



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Sept. 26, 2013

Hospitality Desk Update

MLH excited about extended hours at the Hospitality Desk

by Amanda Rall

You may have seen a few new faces around Meadowlark Hills this month, especially in the lobby at the Hospitality Desk! The Hospitality Team, which includes Tom Atwood, Liz Birk and Lynette Ford, has doubled in size. The team has welcomed three new members: Jessica Hudson, Kaila Trombley and Mary Harness. The new employees are part of the transformation the Hospitality Team has seen over the past few months.

To better serve the community, the Community Relations team examined what we were lacking. Our phone answering service, utilized outside of regular business hours wasn't making the cut. We developed a proposal that eliminated the answering service and extended the hours that the Hospitality Desk was staffed. This will be a great improvement in staff availability and ability to receive incoming phone calls. The best part about it, after the contract with the answering service is discontinued, the changes will be budget neutral!

The new, part-time Hospitality employees will staff the Hospitality Desk from 5 to 9 p.m. on weekdays and also on weekends from 9 a.m. to 8 p.m. Incoming calls, outside of the staffed hours, will be directed to an automated attendant with available

directory options.

The main job duties of the part-time, evening and weekend employees will be to serve as the primary point of contact for residents, visitors, employees, family members and community members during their shifts. They will be responsible for answering incoming calls and directing them to the appropriate person. Other duties will include technical support for programs and classes in the Community Room, greeting visitors and reporting security concerns immediately.

The part-time, evening and weekend staff will not be responsible for all functions that the current staff have. For instance, the cash drawer and the postal services will continue to close at 5 p.m. on weekdays and will not be open during the weekends. Meadowlark Hills continues to suggest that maintenance requests be made during the normal business hours. However, the Hospitality staff will be available to discuss maintenance needs and to contact the on-call maintenance staff, when needed.

We are excited to have the friendly, new employees at Meadowlark Hills and look forward to the benefits they will bring to the organization! We continually strive to improve the quality of services available to every resident.

FROM THE INDEPENDENT LIVING RESIDENT COUNCIL

Time for Residents' Gift to Staff

submitted by Bob Kruh, Chair, ILRC Staff Appreciation Committee

Now that the year is winding down, the Meadowlark Hills Independent Living Resident Council will soon be sending out its reminder for the annual gifts to our wonderful staff. Wisely, Meadowlark Hills has a no-tipping policy – and,

instead, the residents join in an annual collection for each staff member to express appreciation for the many things they do, both seen and unseen. Look for the IL Resident Council's letter, and when you make your donation for the appreciation gift, remember that it's a thank-you to staff who are helping every hour of every day of the entire year.



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

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.

Tau Beta Sigma Performance

The Tau Beta Sigma instrumental performance will be at 7 p.m. Friday, Oct. 5, in the Community Room. An ensemble of trombones and clarinets will each play a set of music. Tau Beta Sigma is a K-State Honorary Band Service Sorority. They serve the K-State Marching and Concert Bands by providing concert receptions and promoting instrumental music in college and our community.

Joke of the Week

What did Cinderella say when she went to pick up her photos but they weren't ready?
"Some day my prints will come..."

The Lost Gospels of Early Christianity

UFM's Community Learning Center's third Osher class this fall, "The Lost Gospels of Early Christianity," will be taught by Dr. Barry Crawford, Professor of religious studies at Washburn University. This class will take place from 2 to 4 p.m. Wednesday, Oct. 2, 9, and 16, in the Community Room.

This class will examine selected early Christian gospels both within and outside the New Testament to learn something of their literary character, their purpose, and the varied images of Jesus they present. Those interested in participating in this class can go to the UFM Community Learning Center website at www.tryufm.org and click on the Osher Institute Classes link to find the various ways to register for a class or call (877) 404-5823 or (785) 864-5823.

Water Color Art Class

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

Embracing Life's Challenges

Find support in attending the class "Embracing Life's Challenges" at noon Wednesday, Oct. 2, in the KSU Classroom. The class will be led by Chaplain Bill Bridgewater. Discover the steps in how you can go through change and even learn to embrace it.

Low Vision Information Sessions

An interior design student from K-State is conducting a research study on the role of interior lighting in supporting individuals with low vision. Jordan De Tar Newbert is seeking volunteers who are living with low vision issues who will let her take light meter readings of targeted areas of their living environments. She will also want to ask some questions about how light works (or doesn't work) in the home. Key areas include: kitchen, dining area, work areas (such as desks), and the bathroom. If you are interested, attend one of the three informational sessions at noon or 5 p.m. Monday, Sept. 30, or 5 p.m. Wednesday, Oct. 2, in the Living Room.

UPCOMING EVENTS & ANNOUNCEMENTS, con't

Newspaper and Bible Change

Instead of Newspaper and Bible, Rev. Zach Morton from the 1st Presbyterian Church will lead a lecture series called "Reading Genesis Today." The classes will be held at 4 p.m. Tuesdays, Oct. 1, 8 and 15, in the Living Room. Learn different ways of reading and interpreting the book of Genesis in the modern world. This is a discussion-based class, so please bring questions!

KSU Football Watch Party

The Kansas State Football team is off to a rough start this year. They hold a record of two wins and two losses, so they need all the support they can get! Come to the Football Watch Party at 2:30 p.m. Saturday, Oct. 5, in the Game Room as the Wildcats face Oklahoma State! Peanuts, pretzels and popcorn will be served, free of charge. The game will be broadcasted on ABC on channel nine and ESPN2, on channel 33.

ASK ANNIE!

Q: There is an interesting piece of art outside of Verna Belle's Café by Elizabeth Layton. Can you tell us more about the artist?

by Annie Peace

Elizabeth Layton is one of my favorite artists, as I appreciate her story and love the messages in her work. She is a native Kansan from Wellsville. She is best known for her blind contour drawings in which she only looks at the object she is drawing and not at the actual paper. She slowly traces an outline as her eyes track the edges of the model or object in which she is drawing. While this is an impressive feat in itself, it is the stories her drawings tell along with her own life's story that have made her so widely known.

Following her family's strong tradition in writing and journalism, Layton was the managing editor for the Wellsville Globe in her younger years. Through her family and her profession, she developed strong opinions on social issues and societal norms. After divorcing her husband, she raised her five children as a single parent, and struggled with extreme depression and bi-polar disorder. After her constant battle with depression, many attempts at shock therapy and her son's untimely death in 1976, Layton was at her breaking point. A year and many failed therapy sessions later, at the age of 68, she took a drawing class in which she learned the art of



above: self portrait by Elizabeth Layton, entitled "Buttons."

blind contour drawing. As life's uncontrollable circumstances took their toll on Layton, she turned to her new found passion of drawing as therapy. Through her art, Layton depicts her life struggles and many social issues and societal norms placed on women, elders and specifically grandmothers. This, she claims, was her saving grace.

Elizabeth Layton passed in 1993 at the age of 83. Through

her artistic career she has been hailed as the "Van Gogh of contour drawing," and her artwork can be seen in over 200 museums across the country, including the Smithsonian's National Museum of American Art and right here at Meadowlark Hills. I am including an image of my favorite piece of hers; I have this print in my office. Elizabeth Layton's legacy lives on not only through her art, but also through the Elizabeth Layton Foundation. Her Foundation has developed Elizabeth Layton centers, two in Kansas, one in Franklin and the other in Miami county. The Elizabeth Layton Centers are Community Mental Health Centers, offering a variety of support services.

Thank you for another great question. Please keep them coming.

October BIRTHDAYS

Residents

Health Care

10/2	Beverly Dettmer
10/3	Doris McManus
10/3	Merle Schmidt
10/4	Enid Stutzman
10/6	Deidra Edwards
10/6	John Ulrich
10/14	Fred Oehme
10/17	David Bowers
10/17	Penny Streeter
10/20	Joy Born
10/21	Ewilda Foundation

***Bold denotes milestone
birthday of 80, 90, 100 or 100+***

Assisted Living

10/3	Bob Meisner
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Independent Living

10/3	Jacquie Brewer
10/5	Jean Ponte
10/6	Ann Martinie
10/9	Carol Balding
10/15	Ed Lindly
10/17	Ted Hodges
10/17	Bob Benedict
10/19	Bill Stamey
10/20	John Dollar
10/21	Ernie Welti
10/23	Don Rasmussen
10/23	Max Bayer
10/24	Polly Ferrell
10/24	Les Frazier
10/27	Joann Kinsman
10/30	Pat Vogt

Employees

10/2	Steve Sparks
10/4	Mary Jo Eichman
10/4	Bonnie McKinsey
10/4	William Burton
10/4	Jesica Thornton
10/4	Syeata Ballard
10/4	Jessica Hudson
10/5	Kassie Jacob
10/5	Larissa Munson
10/7	Kendra Hunt
10/7	Auna Kilby
10/8	Josie Montgomery
10/8	Emilie Patterson
10/9	Amanda Moorman
10/10	Erin Sumner
10/11	Maggie Reed
10/12	Jon Thompson
10/13	Megan White

10/14	Carie Scott
10/14	Shalondra Booker
10/15	Jill Kanost
10/16	Fred Dukes
10/17	Cortney Smith
10/21	Kathleen Cashman
10/21	Tamra Davis
10/22	Michelle Mignano
10/22	Lindsy Ekart
10/23	Rachel Yohe
10/23	Caitlin Hogan
10/23	Karl Zerfas
10/25	Stephanie Solis
10/25	Alisen Habiger
10/26	Daniel Martin
10/27	Kimberly Ensley
10/27	Kimm Burton
10/28	Cynthia Artis
10/28	Alec Todd
10/29	Kinzie Jo Zimmerman
10/30	Katlyn Fancher
10/31	Jessica Palmeri

Grosh Cinema Movies

Monday, September 30 -Sunday, October 6

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

Monday, September 30 – Daddy Long Legs (1955)

While visiting France, an American millionaire meets a striking young woman who was orphaned during World War II. Vowing to take care of her for the rest of her life, he anonymously funds her travel to the United States, where she attends college.

Starring: Fred Astaire

Rated NR; 2 hrs. 6 min.

Tuesday, October 1– The Big Wedding (2013) **Resident Request*

Rated R for language, sexual content and brief nudity.

A long-divorced couple feigns years of wedded bliss to please a special guest at their son's nuptials: his birth mother. As the hoax spins out of control among family and friends, it leaves behind a poignant and funny tale about the ties that bind.

Co-starring: Robert De Niro, Diane Keaton & Susan Sarandon

Rated R; 1 hr. 30 min.

Wednesday, October 2 – Conagher (1991) **Resident Request*

Adapted from Louis L'Amour's novel, this Western centers on tough-as-nails cowboy Conagher, who goes after his fellow ranch hands when he learns they're in cahoots with a gang of cattle rustlers.

Starring: Sam Elliott

Rated NR; 1 hr. 57 min.

Thursday, October 3 –Without Love (1945)

Convinced that two people can have a meaningful partnership without the trappings of romance, pragmatic widow Jamie Rowan asks scientist Pat Jamieson to marry her on condition that the relationship remain platonic. But Jamie's plan falls apart when an ex-girlfriend of Pat's shows up and makes a jealous Jamie realize that their union is no longer a marriage of convenience.

Co-starring: Katharine Hepburn & Spencer Tracy

Rated NR; 1 hr. 50 min.

Friday, October 4 – Oblivion (2013)

High above a war-torn future Earth, Cmdr. Jack Harper is maintaining the planet's defensive drones when a crippled starship enters his territory. Its sole occupant, a mysterious woman, leads Harper to shocking truths about humankind's legacy.

Co-starring: Morgan Freeman & Tom Cruise

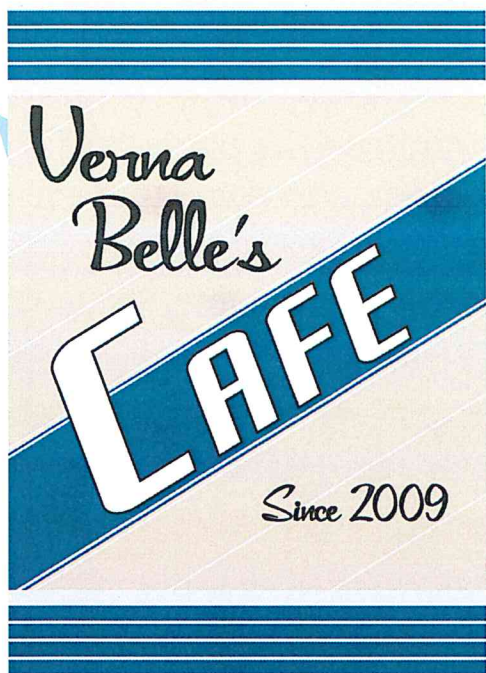
Rated PG-13; 2 hrs. 4 min.

Saturday and Sunday, October 5 & 6 – Dave (1993) **Resident Request*

Dave Kovic looks so much like President Bill Mitchell that he's asked to stand in for him after the chief executive suffers an unexpected stroke -- and he's stuck in the White House till Mitchell's staff can decide what to do. Dave gets into the part, passing legislation and even developing a crush on Mitchell's estranged First Lady.

Starring: Kevin Kline & Sigourney Weaver

Rated PG-13; 1 hr. 45 min.



Hours:
8 a.m. to 5 p.m.
Monday - Friday

8 a.m. to 1 p.m.
Saturday
323-3818

October Lunch Specials

Oct. 2- Cheeseburger Flatbread Pizza	\$3.75/\$5.50
Oct. 4- Turkey Loaf Sandwich with Mashed Potatoes & Gravy	\$5.50
Oct. 7- Steak & Blue Cheese Wrap with Soup OR Chips	\$3.75/\$5.50
Oct. 9- Chicken, Broccoli, Rice Casserole with Candied Carrots	\$5.50
Oct. 11- Bierock with Corn	\$5.50
Oct. 14- Triple Cheese Grilled Sand. with Creamy Tomato Soup	\$3.75/\$5.50
Oct. 16- Tuna Noodle Casserole with Peas	\$5.50
Oct. 18- Beef Stew with Buttermilk Biscuit	\$5.50
Oct. 21- French Dip with Au Jus & Soup OR Chips	\$3.75/\$5.50
Oct. 23- Upside Down Shepherds Pie	\$5.50
Oct. 25- White Chicken Chili with Sweet Cornbread Muffin	\$3.75/\$5.50
Oct. 28- Tuna Melt with Cottage Cheese & Fruit	\$3.75/\$5.50
Oct. 30- Creamy Chicken & Veggies over Buttermilk Biscuit	\$5.50

PRAIRIE★STAR

RESTAURANT

Sept. 29– Oct. 7

Includes beverage, starter and dessert.

SUNDAY	Sept. 29 ~ Lunch \$11	Dinner \$10
	Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Ham & Beans Cornbread Vegetable of the Day
MONDAY	Sept. 30 ~ Lunch \$9	Dinner \$10
	Avocado BLT's Potato Salad Choice of Vegetable	Swedish Meatballs Buttered Egg Noodles Vegetable of the Day
TUESDAY	Oct. 1 ~ Lunch \$6	Dinner \$11
	Taco Tuesday (does not include drink, starter or dessert)	Chicken Milanese Angel Hair Pasta Vegetable of the Day
WED.	Oct. 4 ~ Lunch \$10	Dinner \$11
	Spaghetti with Meat Sauce Garlic Toast Choice of Vegetable	Beef Brisket Loaded Mashed Potatoes Vegetable of the Day
THURSDAY	Oct. 5 ~ Lunch \$7	Dinner \$10
	Deli Bar (does not include drink, starter or dessert)	Seafood Gumbo Steamed Rice Vegetable of the Day
FRIDAY	Oct. 6 ~ Lunch \$9	Dinner \$12
	Tuna Noodle Casserole Choice of Vegetable	Roasted Pork Loin with Mustard Sauce Au Gratin Potatoes Vegetable of the Day
SATURDAY	Oct. 7 ~ Lunch \$10	Dinner \$13
	BBQ Chicken Wings Steak Fries Celery Sticks	Pecan Crusted Salmon Roasted Red 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 29–October 5

SUNDAY • SEPTEMBER 29

2:00 p.m. ~ Movie, GC
7:00 p.m. ~ Vespers– Father Patrick Sunston,
St. Paul's Episcopal, CR

MONDAY • SEPTEMBER 30

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 & Be Fit, CR
12:00 p.m. ~ Low Vision Information Session, LR
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
2:00 p.m. ~ Parkinson's Voice Class, CR/KSU CR
3:00 p.m. ~ Meadowlark Singers, CR
5:00 p.m. ~ Low Vision Information Session, LR
7:00 p.m. ~ Game Time, GR

TUESDAY • OCTOBER 1

7:30 a.m. ~ 1st Presbyterian Men's Bible Study, MR
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Kimball Lunch, MR
2:00 p.m. ~ Life Story, MR
3:00 p.m. ~ Coffee Corner, CR
4:00 p.m. ~ Reading the Book of Genesis Lecture, LR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • OCTOBER 2

8:00 a.m. ~ Centering Prayer, TR
8:00 a.m. ~ Dr. Tran's Foot Clinic, 201– *By Appointment Only*
9:00 a.m. ~ New Perspectives, LR
9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Walmart/Hyvee Shopping Trip, 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. ~ 1st Men's Club, CON
12:00 p.m. ~ Embracing Life's Challenges, KSU CR
1:30 p.m. ~ Pitch, GR
2:00 p.m. ~ The Lost Gospels of Christianity
Osher Class, CR
5:00 p.m. ~ Low Vision Information Session, LR
7:00 p.m. ~ Game Time, GR

THURSDAY • OCTOBER 3

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. ~ Blood Pressure Clinic, GR
2:00 p.m. ~ Parkinson's Support Group, CR
3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR
5:30 p.m. ~ Meadowlark Circle Supper, MR
7:00 p.m. ~ Bingo, CR
7:00 p.m. ~ Woodwinds Anonymous Practice, LR

FRIDAY • OCTOBER 4

9:30 a.m. ~ Art Committee, LR
9:30 a.m. ~ Seated Strength, CR
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 Mass, CR
7:00 p.m. ~ Tau Beta Sigma Instrumental, CR

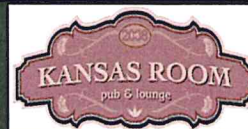
SATURDAY • OCTOBER 5

9:30 a.m. ~ Water Color Art Class, KSU CR
1:00 p.m. ~ Movie, GC
2:30 p.m. ~ KSU vs. Oklahoma Watch Party, GR
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. 30 – Oct. 5

Anastasia

1 oz. Vodka

1 oz. Passoa (passion fruit liquor)

1 oz. Triple Sec

1/2 oz. Lemon Juice

\$3.75