



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Sept. 5, 2013

Patio Party

Hosted by Resident Ambassadors

by Amanda Rall

Thank goodness for the break in the late-summer heat because on Friday, Sept. 6, we will be enjoying the great outdoors on the Prairie Star Patio at 7 p.m.

The Meadowlark Hills Resident Ambassador Committee will host a party for the entire campus. The Ambassador Committee's focus is to spread involvement in activities, committees and daily life throughout the community.

Featured at the patio party will be Doug "Chappie"

below: Chappie performing hit music at one of his gigs around town.



Chapman as the musical entertainer. Also enjoy your choice of a glass of Chardonnay or Merlot wines, pretzels, popcorn, and tea or lemonade.

The Resident Ambassador Committee hopes to see you there!

Patriot Day

National moment of silence

by Amanda Rall

We all can recall that moment when we heard the news of the September 11th terrorist attacks on the United States. Most can remember where we were, what we were doing and the feeling of grief that overcame the country. You are invited to remember and pay tribute to the many victims killed in the attacks at 9:46 a.m. Wednesday, Sept. 11, at the flag pole located outside the Village Entrance, during the national moment of silence. Before the observance of Patriot Day, the flag will be dropped to half-staff.

On this day, the President requests that the American flag be flown at half-staff at individual American homes, at the White House, and on all U.S. government buildings and establishments, home and abroad. The President also asks Americans to observe a moment of silence beginning at 8:46 a.m. (Eastern Daylight Time, 9:46 a.m. local time), the time the first plane struck the North Tower of the World Trade Center on September 11, 2001.

A Professor's Impact

Endowed scholarship honors former resident

In New York, the administrative offices of Robert College (Istanbul) announced that a scholarship had been endowed to honor Dorothy I. Deihl, a resident of Meadowlark Hills, with her husband Lincoln, from January 2007 until her passing on Christmas night 2010.

The same day, the Turkish woman who endowed the scholarship called Dorothy's husband Lincoln from retirement in New York to say that she had been Dorothy's student in biology. Her first science class

in Istanbul was taught by Dorothy. She was so inspired by Dorothy that she went on to obtain her Master's degree and Ph.D. in chemistry. She had a career as a researcher with Merck Pharmaceuticals.

Istanbul was Lincoln and Dorothy's first overseas assignment in 1955 from 1958. For one, two or three years at a time, they had visiting professorships in Turkey, Iran, Northern Nigeria, Ethiopia, South Africa, Nepal, New Zealand and Egypt.



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

Home Health Forum

Meadowlark Hills Home Health will host an informative session at 4 p.m. Tuesday, Sept. 10, in the Community Room. Residents will have the opportunity to learn about home health services, changes and meet new home health staff. There will be plenty of time for questions and answers.

K-State graduate student seeks help with survey

Meadowlark Hills residents will have the opportunity to participate in a short research study on Thursday, Sept. 5, in the Game Room. Hayli Morrison, a public relations graduate student at Kansas State University, will greet residents in the Game Room from 4:30 to 5:30 p.m. The research survey is only expected to require about 15 minutes of your time, so residents can come and go as they please during the hour.

The study focuses on advertising and current events. All survey participants will be entered in a drawing for \$20 Wal-Mart gift cards. Participants are encouraged to sign up in the Blue Book.

The JPegs, musical performance

Gather in the Community Room at 7 p.m. Friday, Sept. 13, to hear the JPegs. The JPegs have a great variety of musical genres that they play from classic rock from the fifties all the way to modern songs that you might hear on the radio today, vintage country music to today's modern country, folk music and blues. Jonathan McBee and Dr. Peg Althoff first began collaborating musically in January of 2011. They perform as an acoustic guitar and vocal duo.

Jewelry Showcase

hosted by Dorothy Horsch

Are you in the market for some new jewels? Stop by the Game Room between 10:30 a.m. and 1 p.m. Saturday, Sept. 7, for a jewelry showcase, featuring Silpada sterling silver jewelry, hosted by Dorothy Horsch. Dorothy's daughter-in-law, Carol Horsch, will be taking orders and 10 percent of the profits will be donated to the Meadowlark Hills Foundation.

Movie outing— The Butler

We're off to the show! Join us for an outing to the Carmike Cinema for the showing of *Lee Daniels' The Butler*, on Thursday, Sept. 12.

This film tells the story of a White House butler who served eight American presidents over three decades. The film traces the dramatic changes that swept American society during this time, from the civil rights movement to Vietnam and beyond, and how those changes affected this man's life and family.

Movie showtimes are not released until closer to the date so, check the Blue Book for departure times (estimated departure time will be 3:30 p.m.). Cost of the movie and transportation will be \$10.50, refreshments will need to be paid for separately. Register by signing up in the Blue Book.

Focus Group

Join Lonnie Baker, CEO, and Amanda Rall, Resident Services Leader, for a Focus Group at 10 a.m. Thursday, Sept. 12, in the West Conference Room. Please sign-up in the Blue Book, if you would like to attend. Bring any questions or topics of interest!

Correction to the Messenger

submitted by Amanda Rall

In last week's edition of the Messenger, Case Bonebrake's name was misspelled in the Birthday Calendar. I sincerely apologize for that mistake, but would like to wish Case a belated happy birthday!

Red Hatters

The Red Hat Society will meet for lunch at 12:30 p.m. Thursday, Sept. 12, in the Manhattan Room. The hostess for September is Mary Roberts!

Grandparent's Day

A special day to honor grandmas and grandpas will be Sunday, Sept. 8. Stop by the Game Room where a special bulletin board will be displayed for pictures of grandparents and their grandkids. Everyone is welcome to add pictures to the board!

Memorial Service

A memorial service for Winifred Reed will be at 1 p.m. Saturday, Sept. 7, in the Community Room. The family invites anyone to attend to celebrate the life of Winifred.

ASK ANNIE!

Q: What is the difference between a DNR and a Living Will?

by Annie Peace

I guess it was time for a tougher question this week!

A Living Will and a Do Not Resuscitate or DNR are both considered Advance Directives. Advance Directives are documents that provide important information on a person's wishes in medical situations. These documents help emergency responders, nurses, physicians and other healthcare professionals know, ahead of time, if a person does not wish to receive lifesaving or life prolonging procedures.

A standard Living Will states that a person does not want to receive any life prolonging procedures. For example, a person who is terminally ill may not want to be placed on a ventilator or utilize a feeding tube that prolongs their life. A person may, however, have a lawyer draw up a Living Will in which they can be more specific about what they want and do not want in regards to prolonging life.

Here are some of the legalities to know for a Living Will. For it to be considered legal the person must have a terminal diagnosis by both their attending physician and another physician, it must be signed by the person or the Durable Power of

Attorney for Healthcare (DPOA-HC) and a non-related witness over the age of 18 that has no financial interest in the person and it must be notarized.

A Do Not Resuscitate or DNR is a directive that tells healthcare professionals a person would not like to be resuscitated if their heart stops or they stop breathing. A DNR must be signed by the person it pertains to. It cannot be signed by the person's DPOA-HC. In addition it must be signed by a witness and the person's attending physician.

There are many things to consider when deciding if Advance Directives are appropriate for you. I would encourage people to talk to their physicians along with families in regards to their wishes. It would also be wise to go back and review any advanced directives and wishes as medical conditions change or every few years.

If you have any more questions in regards to Living Wills, DNRs and/or Advance Directives you can visit our Social Services Leader, Cece Russell in the Sales Office or call her at 341-1253.

Thank you for the question. Keep them coming!



LETTER TO THE MESSENGER

With heartfelt thanks

submitted by Pat Vogt

Thanks to all the Meadowlark Hills gardeners for sharing your bounty of delicious crops with the rest of the community this summer. It has been wonderful to come to the Game Room and pick up fresh produce. What a wonderful gift you all have shared with the rest of us!

Joke of the Week

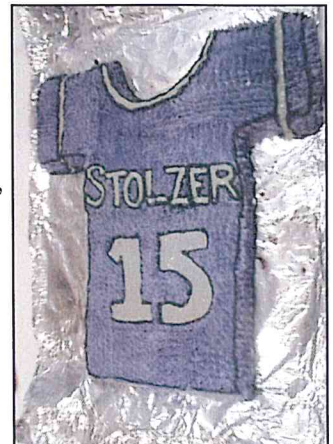
A woman gets on a bus with her baby. The bus driver says, "That's the ugliest baby that I've ever seen. Ugh!" The woman goes to the rear of the bus and sits down, fuming. She says to a man next to her, "The driver just insulted me!" The man says, "You go right up there and tell him off - go ahead, I'll hold your monkey for you."

COMMUNITY EVENT

Cake Challenge Winners

The Cake Challenge, held on Aug. 29, was a huge success. Twenty-two cakes were submitted and it was a difficult decision for the judges to determine the winners.

The winner of "Best Taste" was a cake submitted by residents of Tinklin Pointe. The winner of "Best Appearance" went to the cake submitted by a group of Stolzer House residents. This cake looked just like a football jersey, picture to the right!



Grosh Cinema Movies

Monday, September 9 -Sunday, September 15

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

Monday, September 9 – Silk Stockings (1955)

Fred Astaire and Cyd Charisse swing and sway to a luscious Cole Porter score in this musical reworking of the 1939 film Ninotchka. Fred's a producer trying to mount a movie set in Paris, and Cyd is a Soviet apparatchik sent to protect the integrity of Russia's finest composer (who's contributing tunes to Fred's film).

Co-starring: Fred Astair & Cyd Charisse

Rated NR; 1 hr. 57 min.

Tuesday, September 10 – Cheaper By the Dozen (1950) **Resident Request*

Based on a true story, this endearing family comedy follows Frank and Lillian Gilbreth and their 12 children as they move from Rhode Island to New Jersey, and focuses on Frank's attempts to keep his large brood in line.

Co-starring: Clifton Webb & Myurna Loy

Rated NR; 1 hr. 25 min.

Wednesday, September 11– Pale Rider (1985)

Rated R for intense violence throughout and sexuality.

This tense Western stars Clint Eastwood as a stranger in a clerical collar who rides into a mining town and comes to the aid of some gold prospectors under the thumb of a ruthless landowner.

Starring: Clint Eastwood

Rated R; 1 hr. 56 min.

Thursday, September 12 –A League of Their Own (2012) **Resident Request*

Two small-town sisters join an all-female baseball league formed when World War II brings professional baseball to a standstill. As their team hits the road with its drunken coach, the siblings find troubles and triumphs on and off the field.

Co-starring: Tom Hanks, Madonna & Geena Davis

Rated PG; 2 hrs. 8 min.

Friday, September 13– Zero Dark Thirty (2012) **Resident Request*

Rated R for strong violence, including brutal disturbing images and for language.

Directed by Kathryn Bigelow, this gripping dramatization -- seen through the eyes of a tenacious CIA operative -- chronicles the decade-long search for Osama bin Laden in the wake of the Sept. 11, 2001, terrorist attacks.

Starring: Jessica Chastain

Rated R; 2 hrs. 37 min.

Saturday and Sunday, September 14 & 15 –Ferris Bueller's Day Off (1986)

Teenage Ferris convinces his entire school he's at death's door, then hits the streets of Chicago with his girlfriend and best friend for a day of fun. But the school's fed-up principal is determined to catch him and put an end to his field trip.

Co-starring: Matthew Broderick, Alan Ruck, Jennifer Grey, Charlie Sheen

Rated PG-13; 1 hr. 42 min.

PRAIRIE★STAR

RESTAURANT

Sept. 8-14

Includes beverage, starter and dessert.

SUNDAY	Sept. 8 ~ Lunch \$11	Dinner \$11
	Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Fish and Chips Coleslaw
MONDAY	Sept. 9 ~ Lunch \$10	Dinner \$12
	BBQ Chicken Sandwich Sweet Potato Fries Choice of Vegetable	Braised Short Ribs Roasted Red Potatoes Vegetable of the Day
TUESDAY	Sept. 10 ~ Lunch \$8	Dinner \$11
	Fajita Bar (does not include drink, starter or dessert)	Pecan Crusted Chicken Wild Rice Vegetable of the Day
WED.	Sept. 11 ~ Lunch \$10	Dinner \$12
	Fried Pork Cutlet Sandwich Waffle Fires Choice of Vegetable	Crab Cakes Brown Rice Vegetable of the Day
THURSDAY	Sept. 12 ~ Lunch \$8	Dinner \$11
	Hamburger & Hotdog Bar (does not include drink, starter or dessert)	Stuffed Pork Chop Au Gratin Potatoes Vegetable of the Day
FRIDAY	Sept. 13 ~ Lunch \$10	Dinner \$11
	Steak Quesadillas Black Beans Spanish Rice	Chicken Alfredo Garlic Toast Vegetable of the Day
SATURDAY	Sept. 14 ~ Lunch \$10	Dinner \$13
	Crispy Chicken Wraps Steak Fries Coleslaw	Trout Almandine Fingerling 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 September 8-14

SUNDAY • SEPTEMBER 8

2:00 p.m. ~ Movie, GC

7:00 p.m. ~ Vespers- Ed Walker, 1st Assembly of God, CR

MONDAY • SEPTEMBER 9

Trash pick-up day.

Dental Hygiene Clinic, 201- *By Appointment Only*

9:30 a.m. ~ Town Meeting, 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

12:05 p.m. ~ Weights 101, CR

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

1:15 p.m. ~ Parkinson's Exercise Class, CR

1:30 p.m. ~ Ladies Pool Table Time, BP

1:30 p.m. ~ Hearing Aid Doctor, CON

3:00 p.m. ~ Meadowlark Singers, CR

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

TUESDAY • SEPTEMBER 10

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

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

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

3:30 p.m. ~ Ambassador Committee Meeting, CON

4:00 p.m. ~ IL Home Health Forum, CR

4:00 p.m. ~ Newspaper & Bible, LR

5:30 p.m. ~ 4th Floor Supper, MR

7:00 p.m. ~ Dominoes, GR

WEDNESDAY • SEPTEMBER 11

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

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

9:00 a.m. ~ Building & Grounds Committee, LR

9:30 a.m. ~ Seated Strength, CR

9:46 a.m. ~ Moment of Silence, Flag Pole at VE

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

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

1:30 p.m. ~ Afternoon Presby Church Circle, LR

1:30 p.m. ~ Pitch, GR

2:00 p.m. ~ The Climate Challenges of Kansas

Osher Class, CR

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

4:00 p.m. ~ 3rd Floor Meeting, CR

5:30 p.m. ~ KSU Gerontology Class, CR

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

THURSDAY • SEPTEMBER 12

10:00 a.m. ~ Great Decisions, LR

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

10:00 a.m. ~ Resident Focus Group, CON

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

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

12:30 p.m. ~ Red Hat Luncheon, MR

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

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

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

4:00 p.m. ~ KSU Center on Aging Lecture, CR

7:00 p.m. ~ Bingo, CR

7:00 p.m. ~ Woodwinds Anonymous, LR

FRIDAY • SEPTEMBER 13

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 Group, CR

1:15 p.m. ~ Parkinson's Support Group, LR

7:00 p.m. ~ The J pegs Performance, CR

SATURDAY • SEPTEMBER 14

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

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



Sept. 9 - 14

77 Sunset Strip

1/2 oz. Vodka

1/2 oz. Gin

1/2 oz. Captain Morgan

1.5 oz. Pineapple Juice

1/2 oz. Grenadine

Top with a splash of Sprite

\$3.75