



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Aug. 8, 2013

Schools of Hope

A volunteer opportunity to invest in Manhattan area youth

This past year, qualified kindergarten through third grade USD 383 students saw their reading abilities improve thanks to a personalized approach to their needs; they worked with a reading tutor twice a week.

The sessions last only 30 minutes, but Manhattan educators have discovered the one-on-one sessions have the ability to improve reading scores as well as increase self-confidence and improve students' attitude toward school.

The results have come courtesy of Schools of Hope, a signature volunteer program offered by the RSVP Volunteer Center. This program benefited over 55 students in four schools by a network of volunteers that included RSVP Volunteers, Kansas State University Students, and members of the SOH Corporate Volunteer Program.

The personalized instruction is aimed at students whose reading ability is "just below grade level" and who could benefit from the one-on-one attention. "The one-on-one nature of the program is a big reason for the program's success," says Andrea Tiede; Theodore Roosevelt Ele-

mentary School Principal.

The Schools of Hope program began last school year at Theodore Roosevelt, Lee, Frank Bergman and Amanda Arnold elementary schools. This fall it will grow to include Bluemont and Marlatt elementary schools, according to Schools of Hope Coordinator Candice McIntosh. With this expansion, the program will impact 120 students.

Schools of Hope is in need of volunteers for the 2013-2014 school year who can dedicate one hour a week to the success of a child. Previous teaching experience is not required. Only desire to help and a commitment to your student is needed. Applications are being accepted now with tutoring sessions beginning in September. Contact Candice McIntosh at 785-776-7787 to become a volunteer tutor or fill out an

application located at the Hospitality Desk and return by Friday, Aug. 16. A volunteer training session will be held at Meadowlark Hills at 3 p.m. Thursday, Aug. 22 in the KSU Classroom.



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 & ANNOUNCEMENTS

Meadowlark Hills Market

The Meadowlark Hills Market will be open to all residents, employees and Passport Members exclusively, on Friday, Aug. 16, from 3 to 6 p.m. The doors will close at 6 p.m. until the next morning when the Market will be open to the general public from 8 a.m. to noon Saturday, Aug. 17.

Donations to the Market will be accepted the week of the sale from both Meadowlark Hills residents and employees. Items accepted include furniture, vintage clothing (anything dated before 1980), children's clothing, small appliances, home décor, crafts, holiday décor, and more.

There are scheduled times in which small items can be dropped off in apartment 220, while large items will be accepted in the Community Room beginning at 5 p.m. Wednesday, Aug. 14. If you have a large item you wish to donate that needs to be picked up, please contact Amanda Rall to arrange a time by calling, 323-3801.

Art Committee announces winner

The winning title for the unnamed picture of the owl located on the New Art Wall, across from the Game Room is "Little Hoot" and the runner up name is "By Jove, *I'm certain Meadowlark Hills is the best retirement home around!*"

Building and Grounds Committee

The August Building and Grounds committee meeting set for Aug. 14 is canceled. The committee will meet as scheduled for the September meeting at 9 a.m. Wednesday, Sept. 11, in the Living Room.

Card Making with Michelle

Join Michelle Lemer at 2 p.m. Tuesday, Aug. 20, in the Living Room to create cards of all occasions!

Speedy P.D. Race

The Speedy P.D. 5K/10K Race for Parkinson's disease will be held at Tuttle Creek State Park on Saturday, Aug. 24, 2013. The 5K Run/10K Run/Walk and Half-Mile Family Fun Run/Walk are presented by UMB Bank and proceeds benefit the Meadowlark Hills Parkinson Fund. If you would like to sign up for transportation to the race, please contact Amanda Rall at 323-3801.

Diabetes Management ITV class

Come and learn about how to manage your diabetes in a digital classroom led by Jennifer Mollett, RN, BSN, at noon, Wednesday, Aug. 14, in the KSU Classroom. The discussion will include the definition of diabetes, the types of diabetes, signs and symptoms and the types of treatment/medications available. Jennifer will also give tips for a healthy quality of life including meal planning, exercise and regular testing.

Tommy Lee— a single entertainer

Playing in the Manhattan area since 1949, Tommy Lee will be sure to impress! You might recognize him from various Big Bands throughout the years, but at 7 p.m. Friday, Aug. 9, Tommy will be entertaining as a one-man-band! Stop by the Community Room to see the show!

Line dancing class, postponed

The line dancing exercise class has been postponed until further notice. The instructor is battling a health issue and is unable to continue volunteering to lead this class.

Sign up for shopping trips

Don't forget to take advantage of the complimentary transportation to Wal-Mart or Hy-Vee, every other Wednesday. The next trip will depart from the Village Entrance at 10 a.m. Wednesday, Aug. 21. Sign up in the Blue Book.

ASK ANNIE!

Q: Meadowlark Hills received a donation of over a million dollars last year. What was done with that gift?



Oh, the million dollar question!

This generous gift from the Gary Boyd Rogers estate was distributed in three different ways: a Good Samaritan Endowment, a Staff Development Fund, and a fund to make renovations to Honstead and Sloan Houses.

Gary Boyd Rogers and his sisters were very pleased with the care their parents, long-time residents, Ralph and Dora Rogers, received while living at Meadowlark Hills. Upon his death, Gary's sisters determined how his gift to Meadowlark Hills would be delineated.

The earnings from the Good Samaritan Fund

Endowment will be used to help offset our charitable care expense. The Staff Development Fund will be used to finance staff education opportunities. Part of the money set aside for the Honstead and Sloan House renovations has been spent on the recent projects.

I have had the pleasure of working with the Rogers family. They are wonderful people and this monetary gift is among the many gifts of kindness and support they have given Meadowlark Hills over the years.

COMMUNITY ACTIVITIES

Act for your health

Scientific research shows that acting is good for your physical and emotional health. That's because acting involves your whole body, including your voice, right brain (feelings and imagination) and left brain (analyzing and decision-making skills). Acting allows you to socially connect with others while creating and exploring together. Please join us on this healthy acting journey as we develop and create characters from the ground up! The instructor of the class is Sally Bailey, registered drama therapist. The class will meet from 3 to 4:30 p.m. Tuesdays, beginning Sept. 3 through Dec. 3, at the Manhattan Arts Center (1520 Poyntz Avenue). There is a \$60 fee associated with the class. To register, contact Sally at 785-532-6780.

Bone Builders

Bone Builders is a free opportunity through RSVP of the Flint Hills, to help adults age 55 and older stay active and healthy. Bone Builders is an aerobics and fitness class that takes place at Max Fitness East. The hour-long class is led by a certified exercise instructor at 10:30 a.m. on Mondays and Thursdays beginning Thursday, Aug. 28. The class will run until Nov. 20. If you are interested, please contact Ashley Kenney by calling (785) 776-7787, at the RSVP office to register. The only requirement of the class is that participants will need to volunteer for RSVP for at least one hour per month. Volunteering for the Schools of Hope program will meet that requirement.

Joke of the Week

A teenage boy canvassed a wealthy neighborhood looking for odd jobs. He went to the front door of the first house and asked the owner if he had anything for him to do.

"Well, you can paint my porch. How much will you charge?"

"How about \$50?"

The man agreed and told him the paint was in the garage. A short time later, the teenager came to the door to collect his money.

"You're finished already?" he asked.

"Yes," the teenager answered, "and I had paint left over, so I gave it two coats."

Impressed, the man reached in his pocket for the \$50.

"And by the way," the teenage boy added, "that's not a Porch, it's a Ferrari."

COMMUNITY UPDATE

Award ceremony

Meadowlark Hills is proud to invite you to the presentation of the PEAK award at 9:30 a.m. Thursday, Aug. 22, in the Community Room. The award will be presented to Lonnie Baker, CEO, by the Secretary for the Kansas Department for Aging and Disability Services (KDADS), Shawn Sullivan.

For the past ten years, KDADS has been recognizing nursing homes for successfully implementing culture change through the Promoting Excellent Alternatives in Kansas Nursing Homes program commonly known as PEAK.

PEAK awards are issued annually to homes that accomplish significant improvements toward person-centered care in the targeted areas of resident choice, staff empowerment, home environment and meaningful life activities. Person-centered nursing homes have moved away from the institutional model of nursing home care and toward a more home-like environment in which residents have a say in their day-to-day lives.

In addition to Meadowlark Hills, PEAK award winners for the year include:

- Brewster Health Center, Topeka
- Evergreen Community, Olathe
- Lake Point Augusta, Augusta
- Lone Tree Retirement Community, Meade
- Medicalodges Columbus, Columbus
- Pleasant View, Inman
- Showalter Villa, Hesston

Please join us for the presentation on Thursday, Aug. 22, followed by a brief meet and greet. If you have questions, please contact Sarah Duggan, Community Relations Director, at (785) 323-3860.

LETTER TO THE MESSENGER

With Sincere Thanks

submitted by Pat Edwards

Thank you very much for helping me celebrate my 85th birthday. I appreciate all the cards and birthday wishes. You all helped make this a very special day for me.

Thank you maintenance staff

submitted by Donna Ann Vaughan

What an outstanding maintenance man Bill Tompkins is! He was very attentive to my needs by making sure I was as comfortable as possible while my air conditioner was broke down. He made frequent stops to add coolant until the system could be permanently fixed. Thank you Bill, for your dedication to customer service!

FOUNDATION NEWS

In Honor of people

July 2013

Mike Myers

Fred Danenberg

Faye Havenstein

Allen Janke

David Chastan

H. Wayne Fink

Kenneth Lewis

Richard A. Simmonds

Tina Koch

Beryl Koch

Donis Vaughn

John Hartford

Frank Morrison

Donations were made to the Good Samaritan Fund, Parkinson's Program Fund, Bramlage Household Fund, Allen Janke Pond Memorial Fund and Allen Janke Memorial Tree.

Welcome and Introduction of New Residents, Amanda Rall

New resident to the fourth floor, Pat Murray, was introduced.

Campus Update, Lonnie Baker

Lonnie reported that Meadowlark Hills will receive the PEAK award at 9:30 a.m. Aug. 22, in the Community Room. Meadowlark Hills is one of eight to receive this award in the state of Kansas. Census is up to the same high numbers we saw in 2011. Additional employees will be hired to staff the Hospitality Desk for extended hours by the end of September. Interviews are taking place for the Chaplain position.

Health Services Update, Garrett Lee

Garrett reported that Meadowlark Hills is in the process of making both Wroten and Bramlage kitchens full production and separate from each other with the hopes of this being completed in the next four weeks.

Schools of Hope, Candice McIntosh

Candice McIntosh, a representative from the RSVP of Manhattan, spoke about the Schools of Hope volunteer opportunity. Volunteers will work with children grades kindergarten through third grade that are below their grade reading level. Volunteers will work with their student for the whole school year, assisting them with their reading. Applications are at the Hospitality Desk and must be returned by Friday, Aug. 16.

Parkinson's Program Update, Michelle Haub

Michelle spoke about the 5th Annual Speedy PD Race coming up at 8 a.m. Saturday, August 24, at Tuttle Creek State Park. This is the largest fundraiser of the year for the program. Volunteers are still needed to help out as well as participants. Amanda Rall and Michelle are working on having transportation for anyone who wants to go out to the race.

Support Services Update, Annie Peace

Annie reported that the air conditioning for the building is completely repaired. If there are still people having trouble, please contact maintenance. David Prockish has been hired as the new Transportation and Purchasing Leader to take the place of Mike Musselman. David will be starting within the next month. They are still working on getting a temporary groundskeeper hired.

IL Update/Upcoming Events, Amanda Rall

Amanda reported on the Meadowlark Hills Market that will take place on Aug. 16 and 17. The Colorado Trip presentation will be take place at 3 p.m Wednesday, Aug. 28. There will be a Cake Contest later this month as well as an all-campus Tailgating Party for the first K-State Football game on Friday, Aug. 30.

Adjourn

Submitted by Elizabeth Birk

Grosh Cinema Movies

Monday, August 12 -Sunday, August 18

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

Monday, August 12 – The Pirate (1948)

Set on a Caribbean island in the 19th century, the film features Kelly -- a traveling troubadour -- masquerading as pirate "Mack the Black" to woo the sheltered Garland.

Co-starring: Judy Garland & Gene Kelly

Rated NR; 1 hr. 41 min.

Tuesday, August 13 – Into the Wild (2007)

Rated R for language and some nudity.

A young man gives up everything -- including his trust fund and ties to a seemingly stable family -- to lead a solitary life in the wild. Eschewing convention to trek across Alaska's harsh and unforgiving terrain, he resolves to live off the land.

Starring: Emile Hirsch

Rated R; 2 hrs. 28 min.

Wednesday, August 14 – The Lone Gun (1954)

Lawman Cruze rides into a town held in the grip of terror by the outlaw Moran Brothers. His vow to bring them to justice only escalates their rampage, and with the townsfolk too scared to join his posse, Cruze must face them alone. When the Morans overrun the ranch of a local woman, Cruze pledges to stop the evil trio or die trying.

Co-starring: George Montgomery & Dorothy Malone

Rated NR; 1 hr. 14 min.

Thursday, August 15 – Breakfast at Tiffany's (1961) **Resident Request*

Fortune hunter Holly Golightly finds herself captivated by aspiring writer Paul Varjak, who moves into her building on a wealthy woman's dime. As romance blooms between Paul and Holly, Doc Golightly shows up on the scene, revealing Holly's past.

Starring: Audrey Hepburn

Rated NR; 1 hr. 54 min.

Friday, August 16– Oz the Great and Powerful (2013) **Resident Request*

In this Wizard of Oz prequel, circus magician Oscar Diggs is magically transported to the Land of Oz, where he deals with three witches and uses his illusionist skills and resourcefulness to become the wizard the residents have been hoping for.

Co-starring: James Franco, Mila Kunis, Rachel Weisz & Michelle Williams

Rated PG; 2 hrs. 10 min.

Saturday and Sunday, August 17 & 18 – Red Dawn (2012)

When North Korean military forces invade American soil and try to pacify citizens in one community, a group of teens elude capture and organize a resistance. But their uprising faces an adversary determined to stomp out their grass-roots rebellion.

Co-starring: Chris Hemsworth, Josh Peck & Josh Hutcherson

Rated PG-13; 1 hr. 33 min.

PRAIRIE★STAR

RESTAURANT

Aug. 11-17

Includes beverage, starter and dessert.

SUNDAY	Aug. 11 ~ Lunch \$10	Dinner \$10
	Fried Chicken Mashed Potatoes and Gravy Vegetable of the Day	Beef Stroganoff Buttered Egg Noodles Vegetable of the Day
MONDAY	Aug. 12 ~ Lunch \$9	Dinner \$11
	Turkey Ruebens Waffle Fries Choice of Vegetable	Cajun Chicken with Plum Sauce Red Beans & Rice Vegetable of the Day
TUESDAY	Aug. 13 ~ Lunch \$8	Dinner \$10
	Fajita Bar (does not include drink, starter or dessert)	Meatloaf Mashed Potatoes & Brown Gravy Vegetable of the Day
WED.	Aug. 14 ~ Lunch \$10	Dinner \$11
	Hawaiian Burgers Sweet Potato Fries Coleslaw	Sun Dried Tomato Pesto Chicken Creamy Herb Polenta Vegetable of the day
THURSDAY	Aug. 15 ~ Lunch \$7	Dinner \$12
	Pita Bar (does not include drink, starter or dessert)	Cornish Game Hen Loaded Mashed Potatoes Vegetable of the Day
FRIDAY	Aug. 16 ~ Lunch \$10	Dinner \$11
	Salmon BLAT Pasta Salad Choice of Vegetable	Coconut Shrimp Roasted Red Potatoes Vegetable of the Day
SATURDAY	Aug. 17 ~ Lunch \$9	Dinner \$12
	Egg Salad Sandwich Steak Fries Choice of Vegetable	Pork Ribeyes Mashed 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 August 11– August 17

SUNDAY • AUGUST 11

2:00 p.m. ~ Movie, GC
7:00 p.m. ~ Vespers– Rev. Troy Bowers, Senior Pastor of FUMC, CR

MONDAY • AUGUST 12

Trash pick-up day.

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

TUESDAY • AUGUST 13

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
3:30 p.m. ~ Ambassador Committee, CON
4:00 p.m. ~ Newspaper & Bible, LR
5:30 p.m. ~ 4th Floor Supper, MR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • AUGUST 14

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
12:00 p.m. ~ 2nd Men's Club Lunch, LR
12:00 p.m. ~ Diabetes Management Class, KSU CR
1 to 2 p.m. ~ Fitness Center Office Hour, FC
1:30 p.m. ~ Pitch, GR
3:00 p.m. ~ Call Hall Ice Cream, KR
7:00 p.m. ~ Game Time, GR

THURSDAY • AUGUST 15

10:00 a.m. ~ Meadowlark Bible Study, CON
2:00 p.m. ~ Low Vision Support Group, KSU CR
3:30 p.m. ~ Dementia Caregiver Group, KSU CR
7:30 p.m. ~ Sons of the American Revolution, CON

FRIDAY • AUGUST 16

10:00 a.m. ~ Veteran's Group, GC
12:30 p.m. ~ Mending Angel, KR/MR
3:00-6:00 p.m. ~ Meadowlark Market, Community Center

SATURDAY • AUGUST 17

8:00– 12:00 p.m. ~ Meadowlark Market Open to Public, Community Center
9:30 a.m. ~ Water Color Painting Art Class, KSU CR
1:00 p.m. ~ Movie, GC
4:00 p.m. ~ Movie, GC
7:00 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



Aug. 12 - 17
Pink Squirrel

0.75 oz. Crème de Noyaux
0.75 oz. Creme de Cacao
1.5 oz. Heavy Cream

\$3.75