



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

July 18, 2013

Passion for Poetry

Scholarship named after Imogene L. Bolls



By Nathan Bolls

Imogene Lamb Bolls, the late wife of Meadowlark Hills resident, Nathan Bolls, had five goals in life; to be a loving and devoted wife, a loving and patient mother, a trusted friend, a successful university professor of literature and writing and a published poet of note. She achieved all of these a quite high level.

above: Imogene L. Bolls is pictured smiling during a trip to Paris, France on one of many trips abroad with her husband, Nathan.

Imogene grew up in Manhattan, earned her undergraduate degree from K-State, and did her graduate work in comparative English literature

at the University of Utah in Salt Lake City, earning her master's degree with distinction in 1962. She and Nathan were married in 1962, Nathan completed his doctoral program in zoology and physiology at K-State in 1963, and both of them held faculty chairs at Wittenberg University—a private liberal arts institution in Springfield, OH, from September 1963 until retirement in 1999. They retired to Taos, NM, in their beloved western mountains, and lived there ten years before Imogene's failing health prompted them to move to Meadowlark Hills, a move they had planned for, but for many years hence.

At Wittenberg, Imogene offered courses in comparative English literature, women's literature, creative writing/poetry and journalism. Many of her students went on to graduate school in literature and

creative writing. She was resident poet for many years, and published some 600 poems in her three books and in literary journals and anthologies. She gave readings or workshops in several states. She also designed and directed the journalism program at the university and taught the two-course sequence. Her journalism students often gained admission to top rank graduate schools. All of her classes typically had a waiting list, and she always was awarded highest merit when annual pay raises were being computed.

Soon after Imogene's passing in December 2010, her family established the Imogene Lamb Bolls Creative Writing Scholarship in Poetry at Wittenberg. This scholarship, which celebrates Imogene's passion for poetry, is awarded to an upper class student who has shown both an abiding interest in poetry and a talent for writing in that genre.

WELLNESS WORD

Tai Chi News and Notes

The next session of Tai Chi is scheduled to begin from 1 to 2 p.m. Tuesday, July 30, in the Community Room. Laurie Pieper will be leading the class into a more advanced curriculum, so graduates of the beginner program, or individuals with experience in Tai Chi are encouraged to attend. The session will run from July 30 to Oct. 15, meeting each Tuesday and Thursday afternoon. Please contact Fitness Leader, Jeff Heidbreder, at (785) 341-2995 with any questions.

Meadowlark Hills is exploring the option of opening another beginner Tai Chi session. Please contact Jeff if you would like to add your name to the list. Once enough interest is generated, we will proceed with the session. The proposed class times are Monday and Wednesday from noon to 1 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.

ANNOUNCEMENTS

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.

Weekend Volunteer Meeting

Weekend Volunteers meeting will held at 1p.m. Wednesday, July 24, in the Living Room. This meeting will be held to discuss the new part-time Hospitality staff that will be joining our team how this change will affect the volunteers' duties.

Ticket sales and transportation

McCain Auditorium Performance Series tickets will be on sale at Meadowlark Hills for your convenience. Stop by the Game Room at 2:30 p.m. Monday, July 22, to meet with a McCain representative. Have in mind an idea of what you would like to purchase and bring along your credit card information.

Sign up for transportation to any of the performances by registering in the Blue Book located at the Hospitality Desk.

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, July 25, in the KSU Classroom. Contact Michelle Haub, Parkinson's Program Leader, at 317-0743 with any questions.

UPCOMING EVENTS

Good News Music Works Group

Join Dale Renner, from the Good News Music Works group, as he brings a selection of Christian music at 7 p.m. Friday, July 19, in the Community Room.

Tour the Beach Museum of Art

Take the tour of the Museum of Wonder gallery at the Beach Museum of Art. This special exhibit is honoring Kansas State University's 150th Anniversary. Lunch, hosted at the museum and catered by Prairie Star Restaurant, will include your choice of turkey or roast beef sandwiches with or without cheese, potato chips, fruit, cookie and bottled water or a soda for \$8. Departure will be at 10:30 a.m. Friday, July 26, from the Village Entrance. Total cost of the trip, including the meal and transportation, will be \$11. To register, sign up in the Blue Book, located at the Hospitality Desk.

The Wild Kansas Frontier

Dave Zerfus, Meadowlark Hills employee in transportation will bring his musical side to campus! Dave is a singer/songwriter and Manhattan, Kan. native. This repertoire consists of Kansas Cowboy and pioneer tunes. Join Dave and his musical ensemble "Zerf" at 7 p.m. Friday, July 26, in the Community Room.

Service of Remembrance

Everyone is invited to attend the Service of Remembrance at 3 p.m. Friday, July 26, in the Community Room. This monthly service was developed to honor and remember the loved ones that we have lost at Meadowlark Hills in the prior month.

THANK YOU

Meadowlark Hills staff would like to thank everyone who stopped by during the Office Open House on Thursday, July 11! The winner of the drawing for the completed maps was Charles Deyoe. Congratulations to Charlie and thanks again to each of you for a successful event!

ASK ANNIE!

Q: Are residents able to use the copy rooms located by the Game Room and the Fitness Center?



by Annie Peace

Meadowlark Hills is committed to preserving the privacy and confidentiality of all residents' health information. These copy rooms are hubs for incoming information via faxes or printouts from Meadowlark

Hills employees. Due to the accessibility of private health care information, it is against federal regulation for non-employees to enter these rooms. However, all basic office services are available to the residents through the Hospitality Desk. These services include: black and white copies, color copies, 8x11 copies, 11x17 copies, sending and receiving faxes, paper shredding and paper cutting. There is, however, a charge for most of these services unless you are using them on behalf of a resident group. The Directory of Services has a more complete listing of these services along with prices and can be obtained at the front desk.

Thank you for your questions and keep them coming!

Service:	Charge:
Check cashing <i>Up to \$50</i>	Free
Notary	Free
Photocopies	\$.10 per page \$.25 per color page or 11x17
Fax	\$1 per page
Typing	\$6 per page

MESSENGER NEWS

New column coming soon

The Messenger is proud to announce that there will be an additional column coming soon to print! The Meadowlark Hills Medical Professionals will be making their debut in the newsletter with their very own column.

Dr. Matt Floersch, Medical Director, Jennifer Ellifritt, nurse practitioner, and Mary Jo Eichman,



above: Mary Jo Eichman, Physician's Practice Leader



above: Dr. Matt Floersch, Medical Director



above: Jennifer Ellifritt, nurse practitioner

Physician's Practice Leader, will submit entries to the Messenger, once a month. They will cover all sorts of topics from where they went to school, how the developed love for medicine and will even answer frequently asked questions.

If you have a general question about health and wellness that you would like to ask the professionals in the Physician office stop by their office across from the West Village Tower and submit questions to the drop box, located in the waiting room.

Joke of the Week

A women was taking a bath when she heard a knock at the door.

"Who is it?" asks the woman.

"The blind man," replies a male voice from the other side of the door.

The woman deliberates for a minute and says, "Come on in."

The man enters and with a very surprised look on his face says, "Ma'am, where would you like me to hang these blinds?"

Grosh Cinema Movies

Monday, July 22 -Sunday, July 28

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

Monday, July 22 – State Fair (1945)

When a small-town family of four heads to the Iowa State Fair with their prized pig, they bring home more than just a few blue ribbons. Against a backdrop of colorful characters and musical numbers, Marge and her brother, Wayne, each find sweethearts for the first time.

Co-starring: Jeanne Crain & Dick Haymes

Rated NR; 1 hr. 40 min.

Tuesday, July 23 – On A Clear Day (2005) **Resident Request*

When Frank loses his job at the docks, he quickly realizes that, at age 55, he's too old to start a new career but too young to simply stop working. So he decides to take on the ultimate challenge: swim the English Channel. With the support of friends and family, Frank thinks he can rise to the occasion and bear the physical pain it will bring. But is he ready to come to terms with his emotional scars?

Starring: Peter Mullan

Rated PG-13; 1 hr. 38 min.

Wednesday, July 24 – Trinity is Still My Name (1972) **Resident Request*

Wild West vagabonds Trinity and his imposing brother, Bambino, are back and up to no good in the sequel to *They Call Me Trinity*. A promise made to their dying father has these two setting out in an attempt to become the most successful bandits west of the Mississippi -- a promise easier made than kept -- in this slapstick spaghetti Western by Enzo Barboni.

Co-starring: Terence Hill & Bud Spencer

Rated G; 1 hr. 48 min.

Thursday, July 25 – The Switch (2010) **Resident Request*

Still single and worried about her biological clock, Kassie decides to pursue motherhood with the help of an anonymous sperm donor. But it turns out that the donor isn't quite as anonymous as she thinks.

Co-starring: Jennifer Aniston & Jason Bateman

Rated PG-13; 1 hr. 41 min.

Friday, July 26 – Quartet (2012) **Resident Request*

A trio of retired opera singers' annual celebration of Verdi's birthday sours when their estranged fourth member shows up but refuses to sing. Tensions rise and diva drama erupts -- will personal problems prevent the show from going on?

Co-starring: Maggie Smith

Rated PG-13; 1 hr. 39 min.

Saturday and Sunday, July 27 & 28–Jack the Giant Slayer (2013)

When Princess Isabelle is kidnapped by rampaging giants, intrepid farm boy Jack, who accidentally opened the gateway that allowed the giants to enter the kingdom, goes in search of her, despite interference from the king's wicked chief advisor.

Co-starring: Stanley Tucci, Bill Nighy & Nicholas Hoult

Rated PG-13; 1 hr. 54 min.

PRAIRIE★STAR

RESTAURANT

July 21-27

Includes beverage, starter and dessert.

SUNDAY	July 21 ~ Lunch \$11	Dinner \$10
	Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Ham and Beans Cornbread Vegetable of the Day
MONDAY	July 22 ~ Lunch \$8	Dinner \$10
	Grilled Ham and Cheese Tomato Soup Choice of Vegetable	BBQ Shrimp Kabobs Citrus Rice
TUESDAY	July 23 ~ Lunch \$6	Dinner \$11
	Taco Tuesday (does not include drink, starter or dessert)	Apricot Chicken Buttered Beans Vegetable of the Day
WED.	July 24 ~ Lunch \$10	Dinner \$12
	Salmon BLAT Pasta Salad Choice of Vegetable	Ham Loaf Au Gratin Potatoes Vegetable of the Day
THURSDAY	July 25 ~ Lunch \$6	Dinner \$11
	Potato Bar (does not include drink, starter or dessert)	BBQ Brisket Mac and Cheese Cole Slaw
FRIDAY	July 26 ~ Lunch \$9	Dinner \$11
	Garden Vegetable Pasta Garlic Toast	Orange Glazed Chicken Brown Rice Balsamic Asparagus
SATURDAY	July 27 ~ Lunch \$10	Dinner \$15
	Crispy Chicken Wrap Waffle Fries 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 July 21- July 27

SUNDAY • JULY 21

2:00 p.m. ~ Movie, GC

7:00 p.m. ~ Vespers- Amy Bowers- First United Methodist, CR

MONDAY • JULY 22

Trash pick-up day

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

2:30 p.m. ~ McCain Auditorium Ticket Sales, GR

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

6:30 p.m. ~ The End of Compromise & The Coming of the Civil War Osher Class, CR

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

TUESDAY • JULY 23

10:30 a.m. ~ Steady Yourself, CR

11:15 a.m. ~ Chair Yoga, CR

3:00 p.m. ~ Coffee Corner, CR

5:30 p.m. ~ 3rd Floor Supper, CR

7:00 p.m. ~ Dominoes, GR

WEDNESDAY • JULY 24

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

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

10:20 a.m. ~ Weights 101, CR

11:15 a.m. ~ Sit and Be Fit, CR

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

By Appointment Only

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

1:30 p.m. ~ Pitch, GR

2:00 p.m. ~ Card Making w/ Michelle, LR

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 • JULY 25

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

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

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

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

3:30 p.m. ~ Dementia Support Group, KSU CR

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

7:00 p.m. ~ Bingo, CR

FRIDAY • JULY 26

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 Zerfas "Zerf", CR

SATURDAY • JULY 27

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



July 22 – 27

Raspberry Long Island Iced Tea

0.5 oz. Vodka

0.5oz. Rum

0.5 oz. Gin

1oz Razzmatazz

Sour to fill

Splash of cranberry

\$3.75