

Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

June 20, 2013

Dedicated to Education

MLH resident, John Mann memorializes late wife

by Amanda Rall

Education was considered highly important in the eyes of John Mann's late wife, Phyllis Marie Walsten Mann.

Phyllis attended a one-room country school in Reno County. She completed her high school education at Hutchinson High School and then completed a pre-nursing program at the community college. In 1951, she received her bachelors of science in nursing from the University of Kansas, then was employed at KU Medical Center. She took a short leave of absence in 1961 to earn her masters of nursing from the University of Washington in Seattle.

Phyllis always emphasized nursing education. She was a staff nurse, head nurse, nursing supervisor, in-service education director and acting director of nursing service at KU Medical Center.

John and Phyllis were married in 1967 and moved to Martinsville, VA. Phyllis continued her professional ca-



above: Phyllis Mann, a professional picture was taken during her years serving as the director of the nursing program.

reer while nurturing relationships with patients and fellow staff.

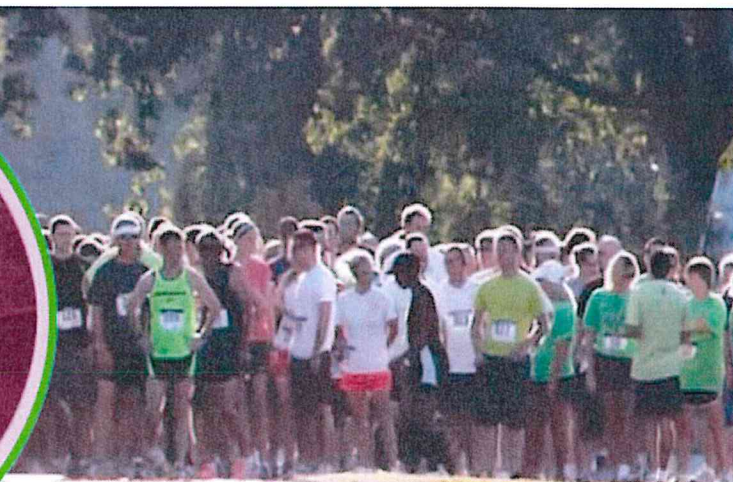
Phyllis later served as the director of nursing program at Patrick Henry Community College in Martinsville. Her career fulfilled her desire to shape and direct future nurses through education. Witnessing successes of nurses as they passed board exams and watching as a handful of them continued on to receive PhD's is how Phyllis achieved the utmost satisfaction in her professional life.

To honor Phyllis's love of nursing education, John Mann and his family dedicated a memorial at KU Medical Center. The *Phyllis Marie Walsten Mann Endowed Nursing Scholarship* was recognized by the dean of the nursing school with a banquet held on April 23, 2013. The objective of the scholarship is to emphasize the importance of education. The recipient will exhibit academic merit and resemble Phyllis's dedication to the nursing profession.

Saturday, August 24, 2013

The Speedy P.D.
5k/10k

Presented by UMB



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

For the art of it

submitted by Harriette Janke

Have you noticed the art on the new art wall in the hallway by the Game Room? Doug Teener from the Manhattan Watercolor Workshop has donated three pictures for our enjoyment that are being displayed there now. The Art Committee is trying to do a better job of changing the pictures periodically, so look quick, they may be replaced soon!

Shred box found in new location

Looking for a place to confidentially dispose of personal or financial information? Look no further than the Hospitality Desk, a shred box is now located there for your use.

Speedy P.D. Training

The time has come to begin our preparation for the Speedy P.D. 5k/10k run on Aug. 24. The training runs are a chance, for those that are interested, to meet once a week as race day approaches. All levels, walkers and runners are welcome to join us, feel free to invite your family and friends as well. Training will begin at 8 a.m. Saturday, June 29, and we will meet at the north entrance to City Park. Training will occur each Saturday morning (weather permitting) for the next eight Saturdays that lead up to the Speedy P.D. Please contact Fitness Leader, Jeff Heidbreder, at (785) 341-2995, with any questions regarding the Speedy P.D. training runs.

Thank you card at Hospitality Desk

Please stop by the Hospitality Desk to sign a card for the Wal-Mart manager for donating so many lovely flowers for our restaurant tables.

Sign up to receive library books

If you are interested in having library books delivered to your door, register for the Homebound Program through the Manhattan Public Library. A library card application and sign-up form can be requested by contacting Bea Rasmussen at 537-8775 or Amanda Rall at 323-3801.

UPCOMING EVENTS

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 be asked to guess who are in the baby pictures, grade school pictures and wedding pictures of residents and staff. Join your neighbors for a fun-filled evening!

Fourth of July with a bang

Independence Day will be celebrated with tons of explosive fireworks! Come to the Pub and Game Room at 9 p.m. Thursday, July 4, for popsicles. The firework display will begin at 9:30 p.m. from the west parking lot. Many of the fireworks can be seen on the patio in the courtyard, off of the Game Room!

Bring your own gardening gloves

Calling all gardeners for a Garden Party! If you would like to help pot flowers and plants, join Amanda Rall on the Prairie Star patio at 10 a.m. Friday, June 21. The arrangements will be used to spruce up our patios on campus. Tea, lemonade and fruit-kabobs will be served.

Haymakers on the patio

Dave Atchison and the Haymakers will perform live music on the Prairie Star Patio at 7 p.m. Friday, June 28, weather permitting. The show will be moved to the Game Room, if the weather is bad.

Parkinson's Disease art classes

Kathrine Schlageck from the Beach Museum of Art will provide materials, instructions and inspiration for people with Parkinson's Disease to get in touch with their creative side. The art work will be framed and used as the age group awards for the Speedy P.D. Race for Parkinson's on Aug. 24, to provide a more personal touch. No previous art experience is needed, come and have fun! Join the class from 1:30 to 3 p.m. Thursday, June 27, in the West Conference Room or Thursday, July 25, in the KSU Classroom. Contact Michelle Haub, Parkinson's Program Leader, at 317-0743 with any questions.

LETTERS TO THE MESSENGER

Deepest thanks

by Harriette Janke

What does one do after the death of a spouse if living alone in a home in the outer community? A few neighbors and friends might visit, but not in the numbers of people when living at Meadowlark Hills. Many have expressed care and concern as I just walk down the hallway. Hugs are helpful when experiencing a loss. The staff and residents here give one the strength to do what needs to be done. If I start feeling low, all I have to do is go to the restaurant or Game Room to find people to remind me that enjoyment of life can continue. I can't imagine being able to handle this loss if I was living alone. Thank you very much for being a loving community.

Thank You

by Max and Sue Bayer

Thank you, Becky Fitzgerald and crew for making it possible for Meadowlark Hills residents and Passport Members to attend the Symphony On The Flint Hills at Fort Riley. Everything you planned and did for us was amazing! We cannot tell you enough how much we appreciate you and what you all did to pull this off. You made it possible for us to attend when we would not have tried to go on our own. Your planning, efficiency, kindness and patience is just awesome. God bless you all.

Joke of the Week

The Lone Ranger and Tonto went camping in the desert. After they got their tent all set up, they fell sound asleep.

Some hours later, Tonto wakes The Lone Ranger and says, "Kemo Sabi, look towards the sky, what'd you see?"

The Lone Ranger replies, "I see millions of stars."

"What's that tell you?" asked Tonto.

The Lone Ranger ponders for a minute, then says, "Astronomically speaking, it tells me there are millions of galaxies and potentially billions of planets. Astrologically, it tells me Saturn is in Leo. Time wise, it appears to be approximately a quarter past three in the morning. Theologically, it's evident the Lord is all-powerful and we are small and insignificant. Meteorologically, it seems we will have a beautiful day tomorrow. What's it tell you, Tonto?"

Tonto is silent for a moment, then says, "Kemo Sabi, it tells me someone has stolen our tent."

ASK ANNIE!

Question follow-up

by Annie Peace

A few weeks ago I answered a question about where I had been while I was out of the office and what I had been working on. I explained the work I have been doing in writing a manual and recently giving a presentation with Pam Kramer, the President of ITP International Inc. Pam is a successful performance consultant, career specialist and executive coach with a master's degree in Counseling in Career and Organizational Development.

Pam will be at Meadowlark Hills next week to lead workshops. I would like to invite you to attend along with the employees. The workshops will be held in the Community Room.

Pam will offer the workshop *Resolving Conflict through Clear and Peaceful Communication* from 9 a.m. to noon Wednesday, June 26, and Thursday, June 27. Topics that will be discussed are the nature of conflict, conflict as an opportunity, and tools and practices from communicating clearly and objectively.

Also being offered is the workshop *Managing Stress and Reframing it to your Advantage* from 1 to 5 p.m. Wednesday, June 26, and Thursday, June 27. Discussion will include getting acquainted with stress, understanding how stress manifests in the body, and tools and practices for managing stress.

Pam will also lead an exercise program called *The Kata* from 7:30 to 8:30 a.m. Tuesday, Wednesday and Thursday, June 25 through June 27. Kata is a series of mind-body-spirit exercises and movements. The movements are intended to articulate all the muscle groups and joints in the body and to offer an opportunity for deep rhythmic breathing, relaxation, transformational imaging and meditation. There are many benefits of practicing Kata, including balancing and centering the body and psyche.

Please sign up in the Blue Book if you would like to attend. Again, thank you for your interest and keep the questions coming!



Grosh Cinema Movies

Monday, June 24-Sunday, June 30

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

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

Monday, June 24 – How to Succeed in Business Without Really Trying (1950)

Ambitious window cleaner J. Pierpont Finch buys a book describing how to get ahead in the business world and decides to test the tome's methods by joining the multinational but poorly run Worldwide Wicket Co. Starting in the mailroom, he rises to vice president in charge of advertising while falling for secretary Rosemary Pilkington.

Co-starring: Robert Morse & Michele Lee

Rated NR; 2 hrs. 1 min.

Tuesday, June 25 – Marty (1955) **Resident Request*

Trapped by a smothering mother, middle-aged Marty's future looks bleak. But when this butcher meets a lonely teacher, suddenly everything is possible.

Co-starring: Ernest Borgnine & Betsy Blair

Rated NR; 1 hr. 30 min.

Wednesday, June 26 – Showdown (1973)

Dean Martin and Rock Hudson star in this 1970s Western as childhood friends who live their lives as polar opposites: While one slings a gun to uphold the law, the other carries a weapon with plans to break it.

Co-starring: Dean Martin & Rock Hudson

Rated PG; 1 hr. 39 min.

Thursday, June 27–Imitation of Life (1959)

Lora, a white widow with a daughter, and Annie, a black single mother, move in together and face a huge challenge as they try to raise their children. Annie's daughter favors her light-skinned father and comes to resent her mother's black identity.

Co-starring: Lana Turner & John Gavin

Rated NR; 2 hrs. 4 min.

Friday, June 28 – End of Watch (2012) **Resident Request*

Officers Taylor and Zavala patrol the streets of South Central Los Angeles, an area of the city ruled by gangs and riddled with drug violence. Their perilous beat is captured on security footage and with the HD cameras of cops, criminals and victims.

Co-starring: Jake Gyllenhaal, Michael Pena & Anna Kendrick

Rated R; 1 hr. 48 min.

Saturday and Sunday, June 29 & 30 –How Do You Know (2010)

Feeling spurned after being cut from the national team due to her age, newly single softball player Lisa finds herself in the middle of a heated love triangle, as a professional baseball player and a business executive compete for her affections.

Co-starring: Reese Witherspoon, Paul Rudd, & Owen Wilson

Rated PG-13; 2 hrs. 1 min.

PRAIRIE★STAR

RESTAURANT

June 23-29

Includes beverage, starter and dessert.

SUNDAY	June 23 ~ Lunch \$11	Dinner \$10
	Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Steak Fingers Mac & Cheese Vegetable of the Day
MONDAY	June 24 ~ Lunch \$9	Dinner \$12
	Tater Tot Casserole Choice of Vegetable	Pecan Crusted Chicken Rice Pilaf Vegetable of the Day
TUESDAY	June 25 ~ Lunch \$6	Dinner \$11
	Taco Tuesday (does not include drink, starter or dessert)	Corn Beef Cabbage Boiled Potatoes
WED.	June 26 ~ Lunch \$9	Dinner \$12
	Meatball Subs Steak Fries Choice of Vegetable	Candied Pork Tenderloin Roasted Red Potatoes Vegetable of the Day
THURSDAY	June 27 ~ Lunch \$8	Dinner \$11
	BBQ Bar (does not include drink, starter or dessert)	Grilled Shrimp Alfredo Broccoli and Peppers Garlic Bread
FRIDAY	June 28 ~ Lunch \$10	Dinner \$12
	BBQ Ranch Chicken Quesadillas Cilantro Lime Rice Black Beans	Crab Cakes Scalloped Potatoes Vegetable of the Day
SATURDAY	June 29 ~ Lunch \$10	Dinner \$15
	Beef Gyros Waffle Fries 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 23- June 29

SUNDAY • JUNE 23

2:00 p.m. ~ Movie, GC

7:00 p.m. ~ Vespers- Donn Leach, Manhattan Christian College, CR

MONDAY • JUNE 24

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

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

5:30 p.m. ~ Eastside Supper, MR

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

TUESDAY • JUNE 25

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. ~ 3rd Floor Supper, CR

7:00 p.m. ~ Dominoes, GR

WEDNESDAY • JUNE 26

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

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

10:00 a.m. ~ Wal-Mart Shopping Trip, VE

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

1:00 p.m. ~ Dr. Tran's Foot Clinic, 201

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

1:30 p.m. ~ Pitch, GR

3:00 p.m. ~ Unitarian Universalist Fellowship, MR

3:00 p.m. ~ Call Hall Ice Cream, KR

5:30 p.m. ~ 1st Floor Supper, MR

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

THURSDAY • JUNE 27

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

12:00 p.m. ~ Resident Wellness Committee, MR

1:00 p.m. ~ Tai Chi, KSU CR

1:00 p.m. ~ Blood Pressure Clinic, GR

1:30 p.m. ~ Parkinson's Art Class, CON

3:30 p.m. ~ Dementia Support Group, CON

4:00 p.m. ~ St. Paul's Episcopal Church Service, LR

7:00 p.m. ~ Bingo, CR

FRIDAY • JUNE 28

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

3:00 p.m. ~ Service of Remembrance, CR

7:00 p.m. ~ Dave Atchison & The Haymakers, Prairie Star Patio

SATURDAY • JUNE 29

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

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



June 24 – 29

POM-tini

1.5 oz. Grey Goose

1.5 oz. Cranberry

1 oz. Pomegranate

\$3.75