



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

June 13, 2013

Convenience on Campus

A multitude of salon services available

by Amanda Rall

Meadowlark Hills offers two full-service salons, right on campus! The Pizazz Hair and Body Boutique is open from 9 a.m. to 5 p.m. Mondays and Wednesday through Friday and is located in the Community Center.

Flair Hair and Body Care is located in the lower level of Bramlage and Wroten households. It is open on Tuesdays from 9 a.m. to 5 p.m.

Both locations cater to men and women while offering a wide-spectrum of services, including hair cuts, styles, color or highlights, permanents, manicures and pedicures as well as waxing. You can also pick up your beauty supplies and hair product, all in one convenient location.



above: Stefanie and Shawn Morris, stylists, pictured with Meadowlark Hills resident, Joy Rogers.

Pizazz and Flair are staffed by two, highly-trained stylists, Stefanie and Shawn Morris. Stefanie and Shawn met while attending school at the Crums Beauty College in Manhattan, Kan.

The couple enjoys their time spent together at work as well as their time with residents and salon patrons. "July marks our 5-year anniversary at Meadowlark Hills. We enjoy our job today

just as much as we did on our first day. We know we have some of the most supportive and loyal clients in town." Stefanie remarked.

You can drop by to schedule an appointment or call 537-6189. Stefanie or Shawn will make you feel and look like a million bucks!

Upcoming Events at Meadowlark Hills

Honor Flight attendees send off

Attend the Honor Flight send off of five attendees 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.

Card Making with Michelle

Join Michelle Lemer at 2 p.m. Tuesday, June 18, in the Living Room to style patriotic cards for the 4th of July, as well as other creative ideas.

Nathan Bolls, poetry recital

Meadowlark Hills resident, Nathan Bolls, 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.

Game show, set for June 21

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.



Thank you for your continued support of the MLH Foundation and its mission.

The Meadowlark Hills Messenger is proudly sponsored by The Trust Company.

ANNOUNCEMENTS

Anthropology video showing

The video made by the Anthropology class will be replayed in the Grosh Cinema at 2 p.m. Thursday, June 20. The 1 p.m. showing of the movie has been canceled to accommodate this event. Sorry for any inconvenience.

Colorado Trip meeting

Becky Fitzgerald and Amanda Rall will host an informative meeting to discuss the Colorado trip logistics and other helpful information. We will meet in the Community Room at 4 p.m. Monday, June 17.

Symphony departure time

All aboard for the Symphony in the Flint Hills! Transportation to historic Fort Riley will be 2 p.m. Saturday, June 15, from the Village Entrance. Please remember, all participants must have a photo ID, such as a driver's license, to enter Fort Riley.

Birthday celebration for Charlie Hall

Charlie Hall will celebrate his 90th Birthday this year! Everyone is invited to help him celebrate from 2 to 4 p.m. Saturday, June 15, in the Community Room. Refreshments will be served!

Accepting artwork donations

Submitted by Harriette Janke

Do you have too many pictures for the wall space you now have? Art can be donated to Meadowlark Hills and the value deducted from your income tax, or art can be loaned to Meadowlark Hills if you do not want to permanently part with it. Contact a member of the Resident Art Committee or the staff representative, Pam Reding. Pam can be reached at 323-3890, or visit her in the Community Relations office.

ASK ANNIE!

Q: Does Meadowlark Hills still have a plant lady? Who waters all of the indoor plants?

by Annie Peace

Yes, the indoor plants are owned and cared for by a private company, Harmony Landscapes. The lady who is responsible for watering the indoor plants name is Tara Truitt.



Thank you for your question. Keep them coming!

Meadowlark Hills IL Resident Council Minutes May 13, 2013

Members present: Jean Beatty, Charles Deyoe, Pat Vogt, Don Rasmussen, Loren Alexander, Jo Call, Warren Walters, Ruth Wells, Lincoln Deihl and Betty Grubb

Staff present: Kinzie Jo Zimmerman, Ashley Green and Lonnie Baker.

Updates:

Independent Living- Lonnie Baker reported that there will be several organizational changes and a new organizational chart will be printed in the upcoming Messenger. Lonnie reported that they will not be filling his vacated COO position; rather duties will be delegated to the leadership staff. This does two things: it eliminates a layer of communication between Lonnie and the direct care staff, and it allows that money to be allocated towards the residents. He also reported that Meagan Florie will remain in her position as the CFO but will no longer have any direct reports. She will continue to manage our finances while our accounting will be managed from campus. With these changes, expect office moves. It is Lonnie's intention to have all leadership staff on the first floor with senior leadership in close proximity to each other. Lonnie also reports these changes were expected by the staff and the staff has handled them well as it has little-to-no surprise to them.

Board of Trustees:

Nominating and By-Law Committee – Loren Alexander reported this committee is responsible for maintaining the correct number of committee members on the Board of Trustees. John Walters is the chair of this committee. Lately they have been discussing the Board of Trustees' involvement level for filling leadership roles.

Marketing and Resident Services Committee – Loren Alexander reported they are in the process of discussing rates, the possibility of more memory support assisted living units, upgrades for Sloan and Honstead and the ineffectiveness of mobility sensors. Pam Russell is the Chair of this committee.

Long Range Planning Committee – The Long Range Planning Committee met last week to discuss a Request for Proposal for PACE. This committee will meet again soon. (message communicated by Betty Grubb)

IL Resident Council Minutes, continued from page 2

Personnel Committee – Sandra Emley reported Lonnie Baker presented the new organizational chart to the Personnel Committee. The Chaplain position was also discussed at this time.

Finance Committee – Don Rasmussen reported this committee meets monthly. The committee discussed operational revenue and expenditures for next year. The committee reviewed the proposed budgets for next fiscal year and are looking at a small profit. There will be a rate increase specific to Independent Living in January, but it is not expected to be large. Through an actuary study, our practices are proven to be sound.

Executive Committee – Don Rasmussen reported the Executive Committee last met to discuss the CEO selection.

Approval of April Minutes:

The April minutes were approved by a unanimous vote.

Old Business

Crosswalk Paint – Don Rasmussen reported Mike Davis has found a paint that seems to be sufficient for the project.

Signage at Front Entrance – Lonnie Baker reports the company will be able to create a sign similar to the ones already on campus and are planning to move forward with this process.

Pond Project – Don Rasmussen reported approximately 50 surveys have been collected and show a strong support for bird watching, walking and sitting. About one out of every five showed interest in fishing and an observation tower, and one out of every five would like the money to be spent elsewhere. Council members showed their support of this project. The project has been budgeted at \$40,000 which would cover silt removal from the pond, mixing this silt with a stabilizer and laying it for the base of an ADA approved trail to the pond. Don would like the committee to receive at least 50 more surveys before feeling comfortable with moving forward with this project. They are available at the front or from floor/neighborhood representatives.

New Business:

Selection of Reps: Jean Beatty would like the council members to return next month with thoughts and opinions on whether or not floor/neighborhood reps

should be nominated and voted onto Resident Council by each floor/neighborhood. Being on Resident Council is an increasing amount of work and requires a lot of involvement on campus.

Kinzie Jo Speech: Kinzie Jo would like to pass along how great the Anthropology documentary is and how much Meadowlark Hills has changed the students' lives. She also presented sales numbers: Health Care is full, Assisted Living is full and Independent Living is projected to be at 90% by the end of the month if there are no move outs. There are three move ins scheduled in the month of May and four move ins in the month of June. She shared this is her last Resident Council meeting and she has greatly enjoyed her time with the council. Amanda will be assuming the host role at Town Meeting.

Questions and Concerns

Speed Bumps – The Building and Grounds Committee has been discussing the speed bump replacement with concerns about passengers in wheel chairs and how these affect them.

Announcements for Those with Sight Issues – Those with low vision or vision issues would greatly appreciate if the announcements on the floors and in the elevators were printed in large bold black standard font on a white background. Colorful and fun borders are great, but colorful and fun backgrounds make it hard to read the message.

New Resident Check List – Jean Beatty is still missing the new resident check lists from 4th floor and the circle.

Picnic Games – Warren Walter has his outdoor picnic games available. If anyone would like to play or utilize them please get in contact with him

Mother's Day Brunch – The brunch on Mother's Day was fabulous and greatly appreciated.

Action Items

| | Brief Description | Action | By: | Status: |
|---|----------------------|---|--------------|------------|
| 1 | Signage at entrances | Order a sign to be placed at the front entrance | Lonnie Baker | In Process |

Adjourn

Submitted by Ashley Green

Grosh Cinema Movies

Monday, June 17-Sunday, June 23

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

Monday, June 17– Cover Girl (1950)

Rita Hayworth vamps it up as Rusty Parker, a Brooklyn dancer longing to see her name in Broadway lights in this Academy Award-winning musical featuring the tunes of Jerome Kern and George Gershwin. Her dream of stardom finally comes true when she lands the cover of a magazine through a contest. On the way to the top, she nabs the attention of lots of rich and powerful men, but is her best friend, Danny McGuire, her true love?

Co-starring: Gene Kelly & Rita Hayworth

Rated NR; 1 hr. 47 min.

Tuesday, June 18 – Gran Torino (2008) *Resident Request

Rated R for language throughout and some violence.

Curmudgeonly Korean War vet Walt must confront his Hmong immigrant neighbors -- and his own prejudices -- when their teenage son Thao tries to steal Walt's beloved 1972 Gran Torino. Walt soon assumes the unlikely role of guardian angel to young Thao.

Starring: Clint Eastwood

Rated R; 1 hr. 56 min.

Wednesday, June 19 – Cowboys & Indians (2011)

After Indians abduct a beautiful frontier woman and her greedy husband, former cavalry soldier Capt. Bugle and his sidekick Hoot Cartwright go on a mission to rescue the two and restore peace to a frontier gunning for a fight.

Co-starring: Katy Maloney & Alvin Cowan

Rated PG-13; 1 hr. 25 min.

Thursday, June 20 – Extremely Loud & Incredibly Close (2011) *Resident Request

The 1 p.m. showing has been canceled to show the Anthropology video.

Believing that his father left him a message before dying in the September 11 attacks, young Oskar Schell embarks on an emotional odyssey through New York City to find the lock that matches a key he found among his father's belongings.

Co-starring: Tom Hanks & Sandra Bullock

Rated PG-13; 2 hrs. 9 min.

Friday, June 21– Hyde Park on Hudson (2012)

Rated R for brief sexuality.

When the king and queen of England visit U.S. President Franklin Roosevelt hoping for support on the eve of World War II, Roosevelt must deal with his official duties as well as the competing interests of his mother, his wife and his mistresses.

Co-starring: Bill Murray & Laura Linney

Rated R; 1 hr. 34 min.

Saturday and Sunday, June 22 & 23 – About A Boy (2002)

Hip, irresponsible Londoner Will invents an imaginary son and starts attending single-parent meetings to find available women. But when Will meets the troubled 12-year-old son of a depressed single mother, a quirky and unexpected friendship blooms.

Co-starring: Hugh Grant, Toni Collette & Rachel Weisz

Rated PG-13; 1 hr. 42 min.

PRAIRIE★STAR

RESTAURANT

June 16-22

Includes beverage, starter and dessert.

| | | |
|----------|--|--|
| SUNDAY | June 16 ~ Lunch \$16 | Dinner \$11 |
| | Prime Rib Mashed Potatoes Vegetable of the Day | BBQ Ribs Mac & Cheese Vegetable of the Day |
| MONDAY | June 17 ~ Lunch \$10 | Dinner \$11 |
| | Roasted Vegetable Pasta Garlic Bread | Blackened Chicken Red Beans & Rice Vegetable of the Day |
| TUESDAY | June 18 ~ Lunch \$8 | Dinner \$13 |
| | Fajita Bar (does not include drink, starter or dessert) | Beef Wellington Cheese Risotto Vegetable of the Day |
| WED. | June 19 ~ Lunch \$9 | Dinner \$11 |
| | Roast Beef Salad Waffle Fries Choice of Vegetable | Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day |
| THURSDAY | June 20 ~ Lunch \$7 | Dinner \$12 |
| | Pizza Bar (does not include drink, starter or dessert) | Stuffed Pork Tenderloin Roasted Red Potatoes Vegetable of the Day |
| FRIDAY | June 21 ~ Lunch \$10 | Dinner \$12 |
| | Chimichangas Black Beans Spanish Rice | Crab Stuffed Sol Wild Rice Vegetable of the Day |
| SATURDAY | June 22 ~ Lunch \$10 | Dinner \$15 |
| | Chicken Philly's Tator Tots Choice of Vegetable | Steak Night Baked 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 June 16– June 22

SUNDAY • JUNE 16

2:00 p.m. ~ Movie, GC
7:00 p.m. ~ Vespers– Zac Morton, 1st Presbyterian Church, CR

MONDAY • JUNE 17

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
4:00 p.m. ~ Colorado Trip Meeting, CR
5:30 p.m. ~ 5th Floor Supper, MR
6:30 p.m. ~ Summer Fun With Cocktails Osher Class, CR
7:00 p.m. ~ Game Time, GR

TUESDAY • JUNE 18

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
1:00 p.m. ~ Tai Chi, CR
2:00 p.m. ~ Life Story, MR
2:00 p.m. ~ Card Making with Michelle, LR
3:00 p.m. ~ Coffee Corner/Honor Flight Send Off, CR
4:00 p.m. ~ Newspaper & Bible, LR
5:30 p.m. ~ 2nd Floor Supper, CR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • JUNE 19

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 and Be Fit, CR
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
2:30 p.m. ~ Lutheran Communion, LR
3:00 p.m. ~ Call Hall Ice Cream, KR
5:30 p.m. ~ Meadowlark Circle Supper, MR
7:00 p.m. ~ Game Time, GR

Joke of the Week

Two muffins were sitting in an oven. One muffin says to the other, "Gee, it's hot in here!"

The other muffin exclaims, "Good heavens, it's a TALKING MUFFIN!"

THURSDAY • JUNE 20

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
2:00 p.m. ~ Anthropology Video Showing, GC
3:30 p.m. ~ Dementia Caregiver Support Group, KSU C
7:00 p.m. ~ Bingo, CR
7:30 p.m. ~ Sons of the American Revolution, CON

FRIDAY • JUNE 21

9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Veteran's Group, GC
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. ~ Guess Who? Game Show, CR

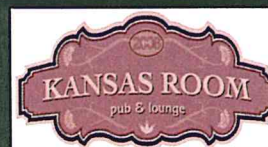
SATURDAY • JUNE 22

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



June 17 – 22

Cape Coddler

1.5 oz. Vodka

3 oz. Cranberry

Lime Wedge

\$3.75