~ Town Meeting, CR
11:15 a.m. ~ Sit and Be Fit, CR
12:05 p.m. ~ Weights 101, 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
5:30 p.m. ~ Tuttle Creek Supper, MR
6:30 p.m. ~ Summer Fun with Cocktails Osher Class, CR
7:00 p.m. ~ Game Time, GR

TUESDAY • JUNE 4

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
12:00 p.m. ~ Kimball Luncheon, MR
1:00 p.m. ~ Tai Chi, CR
2:00 p.m. ~ Life Story, MR
3:00 p.m. ~ Coffee Corner, CR
3:30 p.m. ~ Ambassador Committee, CON
4:00 p.m. ~ Newspaper & Bible, LR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • JUNE 5

8:00 a.m. ~ Centering Prayer, TR
8:00 a.m. ~ Dr. Tran's Foot Clinic, CR
By Appointment Only
9:00 a.m. ~ New Perspectives, LR
10:00 a.m. ~ Memory Support Group, CON
12:00 p.m. ~ 1st Men's Club, MR
1 to 2 p.m. ~ Fitness Center Office Hour, FC
1:30 p.m. ~ Pitch, GR
2:00 p.m. ~ The Great Flood of '51 Osher Class, CR
3:00 p.m. ~ Call Hall Ice Cream, KR
7:00 p.m. ~ Game Time, GR

THURSDAY • JUNE 6

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, CON
5:30 p.m. ~ Meadowlark Circle Supper, MR
7:00 p.m. ~ Bingo, CR

FRIDAY • JUNE 7

*No parking on Meadowlark Road from the
fork to the Village Entrance, starting at 7 a.m.*

9:30 a.m. ~ Art Committee, LR
9:30 a.m. ~ Seated Strength, CR
10:20 a.m. ~ Weights 101, CR
11:15 a.m. ~ Sit and Be Fit, CR
12:30 a.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
4:45-9:00 p.m. ~ Summerfest, Patio & Meadowlark Rd.

SATURDAY • JUNE 8

9:30 a.m. ~ League of Women Voters, CR
9:30 a.m. ~ Water Color Painting Art Class, 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	



June 3 – 8

Flirtini

1.5 oz. X Rated Liqueur

3 oz. Champagne

\$3.75

DRINK SPECIAL