

Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Sept. 12, 2013

2013 Community Wellness Fair

Opportunity and resources at your fingertips

by Amanda Rall

Meadowlark Hills will host a community-wide wellness fair from 1 to 4 p.m. Wednesday, Sept. 25, in the Community Center. Businesses and service providers from the area will gather to educate and raise awareness about healthy aging, available resources and opportunities for involvement in healthy lifestyle choices.

The 2013 Community Wellness Fair is open to Meadowlark Hills

residents and staff, as well as the Manhattan community. Attendees are welcome to stop by the fair anytime between 1 and 4 p.m.

The Community Well-ness Fair will host a variety of businesses from the Manhattan area, as well as the wonderful resources that Meadowlark Hills is proud to provide. Attendees can gain perspective on health services, financial resources, rehabilitation and therapy support, volunteer opportunities, mental health promotion and disease prevention.

See Wellness Fair, Page 3

Speedy PD Race for Parkinson's Disease a Great Success

The Speedy PD 5K/10K Race for Parkinson's Disease was held at Tuttle Creek State Park in Manhattan, Kan., on Saturday, Aug. 24, 2013. The 5K Run/10K Run/Walk and Half-Mile Family Fun Run/Walk was presented by UMB Bank and proceeds benefit the Meadowlark Hills Parkinson Fund.

The event raised over \$31,000 in sponsorships (cash and cash-value donations), race registrations and donations for the Meadowlark Hills Parkinson's Fund. The fund allows the leaders of the Parkinson's Program of Manhattan at Meadowlark Hills to provide services for the community to improve the quality

“Michelle Haub, the Parkinson’s Program Leader, did an incredible job leading the charge,” says Sarah Duggan.

of life for all those affected by Parkinson's disease, including: patients, caregivers, therapists and nurses. With this fund, they are able to continue and expand opportunities for education and outreach.

UMB Bank was the presenting sponsor of the race for the third consecutive year. "If our team

here at UMB can help raise awareness and funds through The Speedy PD, then we have done a great thing for our community and for all of those affected by Parkinson's disease," said David Urban, president at UMB Bank. "This event in particular is near to our hearts here at UMB because we have employees who are personally impacted by this devastating disease."

There were nearly 500 race registrations for the 5K and 10K races and approximately 85 volunteers that contributed to the success of the event.

See Speedy PD Race, Page 4



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

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.

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. The bus will depart from the Village Entrance at 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.

Recycle gently used eye glasses

Don't throw away your old eye glasses, donate them to the box in the Game Room! They will be picked up by Sunflower Lions Club and used to provide glasses to individuals that do not have the means to purchase glasses. Contact John Mann at 537-3378, with any questions.

Music on the patio

Stop by the patio outside of Prairie Star Restaurant at 5:30 p.m. Thursday, Sept. 26, to listen to a jazz pianist, Scott Senn, weather permitting. Ask your host to be seated outside during your evening meal!

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, Sept. 18. Sign up in the Blue Book.

Beck Fleener— Frank Sinatra Impersonator

Take a trip back to 1940, for a performance by Beck Fleener an amateur Frank Sinatra impersonator at 7 p.m. Friday, Sept. 20, in the Community Room.

Seasonal Flu Information Session

Meadowlark Hills Home Health will host an informational session covering the seasonal flu, including vaccination times and locations, what to expect from this year's flu bug and ways to stay healthy during the flu season. The Seasonal Flu Information Session is at 4:30 p.m. Thursday, Sept. 19, in the Community Room.

Genealogical Society Lecture

"Building the Legacy" is a lecture by the Riley County Genealogical Society at 2 p.m. Sunday, Sept. 15, in the Community Room. Miles McKee will talk on the legacy of Kansas State University Department of Animal Science and Industry. Dr. McKee is Professor Emeritus at Kansas State University. He began his career at K-State in 1959 and retired in 2005.

Happy Birthday John Schlup
You're invited to a Birthday Celebration
from 2 to 4 p.m. Saturday, Sept. 21, in
the Community Room, in honor of John's
90th birthday! Instead of gifts, bring a
photo or a memory!



ASK ANNIE!

Q: Lonnie mentioned at Town Meeting that Meadowlark Hills is a PEAK Mentor Home. What does that mean?

Another great question that I am proud to answer because it means Meadowlark Hills continues to be leading organization. PEAK stands for Providing Excellent Alternatives for Kansas Nursing Homes. It is a program administered by the Kansas Department of Aging and Disability Services, originally created ten years ago. Meadowlark Hills has won the PEAK award several times, including most recently in 2012.

Recently, Kansas State University has been contracted through Kansas Department of Aging and Disability Services to overhaul the PEAK program. The overhaul is being referred to as PEAK 2.0. As a part of the new program, four award winning homes were selected to be "Mentor Homes." Their purpose is to provide resources to other organizations to help them improve and/or expand the services they deliver. Meadowlark Hills is one of the four organizations at the top Mentor level in the program.

In addition to recognition for homes that have reach a minimum level of achievement in person-centered care, PEAK 2.0 also incorporates a tiered financial incentive package to encourage homes to begin and/or continue to

pursue this model of care. As a Mentor Home, we are helping others achieve these standards.

Meadowlark Hills also receives other benefits from our role as a Mentor Home. Not only do we receive a financial incentive, we get to be in a teaching relationship and collaborate with other homes and learn from each other.

This last week Meadowlark Hills hosted a one-day PEAK experience in our classroom, along with K-State Center on Aging staff. Staff members from three visiting facilities attended, approximately fifteen guests spent the day at Meadowlark Hills learning our culture. The topics we cover as a part of the experience are the following: person-centered care, resident choice, staff empowerment, creating a home environment, financial structure, systems, and meaningful life. The guests spent time in the houses asking questions and observing.

For more details on the program, visit www.kdads.ks.gov/LongTermCare/PEAK/peak.html. Thanks for the great question, and please keep them coming!



Wellness Fair, from page 1

Each vendor will have a booth that will feature information about their organization or agency's services that they provide. The booth will be staffed with a representative from the organization to answer questions or discuss how their services may fit into your life.

Meadowlark Hills vendors will include Home Health Services, Summitcare Inc. Therapy Services (physical, occupational and speech therapies), Nutritional Services, Food and Beverage Services, Meadowlark Hills Medical Professionals, Parkinson's Program, Finance Services and Fitness Services. Social Service Leader, Cece Russell, will facilitate a booth for the Resident Wellness Committee.

Their focus will be resources and ideas to improve memory retention.

Vendors from the surrounding Manhattan community include: Riley County Health Department, Community Health Ministry, At Home Assisted Care, Hearing Doctors of Kansas, RSVP Volunteer Center, UFM Community Learning Center, The Trust Company, Flint Hills Discovery Center, Pawnee Mental Health Services and Vision Source.

The 2013 Wellness Fair will be an interactive experience to learn more about resources that could potentially improve or maintain your quality of life!

EDUCATION OPPORTUNITY

Research Seminar Series on Aging, Health and Dementia

Come and learn about the aging process, health, wellness and dementia in a digital classroom in a four-month long lecture series. The class begins at noon Thursday, Sept. 26, in the KSU Classroom. All classes are from noon to 1 p.m. The topic for each class will be reported on accordingly. The following are class dates and locations:

- Thursday, Sept. 26 - KSU Classroom
- Thursday, Oct. 24 - West Conference Room
- Thursday, Nov. 14 - West Conference Room
- Thursday, Dec. 12 - West Conference Room
- Thursday, Dec. 26 - KSU Classroom

Lymphedema Lecture

Learn about the medical condition, lymphedema, in the lecture at noon Wednesday, Sept. 18, in the KSU Classroom. The presenter is Shannon Hanlin from the Lifecare Center of Kansas City. Lymphedema refers to swelling that generally occurs in the extremities caused by a blockage of the lymphatic system.

Speedy PD Race, from Page 1

Sarah Duggan, Community Relations Director at Meadowlark Hills was pleased with the great support from the community, families and those affected by Parkinson's disease. "Michelle Haub, the Parkinson's Program Leader, did an incredible job leading the charge once again to plan a fun, successful event to promote and further the great things that the Parkinson's Program is doing for our community."

The newest feature of the race is the certification of the 5K and 10K courses.

This year's platinum sponsors include the following: Cox Bros. BBQ, Budweiser and Flint Hills Beverage Company, Hot Country B104.7, Body First, Community First National Bank, Steel and Pipe Supply funded by the Jack Goldstein Charitable Trust and Meadowlark Hills.

FOUNDATION NEWS

In Honor of Those Living & Passed

August 2013

John Vogt

Tina Koch

Faye Haverstein

Wanda Williamson

Allen Janke

Leon Edmunds

Dorothy Deihl

Don Rasmussen

Grace Gates

Willard Tilley

Rosemary Carroll

John Roberts

Darryl Leffler

Penny Suleiman

Chuck Ehmke

Wayne Fink

Terry Olson

David Stevenson

Lynne Easter

Donations were made to the Good Samaritan Fund, Parkinson's Program Fund, Transitional Care Houses Fund and Allen Janke Pond Memorial.

DRINK SPECIAL



Sept. 16 - 21

Cherry Limeade

2 oz. Cherry Vodka

1 oz. Lime Juice

Grenadine *by taste*

Fill with Lemon Lime Soda

\$3.75

Welcome and Introduction of New Residents, Amanda Rall

There were no new residents present.

Campus Update, Lonnie Baker

Lonnie reported that Meadowlark Hills is a host location for the PEAK Mentor Homes. Groups of interested parties will be coming to learn more about Meadowlark Hills and person directed care. The Speedy P.D. race had nearly 500 participants and rose over \$37,000 for the Parkinson's Program. The Parkinson's Program is being recognized by LeadingAge Kansas for the leadership in Social Accountability Award.

Support Services Update, Annie Peace

Annie introduced two new employees, Jerry Hall, Environmental Services Technician and Dave Prockish, Transportation and Purchasing Leader. David Kahler will also be starting later this month as the new IT intern. In October, the emergency call system will be replaced. This includes all pendants, wrist bands and pull cords. Residents are not charged for the replacement of the old items with the new technology.

Resident Council Sub-Committee, Bob Kruh

Bob spoke about the upcoming staff appreciation gift. Letters will be sent out by Resident Council the first week of October to explain the staff appreciation gift.

Health Services Update, Garrett Lee

Garrett reported that updates have been happening in Sloan, Honstead and Miller households. Miller and Honstead have had new artwork installed. Honstead House has also replaced their living room furniture and rearranged it to allow more space for the residents. Several of the households have also started having weekly outings, which the residents are enjoying.

Sales Update, Kinzie Jo Zimmerman

Kinzie Jo reported that there has been a drop in Independent Living census, which was expected. They are working on filling the vacant apartments. The Sales team is hosting a Passport Party on Sept. 26 to help bring in new possible residents.

IL Update/Upcoming Events, Amanda Rall

Amanda reported that three employees have been hired for the additional part-time receptionist position. After they are trained, the new employees will fill the extended hours that the Hospitality Desk will be open. The 2013 Wellness Fair is scheduled for Wednesday, Sept. 25 from 1 to 4 p.m. There is a trip planned for Thursday, Sept. 12, to go see *Lee Daniel's, The Butler* at Carmike Cinema. The bus will depart at 3:30 p.m. from the Village Entrance.

Adjourn

Submitted by Elizabeth Birk

Grosh Cinema Movies

Monday, September 16 - Sunday, September 22

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

Monday, September 16 – Chitty, Chitty, Bang, Bang (1968)

Dick Van Dyke stars as quirky inventor Caractacus Potts, whose magical flying car transports his family and lovely lady friend to Vulgaria, a kingdom strangely devoid of children, ruled by the evil Baron Bomburst.

Starring: Dick Van Dyke

Rated G; 2 hrs. 25 min.

Tuesday, September 17– Somewhere in Time (1980) **Resident Request*

In this unabashedly romantic film, a playwright obsessed with a picture of an early 1900s actress wills himself back in time to find the woman, and the two begin a love affair. But what does living in the past mean for their future?

Co-starring: Christopher Reeve & Jane Seymour

Rated PG; 1 hr. 43 min.

Wednesday, September 18 – Gun Duel in Durango (1957)

In this gunslinging Western, bank robber Will Sabre abandons his criminal life, only to face vengeful outlaws from his former gang bent on forcing Will to rejoin his crew. Framed for a bank robbery, Will goes after his old gang to clear his name. Meanwhile, the reformed outlaw reconnects with his old sweetheart, Judy, and must convince her -- and the Texas Rangers -- that his criminal days are behind him.

Starring: George Montgomery

Rated NR; 1 hr. 13 min.

Thursday, September 19 –Jack Reacher (2012)

When ex-military cop Jack Reacher investigates an elite sniper charged with killing five people, he teams up with a beautiful defense lawyer -- and they soon find themselves drawn into a dangerous cat-and-mouse game in this exciting thriller.

Starring: Tom Cruise

Rated PG-13; 2 hrs. 10 min.

Friday, September 20 – The Impossible (2012)

Tracking one family's harrowing experiences, this gripping drama depicts the chaos generated by the massive 2004 tsunami in Southeast Asia. On December 26, Maria, Henry and their sons are vacationing in Thailand when unthinkable disaster strikes.

Co-starring: Naomi Watts & Ewan McGregor

Rated PG-13; 1 hr. 54 min.

Saturday and Sunday, Sept. 21 & 22 –The American President (1995) **Resident Request*

Widowed U.S. president Andrew Shepherd, one of the world's most powerful men, can have anything he wants -- and what he covets most is Sydney Ellen Wade, a Washington lobbyist. But Shepherd's attempts at courting her spark wild rumors and decimate his approval ratings in this romantic comedy.

Co-starring: Michael Douglas & Annette Bening

Rated PG-13; 1 hr. 55 min.

PRAIRIE★STAR

RESTAURANT

Sept. 15–21

Includes beverage, starter and dessert.

SUNDAY	Sept. 15 ~ Lunch \$12	Dinner \$11
	Pot Roast with Roasted Potatoes and Vegetables	Baked Ham Au Gratin Potatoes Vegetable of the Day
MONDAY	Sept. 16 ~ Lunch \$10	Dinner \$11
	BBQ Pork Sandwich Baked Beans Coleslaw	Chicken Parmesan Fettuccini Garlic Toast Vegetable of the Day
TUESDAY	Sept. 17 ~ Lunch \$6	Dinner \$11
	Taco Tuesday (does not include drink, starter or dessert)	Swiss Steak Mashed Potatoes & Brown Gravy Vegetable of the Day
WED.	Sept. 18 ~ Lunch \$10	Dinner \$12
	Veggie Burgers Waffle Fries Choice of Vegetable	Roasted Pork Tenderloin Red Potatoes Vegetable of the day
THURSDAY	Sept. 19 ~ Lunch \$6	Dinner \$12
	Salad Bar (does not include drink, starter or dessert)	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day
FRIDAY	Sept. 20 ~ Lunch \$10	Dinner \$12
	Chicken Club Sandwich Steak Fries Choice of Vegetable	Crab Stuffed Sole Wild Rice Vegetable of the Day
SATURDAY	Sept. 21 ~ Lunch \$10	Dinner \$12
	Chicken Enchiladas Black Beans Spanish Rice	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 September 15–21

SUNDAY • SEPTEMBER 15

2:00 p.m. ~ Movie, GC
:00 p.m. ~ Genealogical Society Lecture, CR
7:00 p.m. ~ Vespers– Ed Walker, 1st Assembly of God, CR

MONDAY • SEPTEMBER 16

Trash pick-up day.

Dental Hygiene Clinic, 201– *By Appointment Only*
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
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
2:30 p.m. ~ Parkinson's Voice Class, KSU CR
3:00 p.m. ~ Meadowlark Singers, CR
5:30 p.m. ~ 5th Floor Supper, MR
7:00 p.m. ~ Game Time, GR

TUESDAY • SEPTEMBER 17

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
3:00 p.m. ~ Coffee Corner, CR
4:00 p.m. ~ Newspaper & Bible, LR
5:30 p.m. ~ 2nd Floor Supper, CR
5:30 p.m. ~ Eastside Supper, MR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • SEPTEMBER 18

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
12:00 p.m. ~ Lymphedema Lecture, KSU CR
1 to 2 p.m. ~ Fitness Center Office Hour, FC
1:30 p.m. ~ Pitch, GR
2:00 p.m. ~ The Climate Challenges of Kansas
Osher Class, CR
2:30 p.m. ~ Lutheran Communion, LR
3:00 p.m. ~ Unitarian Universalist Fellowship, MR
3:00 p.m. ~ Call Hall Ice Cream, KR
5:30 p.m. ~ Meadowlark Circle Supper, MR
7:00 p.m. ~ Game Time, GR

THURSDAY • SEPTEMBER 19

10:00 a.m. ~ Meadowlark Bible Study, LR
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
3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR
4:30 p.m. ~ Seasonal Flu Information Session, CR
7:00 p.m. ~ Bingo, CR
7:00 p.m. ~ Woodwinds Anonymous, LR
7:30 p.m. ~ Sons of the American Revolution, CON

FRIDAY • SEPTEMBER 20

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 Group, CR
3:30 p.m. ~ Catholic Rosary, CR
7:00 p.m. ~ Frank Sinatra Music by Beck Fleener, CR

SATURDAY • SEPTEMBER 21

9:30 a.m. ~ Water Color Painting Art Class, KSU CR
1:00 p.m. ~ Movie, GC
2:00 p.m. ~ John Schlup's Birthday Party, CR
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	

Joke of the Week

Did you hear about the restaurant on the moon?

Great food, but no atmosphere.