



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Sept. 19, 2013

The Doctor Is In!

The monthly column, featuring a member of the Meadowlark Hills Medical Professionals for September introduces Jennifer Ellifritt.

Jennifer Ellifritt APRN-C is a certified advanced practice registered nurse (nurse practitioner). Jennifer works together with Dr. Mathew Floersch, MD as a joint health care team at Meadowlark Hills Medical Professionals.

Jennifer attended the University of St. Mary where she earned her Bachelors of Science in Nursing and then completed her Masters of Science in Nursing at Washburn University. Jennifer is licensed through the State of Kansas and board certified through the Ameri-

can Academy of Nurse Practitioners.

As an advanced practice registered nurse at Meadowlark Hills Medical Professionals, Jennifer provides primary and acute health-care to patients: diagnosing, treating and managing disease.

Jennifer and her husband Kyle along with their two sons, Carson and Hunter, live in Manhattan. Jennifer grew up in Manhattan and graduated from Manhattan High. She is the daughter of Manhattan residents Dr. and Mrs. Rick Fulton.

If you would like to become a new patient at Meadowlark Hills Medical Professionals, please call (785) 537-1900 for new patient

registration. Jennifer, Dr. Floersch and the staff are dedicated to maximizing wellness and quality of life through a proactive and comprehensive plan of care.

If you would like to give the Medical Professionals an idea for a future article, feel free to submit questions or suggestions to the drop box located in the physician's clinic. Look for the monthly doctor's column in future Messengers.



above: Jennifer Ellifritt, ARNP-C at Meadowlark Hills Medical Professionals

Community Wellness Fair at Meadowlark Hills

Manhattan community businesses and Meadowlark Hills service providers showcased at upcoming wellness fair

Mark your calendars for this outstanding event! Even if you think you already know everything that Meadowlark Hills and the surrounding community has to offer, you may find a great resource that you never knew about!

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 Wellness 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.



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

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!

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

Football Watch Party

Purple will be the color to wear to the KSU Football Watch Party at 7 p.m. Saturday, Sept. 21, in the Game Room as the Wildcats take on the Texas Longhorns! Peanuts, pretzels and popcorn will be served, free of charge. The game will be broadcasted on ABC on channel 9.

Parkinson's Voice Class

The Parkinson's Voice Class will begin collaborating with the Parkinson's Exercise Class on Mondays beginning at 2 p.m. Monday, Sept. 23, in the Community Room, for an exciting vocal workout. The group will then move down to the KSU Classroom to complete the vocal exercises as well as fun activities and conversation from 2:15 to 3 p.m.

The class is designed to support individuals with Parkinson's Disease, but is appropriate for all who would like to improve the loudness and quality of their voice to enhance communication.

Recycling pick-up

There will be no recycling picked up on Saturday, Sept. 21, in the main building.

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.

John Schlup's Birthday Party

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.

Service of Remembrance

The Service of Remembrance to celebrate the lives of those we've lost in the last month, will be at 3 p.m. Friday, Sept. 27, in the Community Room. All are welcome to attend.

Sing-a-long with the Kahlers

Join the Kahlers in the Community Room at 7 p.m. Friday, Sept. 27, for a sing-a-long. Jane Boys will accompany on piano.

Card making with Michelle

Join Michelle Lemmer to create fall or Halloween inspired cards at 2 p.m. Tuesday, Sept. 24, in the Living Room.

Water Color Art Class

The Water Color Art Class that meets every Saturday, will not meet the next two weeks on Saturday, Sept. 21 and 28. They will resume the class at 9:30 a.m. Saturday, Oct. 5, in the KSU Classroom.

LETTER TO THE MESSENGER

News from Kimball Avenue

submitted by Mary Ann McCoy

The recent Kimball Avenue group luncheon turned into a birthday party when the recent Messenger showed nine of the 16 residents of the area had September birthdays. Six of them were in attendance.

For several years Arlene Kaump and Kay Newell had celebrated their September 1 birthday with Mary Ann McCoy, resident of the neighboring duplex, for her September 5 birthday. (Kay and Mary Ann graduated from K-State the same year and were born just four days apart!) Arlene now lives in Lyle House

but came to the September luncheon as a special birthday guest.

Kent Smith, husband of the group's Resident Council Representative, Sharon Smith, had a birthday on Sept. 3 (the day of the luncheon) and the couple brought a carnation to each celebrant in attendance.

Eula Mae Parker's birthday is Sept. 5. Kay Halazon's birthday is Sept. 17 and John Schlup will have his 90th birthday on Sept. 24. Everyone is invited to his birthday party on Saturday, Sept. 21, from 2 to 4 p.m.

ASK ANNIE!

Q: I've noticed a reserved parking place in the employee parking lot marked Leader of the Pack. What is the Leader of the Pack?

by Annie Peace

Another great question! The Meadowlark Hills Human Resource team has reinvented the Leader of the Pack program. Leader of the Pack is an employee recognition program designed to allow staff members to nominate fellow co-workers that exhibit exceptional leadership, teamwork and dedication to Meadowlark Hills. Many individuals are nominated and a committee of employees deliberate to decide who deserves the award. The recognition of Leader of the Pack occurs monthly.

The employee selected for this honor receives a \$25 Meadowlark Hills gift card, a free car wash from the Bubble Wash and a reserved parking spot of their choice for the month (employee parking lot only).

For the month of September Alana Johnston, the Director of Nursing Services, was selected as Leader of the Pack for her excellence in resident care, her commitment to give her best and then go home and take care of her kids and her exceptionally positive attitude. She has a willingness to learn from others, to grow and is not afraid to challenge others to do the same.

Alana deserves to know she is doing a great job and that she is valued by those around her!

The person nominating remains confidential and you can submit nominations as often as you like, and for as many employees as you would like. Residents can nominate individuals for Leader of the Pack by dropping off a letter to the Human Resource office, across from Verna Belle's Café or emailing Christina Strange, at christina.strange@meadowlark.org. Please indicate the person you would like to nominate and the reason behind the nomination.

Thanks for the great question, and please keep them coming!



Joke of the Week

**Why don't you ever see elephants
hiding in trees?**

Because they're really good at it.

Members present: Jean Beatty, Pat Vogt, Don Rasmussen, Loren Alexander, Bob Kruh, Jo Call, Sandra Emley, Warren Walters, Jo Lindly, Lincoln Deihl, Ruth Wells, Ivan Tompkins, Sharon Smith and Betty Grubb. Kay Shanks was present on behalf of the History Committee

Staff present: Amanda Rall

Introductions: Ivan Tompkins was introduced as the Eastside neighborhood representative. Sharon Smith was introduced as Westside neighborhood representative.

Updates:

Meadowlark Hills History Committee – Kay Shanks reported on behalf of the History Committee. The History Committee is made up of the following residents: Mary Ellen Titus, John Mann, Alice Nichols, Esther Headrick, Harriett Janke, Margaret Wheat and Kay Shanks. The committee is currently working on compiling stories of Meadowlark Hills' history. Previous documents have been sorted, organized and placed in binders. The documents and stories can be found in the History Archives space located on second floor, east of the double elevators. This room is locked but a key can be found in the Community Relations office with Pam Reding or by request through Kay Shanks. A library log can be found in the archive room to check out a document. All documents need to be returned. A sub-committee, made up of Bonnie Nespor, Mary Roberts, Rosemary Carroll and Donis Vaughn, has been established to gather useful information for the archives. Anyone may submit data used for the archives by putting a copy of the document in Bonnie Nespor's mail cubby in the Game Room.

Board of Trustees Update – Don Rasmussen reported on the most recent Board of Trustees meeting. The focus of the board is improvement initiatives of Meadowlark Hills. One initiative is to improve the documentation of outcomes within the households. This will help staff be accountable for results of work processes. The Household Operations team has been preparing a survey of performance in the households. This team meets monthly to discuss quality in their service area. The hours that Dr. Floersch has been in the clinic on campus has been meeting the needs of Meadowlark Hills. Recent exploration of Meadowlark Hills becoming a PACE provider have been canceled. End of year financials are favorable for 2012 to

2013, with decreased expenditures and increase in income via investments.

Approval of June Minutes:

The July minutes were approved by a unanimous vote.

New Business:

Annual Staff Appreciation Gift – Jean Beatty called for a committee to move forward in requesting the annual staff appreciation gift to be distributed in November. Bob Kruh will chair this committee. Sharon Smith, Jo Lindly and Pat Vogt will serve as committee members. The duties of this committee will be to write, edit and distribute the letter to residents from the Resident Council and see that the gift is dispersed to employees in due time.

September Independent Living Resident Council – Amanda Rall announced that the September Resident Council will meet on the third Monday of September due to the Labor Day holiday pushing Town Meeting to the second Monday of September.

Old Business

Election of Resident Council Representatives– Jean Beatty provided all members with a draft of the criteria for electing a resident to the council. After reading through the criteria, some provisions were suggested. The sub-committee will meet again to draft another document. She will carry over this report to next meeting

Wildflowers in the Valley– Loren Alexander has taken the lack of wildflowers issue to the Building and Grounds Committee to discuss possible reasoning behind the issue and reach a possible solution.

Questions and Concerns

Main Entrance signage– There is further concern that the new sign delineating the main entrance is not visible enough to visitors and emergency vehicles.

Smoke alarms– There was a report that smoke alarms have not been tested in a long period of time.

Grass clippings– The contracted employees that mow Meadowlark Hills' property are not blowing grass clippings off of the walk ways nor edging around corners. Other concern was that the workers mow at very high speeds, which is causing damage. Vehicles that are parked near grassy areas are blasted with clippings.

Overwatering- Residents suggest that we over-water our lawn. Often times Meadowlark Hills continues to water even after a rain. A suggestion was made of a device to bypass the circuit to stop watering mechanisms when the ground is saturated by rain water.

Miller entrance door- It been reported that the entrance to Miller Place has been left unlocked or that there is a possible malfunction with the lock.

Patio furniture- Concern was expressed about the patio furniture's disorderly appearance and damaged cushions. The exercise group that uses the patio will need to put furniture back in place after they are done using it.

Lack of space in Community Room- There is limited space in the Community Room during

programs. There needs to be a reserved space for mobility equipment.

Curb damage – There was report of a damaged curb on Meadowlark Road of the Kimball Ave. entrance.

Billiards Room equipment misuse- Children under the age of 12 need to be accompanied by an adult in the Billiards Room. If anyone sees misuse of equipment, notify a staff member or Don Rasmussen.

Pond Development comment- Don Rasmussen commented on the progress of the Pond Development Committee. The construction is still in phase one with emphasis on the northeast corner construction. This will be the first area to be equipped with accessible trails for all residents.

Identification of Action Items

Action Item	Brief Description	Action to be Taken	By:	Status:
1.	Resident Council Election Procedure Committee	Write proposal for election procedure	Jean Beatty	In Progress
2.	Valley lacking growth of wildflowers	Bring concern to Building & Grounds to find solution	Loren Alexander	In Progress
3.	Main Entrance Signage	Bring concern to the attention of Lonnie	Jean Beatty	In Progress
4.	Smoke alarm testing	Bring to Building & Grounds	Loren Alexander	In Progress
5.	Grass clippings and edging	Bring to Building & Grounds	Loren Alexander	In Progress
6.	Miller Place Entrance being left unlocked or malfunctioning lock	Contact housekeeping to discuss issue	Amanda Rall	In Progress
7.	Community Room lacking space	Complete room set up to leave space for mobility devices	Amanda Rall	In Progress
8.	Disordered patio furniture	Communicate to exercise group they must return furniture. Look into purchasing new cushions	Amanda Rall	In Progress
9.	Damaged curb	Bring to Building & Grounds Committee	Loren Alexander	In Progress
10.	Overwatering lawn	Bring to Building & Grounds Committee	Loren Alexander	In Progress

Adjourn

Submitted by: Amanda Rall

Grosh Cinema Movies

Monday, September 23 -Sunday, September 29

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

Monday, September 23 – The Artist (2011)

Winner of five Oscars, this artful black-and-white silent film follows the romance between a silent-era superstar on a downward spiral and a rising young starlet who embraces the future of cinema at the dawn of the "talkies."

Co-starring: James Cromwell & Jean Dujardin

Rated PG-13; 1 hr. 40 min.

Tuesday, September 24 – A Good Day to Die Hard (2013)

Rated R for violence and language.

New York cop John McClane goes to war with powerful criminal forces one more time when his son gets caught up in a rebel Russian's prison escape. Operating on foreign soil, McClane tries to free his son but soon has a much bigger fight on his hands

Starring: Bruce Willis

Rated R; 1 hr. 37 min.

Wednesday, September 25 – Way Down East (1920)

Lillian Gish stars as Anna Moore, a naïve New Englander duped into a sham marriage by a man who deserts her after she gets pregnant. When the infant dies, Anna leaves Boston, changes her name and finds shelter in a tranquil farm community.

Starring: Lillian Gish

Rated NR; 2 hrs. 29 min.

Thursday, September 26 – Anna Karenina (2012)

Rated R for some sexuality and violence.

Oscar winner Tom Stoppard penned this adaptation of Leo Tolstoy's classic novel, which stars Keira Knightley as the titular 19th-century Russian aristocrat who enters into a passionate and forbidden love affair with the well-heeled Count Vronsky.

Co-starring: Keira Knightley & Jude Law

Rated R; 2 hrs. 10 min.

Friday, September 27– To Rome with Love (2012)

Rated R for some sexual references.

In this Woody Allen-directed romp through Rome, an opera director discovers a potential new star in an unexpected place, a young architect battles feelings for his girlfriend's gal-pal, and an average guy suddenly finds himself hounded by paparazzi.

Co-starring: Woody Allen & Alec Baldwin

Rated R; 1 hr. 52 min.

Saturday and Sunday, Sept. 28 & 29 – The Last Brick Maker in American (2001)

Haunted by the death of his wife and the obsolescence of his life's work, brickmaker Henry Cobb's existence is invigorated when he becomes the unexpected mentor to a troubled 13-year-old boy. Helmed by Gregg Champion, this touching made-for-television drama also stars Jay O. Sanders and Wendy Crewson as Danny's self-centered parents, Mike and Karen Potter.

Starring: Sydney Poitier

Rated PG; 1 hr. 28 min.

PRAIRIE★STAR

RESTAURANT

Sept. 22–28

Includes beverage, starter and dessert.

SUNDAY	Sept. 22 ~ Lunch \$11	Dinner \$10
	Beef Stroganoff Egg Noodles Vegetable of the Day	Steak Fries Mac and Cheese Vegetable of the Day
MONDAY	Sept. 23 ~ Lunch \$10	Dinner \$11
	Hot Pastrami Sandwich Potato Salad Vegetable of Choice	57 Chicken Baked Potato Vegetable of the Day
TUESDAY	Sept. 24 ~ Lunch \$8	Dinner \$11
	Fajita Bar (does not include drink, starter or dessert)	Meat Loaf Mashed Potatoes & Brown Gravy Vegetable of the Day
WED.	Sept. 25 ~ Lunch \$10	Dinner \$11
	Monte Cristo Sandwich Waffle Fries Choice of Vegetable	Stuffed Chicken Roulades Roasted Red Pepper Sauce Rice Pilaf Vegetable of the day
THURSDAY	Sept. 26 ~ Lunch \$8	Dinner \$13
	Appetizer Bar (does not include drink, starter or dessert)	Seared Fish with Seafood Broth Wild Mushroom Risotto Vegetable of the Day
FRIDAY	Sept. 27 ~ Lunch \$9	Dinner \$11
	Chili Dogs Tater Tots Choice of Vegetable	Pork Paperdelli Fennel Leaks with Arugala Cherry Tomatoes Vegetable of the Day
SATURDAY	Sept. 28 ~ Lunch \$9	Dinner \$11
	Roasted Beef Salad Sandwich Chips Choice of Vegetable	Pork Chop with Whiskey Glaze Roasted 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 22-28

SUNDAY • SEPTEMBER 22

2:00 p.m. ~ Movie, GC
7:00 p.m. ~ Vespers- Ben Deurfedlt, retired 1st Christian Church, CR

MONDAY • SEPTEMBER 23

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
1:00 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
7:00 p.m. ~ Game Time, GR

TUESDAY • SEPTEMBER 24

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. ~ Card Making w/ Michelle, LR
3:00 p.m. ~ Coffee Corner, CR
3:30 p.m. ~ Ambassador Committee Meeting, CON
4:00 p.m. ~ Newspaper & Bible, LR
5:30 p.m. ~ 3rd Floor Supper, CR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • SEPTEMBER 25

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
1:00 p.m. ~ Dr. Tran's Foot Clinic, 201
By Appointment Only
1 to 4 p.m. ~ Wellness Fair, Community Center
3:00 p.m. ~ Call Hall Ice Cream, KR
5:30 p.m. ~ 1st Floor Supper, MR
6:30 p.m. ~ KSU Gerontology Class, CR
7:00 p.m. ~ Game Time, GR

THURSDAY • SEPTEMBER 26

10:00 a.m. ~ Meadowlark Bible Study, LR
12:00 p.m. ~ Seminar Series on Aging, Health & Dementia, KSU CR

12:00 p.m. ~ Resident Wellness Committee, MR
1:00 p.m. ~ Blood Pressure Clinic, GR
3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR
4:00 p.m. ~ St. Paul's Episcopal Church Service, LR
5:30 p.m. ~ Music on the Patio, PS Patio
7:00 p.m. ~ Bingo, CR
7:00 p.m. ~ Woodwinds Anonymous Rehearsal, LR

FRIDAY • SEPTEMBER 27

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 Caregiver Support Group, LR
3:00 p.m. ~ Service of Remembrance, CR
4:00 p.m. ~ Pie Eating Contest, PS Patio
7:00 p.m. ~ Sing-a-long with the Kahlers, CR

SATURDAY • SEPTEMBER 28

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



Sept. 23 - 28

Blackbeard

1 oz. Captain Morgan's
1 oz. Root Beer Schnapps
Fill with Pepsi or cola
Serve tall on ice

\$3.75