

Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

June 6, 2013

Honor Flight Network

MLH residents travel to Washington D.C.

HONOR FLIGHT



by Amanda Rall

Gather together as a community to send off two Meadowlark Hills residents as they venture to Washington D.C. as part of the Honor Flight Network.

A reception will take place during Coffee Corner at 3 p.m. Tuesday, June 18, in the Community Room. Following the reception at 3:30 p.m., friends, family and community members will line the street on Meadowlark Road as the Legion Riders escort our honorees out of town.

John Lindholm and Ed Call, both World War II veterans, were selected to be part of the Honor Flight.

The Honor Flight Network aims to honor America's veterans for all their sacrifices. Honorees are flown to Washington, D.C. to visit and reflect at their memorials. Top priority is given to senior veterans, World War II survivors and those veterans who may be terminally ill.

John and Ed will be accompanied by three other Manhattan-area honorees as well as John's brother, Leo Lindholm, on their flight Wednesday, June 19.

Also being honored are veterans that have been recognized for the "Spirit Flight." These are family, friends and comrades who are unable to make the flight, yet will be on the flight in spirit. Among those nominated are Meadowlark Hills residents, John Blythe and Herman Westmeyer.



Joke of the Week

A young, struggling actor says to his father, "Dad, guess what? I've got my first part in a play.

I play the part of a man who's been married for 30 years."

The father replies, "Well, keep at it son. Maybe one day you will get a speaking part."



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

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 the program will begin at 10 a.m.

Resident Focus Group

Join the Resident Focus Group led by Lonnie Baker, CEO, and Amana Rall, Resident Services Leader, at 10:30 a.m. Thursday, June 13, in the West Conference Room. Please sign up in the Blue Book.

Nathan Bolls, poetry recital

By popular demand Nathan Bolls, Meadowlark Hills resident, will recite poetry written by his late wife, Imogene Bolls. As a professor of English literature and creative writing, Imogene was resident poet at Wittenberg University of Springfield, Ohio. Come listen to the words of a widely-published poet of note in her day at 7 p.m. Friday, June 14, in the Community Room.

Sweet Treats in Verna Belle's

Verna Belle's will be featuring a variety of desserts on Fridays from 2 to 4 p.m. This Friday's feature is Chocolate Chip Cookie Ice Cream Sandwiches for \$2.75!

The History of Art Lecture Series

Jay Nelson's last lecture will begin at 7 p.m. Wednesday, June 12, in the Community Room. This is a great opportunity to experience art, so sign up in the Blue Book located at the Hospitality Desk.

ASK ANNIE!

Q: Why are bananas curved?

by Annie Peace

Thank you for the light-hearted questions. I enjoyed the research, and now I know a bit about bananas. Here is what I discovered in my research.



Bananas are curved due to a phototropic chemical in their makeup called Auxin, which is an important part of the way plant organs are shaped. In particular, the banana fruit grows upward and inward due to Auxin's attraction to the sun, causing its familiar curved shape.

The shape of a banana can be influenced by artificial light sources as well as the addition of ethylene gas (which is also associated with the ripening process in bananas and other fruits) as Auxin is linked to ethylene synthesis. Part of the uniqueness of bananas rests in their "negative geotropism." They start out growing towards the ground as gravity would dictate but then, as the fruits mature and receive more light, start growing upwards due to their chemical makeup.

I also learned that bananas are both a fruit and an herb. Very interesting. A banana is undoubtedly a fruit (containing the seeds of the plant), though since commercially grown banana plants are sterile, the seeds are reduced to little specks. However, the banana plant, though it is called a 'banana-tree' in popular usage, is technically regarded as a herbaceous plant (or 'herb'), not a tree, because the stem does not contain true woody tissue. Perplexing!

Please keep the questions coming, even the fun ones!

Q: How long will the Relay for Life tribute be on display?

by Annie Peace

The Relay for Life display, located in the east hallway by the offices, will be up until Wednesday, June 12. On Friday, June 14, the luminaria bags will be moved to the Relay for Life event at Cico Park where they will be illuminated after dark along the walk ways. It is a beautiful sight!

ANNOUNCEMENTS

Prairie Star Restaurant hours

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

Coat racks in lobby

The coat racks in the main lobby have been home to your winter coats for too long! Please claim your coats by Friday, June 14. Unwanted coats will be donated to the Meadowlark Hills Market.

Requesting pictures for game show

Enjoy game-show atmosphere as we play *Guess Who?* at 7 p.m. Friday, June 21, in the Community Room. Game show contestants will have to guess who are in the baby pictures, grade school pictures and wedding pictures of residents and staff. If you would like to have one of your pictures used in the game, please bring them by Amanda Rall's office.

Colorado Trip meeting

The Meadowlark Hills trip to Colorado is fast approaching. Our journey will begin on Saturday, July 13, and continue until Saturday, July 20. We will depart from the Village Entrance. However, before the big day, Becky Fitzgerald and Amanda Rall will host an informative meeting to discuss the trip logistics and other helpful information. We will meet in the Community Room at 4 p.m. Monday, June 17. It is strongly suggest that you attend if you are on board for the Colorado trip!

Upcoming events bulletin board

Remember, there are many ways to keep informed at Meadowlark Hills, one being the bulletin board located in the Game Room that posts many of the upcoming events!

FOUNDATION NEWS

In Memory & Honor

May 2013

Allen Janke

Virginia Honstead

W.C. & Pauline Groneman

Merlin & Sorenson Families

David Chastan

Jack Goldstein

Marge Masterson

Ina Dwyer

Charles E. Dominy

John H. McCoy

Valerie Lynn Dyer

Harold & Mable Shaw

John L. Vogt

Robert Hayes

Marie R. Bonebrake

Tom Grubb

Barbara Wilson

Burke & Margery Bayer

Doreen Shanteau

Jesus Christ

Henry Leiker

Robert Wild

*Donations were made to the
Good Samaritan Fund.*

UPCOMING EVENTS

JUNE 15, 2013 SYMPHONY IN THE FLINT HILLS

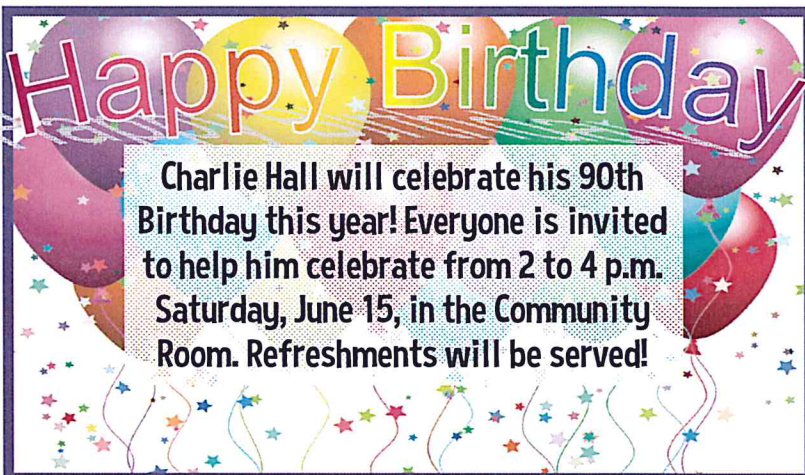
AT HISTORIC FORT RILEY

The eighth annual Symphony in the Flint Hills is set for Saturday, June 15, at historic Fort Riley. If you are utilizing Meadowlark Hills transportation, plan to meet at the Village entrance no later than 2 p.m. **All participants must have a photo ID, such as a driver's license, to enter Fort Riley.**

You will be given your event ticket, a reserved seat, "tokens" for dinner and a Weekend Guide when you arrive. The event package price, \$120 per person, will appear on the June statements of Meadowlark Hills residents.

The contingency date, if the weather does not permit the concert as planned, will be Sunday, June 16. You will be notified as soon as possible if the event has been postponed.

Get on board, as Meadowlark Hills travels to Fort Riley!



Summerfest

Friday, June 7

4:45 p.m. Kick-off

5 p.m. Cookout

6 p.m. Live Band

**Prairie Star Patio
Meadowlark Road**

Save the Date



Meadowlark Hills Market

*Open for residents, staff and
Passport Members from*

3 p.m. to 6 p.m. Friday, Aug. 16

Open to the public from

8 a.m. to noon Saturday, Aug. 17

Located in the Community Center

Welcome and Introduction of New Residents, Amanda Rall

New residents, Bob and June Benedict and Ann Martinie were introduced. Bob, June and Ann all live on the third floor.

Presentation of Funds Raised by Memorial Day Display, Amanda Rall

Amanda announced that the Memorial Day Poppy Display raised \$300 for the Meadowlark Hills Veterans Group. They will use this money to take trips to the various museums on Fort Riley.

Campus Update, Lonnie Baker

Lonnie reported that the office moves are almost finished. There will be an "Open House" to show off all new office locations in the following weeks. He spoke about the new organizational chart and explained Annie Peace, Garrett Lee and Sarah Guge's roles. Lonnie reported on the remodel of Sloan and Honstead Houses and the patio that is being built for Lyle House. Automatic doors have been installed at Bramlage House. Annie Peace is working on updating and changing the courtyard by the Game Room for resident use.

Board of Trustees Update, Dirk Daveline

Dirk announced that there will not be an Independent Living rate increase on July 1, 2013. All rate increases for independent living, assisted living, and healthcare will all be done in January from now on. He also reported that they are working with Lonnie on hiring a new Major Gifts Officer for the Foundation.

Health Services Update, Garrett Lee

Garrett reported that Home Health has switched software systems. All residents who use Home Health will receive one bill, instead of two separate bills. He also reported that Dr. Floersch has signed a contract with Meadowlark Hills to be the full-time provider.

Sales Update, Kinzie Jo Zimmerman

Kinzie Jo reported that the campus-wide occupancy is at 93 percent. Independent living is at 90 percent occupancy and will increase by the end of the month. Meadowlark Hills had 100 percent occupancy in healthcare, memory support, and transitional care households for the first time in three years in May.

Pond Restoration Survey Results, Pond Committee

Don Rasmussen and Don Emley reported on the survey results. They received 98 completed surveys, in which residents from the healthcare households responded the most. They will move forward with the project which will include ADA compliant trails, new landscaping, and animal watching areas. Phase one of the project is expected to cost around \$70,000.

IL Update/Upcoming Events, Amanda Rall

Amanda reported on upcoming events in the month of June, such as Summerfest on June 7, Dave Atchison and the Haymakers performance on June 28 and the *Guess Who?* game on June 21. She requested residents and employees contribute photos for the *Guess Who?* game. Amanda also reported on what to do in the case of a tornado warning.

Adjourn

Submitted by Elizabeth Birk

Grosh Cinema Movies

Monday, June 10-Sunday, June 16

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

Monday, June 10 – Let's Dance (1950)

Raising her young son in New York City, former USO entertainer and war widow Kitty runs into her old showbiz partner Donald, and soon, the two hit the stage with their crowd-pleasing song-and-dance act -- and strike up a smoldering romance. But as the pair reignites their old magic, they must fend off Kitty's snobbish former in-laws who want custody of her boy.

Co-starring: Betty Hutton & Fred Astaire

Rated NR; 1 hr. 51 min.

Tuesday, June 11 – About Schmidt (2002) **Resident Request*

Rated R for some language and brief nudity.

When insurance actuary Warren Schmidt retires and his wife dies, he looks for life's meaning on a road trip to his daughter's upcoming wedding to a waterbed salesman. But Schmidt can't seem to get anything right. En route to the wedding, he shares his life through letters with a Tanzanian boy he's sponsoring for 73 cents a day -- and soon, Schmidt discovers renewed purpose.

Co-starring: Jack Nicholson & Dermot Mulroney

Rated R; 2 hrs. 5 min.

Wednesday, June 12 – Lawless (2012)

Rated R for strong, bloody violence, language and some sexuality/nudity.

This true-to-life action saga profiles Virginia's bootlegging Bondurant gang, whose exploits during the Prohibition era made them outlaw heroes. The three Bondurant brothers tussle with the law and each other as they try to survive changing times.

Co-starring: Tom Hardy, Jessica Chastain, Shia LaBeouf & Gary Oldman

Rated R; 1 hr. 55 min.

Thursday, June 13 – Get Low (2009) **Resident Request*

Oscar winners Robert Duvall and Sissy Spacek team up to tell the true story of irascible Felix Bush, a backwoods Tennessee loner who planned his funeral in 1938 while he was still around to attend -- and enjoy -- the proceedings.

Co-starring: Robert Duvall, Sissy Spacek & Bill Murray

Rated PG-13; 1 hr. 40 min.

Friday, June 14 – Silver Linings Playbook (2012) **Resident Request*

Rated R for language and some sexual content/nudity.

After a stint in a psychiatric hospital, bipolar Pat has no choice but to move back in with his football-obsessed parents. While he tries in vain to reconcile with his wife, Pat meets a woman who's as unstable as he is -- and she changes his life.

Co-starring: Bradley Cooper, Jennifer Lawrence, Robert De Niro

Rated R; 2 hrs. 2 min.

Saturday and Sunday, June 15 & 16 – The World's Fastest Indian (2005) **Resident Request*

This fact-based drama stars Anthony Hopkins as quirky New Zealander Burt Munro, a 67-year-old grandfather who flies across Utah's Bonneville Salt Flats and attempts to break into the record books on his customized Indian Scout motorcycle.

Starring: Anthony Hopkins

Rated PG-13; 2 hrs. 6 min.

PRAIRIE★STAR

RESTAURANT

June 9–15

Includes beverage, starter and dessert.

SUNDAY	June 9 ~ Lunch \$11	Dinner \$10
	Roasted Cornish Game Hen with Fruit Salsa Roasted Red Potatoes Vegetable of the Day	Baked Ham with Peach Sauce Au Gratin Potatoes Vegetable of the Day
MONDAY	June 10 ~ Lunch \$9	Dinner \$11
	Ham Salad Sandwich Waffle Fries Choice of Vegetable	Shrimp Creole White Rice Vegetable of the Day
TUESDAY	June 11 ~ Lunch \$6	Dinner \$10
	Taco Tuesday (does not include drink, starter or dessert)	Pork Stir Fry Chinese Noodles Vegetable of the Day
WED.	June 12 ~ Lunch \$9	Dinner \$10
	Grilled Ham & Cheese Tomato Soup Choice of Vegetable	Sundried Tomato Chicken Garlic Bread Vegetable of the Day
THURSDAY	June 13 ~ Lunch \$6	Dinner \$12
	Potato Bar (does not include drink, starter or dessert)	Roasted Pork Tenderloin with Peppercorn Demi Glaze Garlic Mashed Potatoes Vegetable of the Day
FRIDAY	June 14 ~ Lunch \$10	Dinner \$11
	Chicken Fried Steak Sandwiches Steak Fries Choice of Vegetable	Chicken Cordon Blue Scalloped Potatoes Vegetable of the Day
SATURDAY	June 15 ~ Lunch \$10	Dinner \$11
	Mexican Lasagna Black Beans Spanish Rice	Coconut Shrimp Wild Rice 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 9– June 15

SUNDAY • JUNE 9

2:00 p.m. ~ Movie, GC
7:00 p.m. ~ Vespers- Erick Swartz from Riley Presbyterian Church, CR

MONDAY • JUNE 10

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 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
1:30 p.m. ~ Hearing Aid Doctor, CON
3:00 p.m. ~ Home Health Forum, CR
6:30 p.m. ~ Summer Fun With Cocktails Osher Class, CR
7:00 p.m. ~ Game Time, GR

TUESDAY • JUNE 11

10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
1:00 p.m. ~ Tai Chi, CR
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

WEDNESDAY • JUNE 12

8:00 a.m. ~ Centering Prayer, TR
9:00 a.m. ~ Building & Grounds Meeting, LR
9:00 a.m. ~ New Perspectives, CON
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
12:00 p.m. ~ 2nd Men's Club, LR
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. ~ Art Lecture, CR
7:00 p.m. ~ Game Time, GR

THURSDAY • JUNE 13

10:00 a.m. ~ Great Decisions, LR
10:00 a.m. ~ Meadowlark Bible Study, MR
10:30 a.m. ~ Resident Focus Group, CON
10:30 a.m. ~ Steady Yourself, CR
11:00 a.m. ~ Red Hat Luncheon Transportation, VE
11:15 a.m. ~ Chair Yoga, CR
1:00 p.m. ~ Tai Chi, CR
1:00 p.m. ~ Blood Pressure Clinic, GR
3:30 p.m. ~ Dementia Support Group, KSU CR
7:00 p.m. ~ Bingo, CR

FRIDAY • JUNE 14

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
7:00 p.m. ~ Nathan Bolls Poetry Recital, CR

SATURDAY • JUNE 15

9:30 a.m. ~ Water Color Painting Art Class, KSU CR
1:00 p.m. ~ Movie, GC
2:00 p.m. ~ Charlie Hall's 90th Birthday Party, 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



June 10 – 15

Cuba Libre

1.5 oz. Light Rum

3 oz. Cola

Lime Wedge

\$3.75