



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Oct. 3, 2013

## Explore Kansas City's Nelson-Atkins Museum of Art

by Amanda Rall

Experience the pleasure and excitement of traveling through mid-nineteenth century France in the featured exhibition entitled, *Impressionist France*, during a trip to the Nelson-Atkins Museum of Art. *Impressionist France* explores connections between landscape and national identity during a period in which France was being fundamentally transformed and modernized.

Transportation will depart from the Village Entrance at 8 a.m. Thursday, Oct. 24. We will arrive at the art museum before our tour begins at 11 a.m. A docent will lead us through the *Impressionist France: Visions of Nation from Le Gray to Monet* tour. Our tour will be followed by a relaxing lunch in the beautiful Rozzelle Court Restaurant. After lunch, the



**above:** Gustave Le Gray, *Group of Ships Departing Le Havre*, ca. 1856

group can disperse to view their favorite gallery of the museum.

The transportation cost of the day trip will depend on the amount of people attending. Lunch will be ordered individually off the menu and billed to your monthly statement. Meals at the restaurant range from \$8 to \$15, not including a beverage or tip. An example of the lunch menu is in the Blue Book.

The total cost of the day trip will

range between \$65 and \$70, which includes the cost of the meal. Please make your reservation by signing up in the Blue Book, located at the Hospitality Desk.

Two vans will be available for transportation. Seating will be limited, therefore, after the sign-up sheet is full, we will begin tracking a wait list registry. If we have a surplus of people interested, we will schedule another date to accommodate everyone interested.

## Notice of Changes to Emergency Paging Equipment

Meadowlark Hills has initiated the process of converting our emergency pull-cords and personal responders to the new devices. Our current system, HomeFree, is closing business at the end of the year. Now we are required to make this change.

Stanley Healthcare, a division of Stanley Black and Decker, will be on the Meadowlark Hills campus starting Monday, Oct. 7, to begin installing the new system replacing the current HomeFree system.

Independent Living home installations of emergency pull cord stations will follow the completion of the initial phase in the Healthcare and Assisted Living area installations. The projected date for Independent Living installations is Oct. 23 and 24, depending on first phase completion.

This transition will also include a change of personal responders (pendants or wrist bands), which

many residents utilize through Meadowlark Hills Home Health services. Home Health will be available from 9 a.m. to noon and 1 to 3 p.m. Wednesday, Oct. 23, in the Game Room for residents to stop by and change out their current device with the new one.

There will be no charge to residents for replacing existing pull cord stations or personal responders.

As the project moves forward, we will continue to communicate time frames for installations in all areas as well as the location for changing out the personal responders.

Watch for more information in future editions of the Messenger. If you have questions or concerns, please contact Amanda Rall at 323-3801. Household residents may contact their Household Coordinators for more information.



*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

### **Tau Beta Sigma Performance**

The Tau Beta Sigma instrumental performance will be at 7 p.m. Friday, Oct. 4, 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.

### **Honor Flight Send Off**

You're invited to gather together as a community to send off a very special Meadowlark Hills resident, Ruth Wells, as she ventures to Washington D.C. with the Honor Flight Network.

A reception will take place during Coffee Corner at 3 p.m. Tuesday, Oct. 8, in the Community Room. Following the reception at 3:45 p.m., friends, family and community members will line the street on Meadowlark Road as Ruth and her guardian depart for the big adventure.

Ruth joined the U.S. Marine Corps Women's Reserve and served the United States of America during World War II. She was stationed at the Marine Corps Air Station near Santa Barbara, Calif., and, lastly, Oahu, Hawaii. She served in the mess hall as the baker.

### **"One Nation Under God"**

Our national holiday, Columbus Day, is often overlooked, but not this year! The Friday Night Program at 7 p.m. Friday, Oct. 11, "One Nation Under God," will be presented by Polly Ferrell. We may even learn some new things about this nation of ours! Around the world one song is recognized as uniquely American. Do you know that song? We sometimes say, "It ain't over 'til the fat lady sings." Is that an unkind word or is it a compliment? See you next week for the answers and much more!

### **Lyle Patio Party and Ribbon Cutting**

A celebration to commemorate the newest addition of Meadowlark Hills, the Lyle House Patio, will include a ribbon-cutting ceremony, refreshments and fellowship from 4:30 to 6:30 p.m. Friday, Oct. 18, on the Lyle Patio. Everyone is invited to attend, but please RSVP by signing up in the Blue Book.

### **Independent Living Flu Shot Clinic**

Meadowlark Hills Home Health will be hosting a Flu Vaccination Clinic for Independent Living residents from 1 to 3 p.m. Tuesday, Oct. 8, and again from 1 to 3 p.m. Thursday, Oct. 10, located in Independent Living apartment 220. Remember to wear clothing that is easy to expose your upper arm for the injection. There is no cost to Medicare recipients.

### **Personal Responder Replacement**

Meadowlark Hills Home Health staff will be available from 9 a.m. to noon and 1 to 3 p.m. Wednesday, Oct. 23, in the Game Room for residents to stop by and change out their current personal responder with the new one. It is strongly suggested that owners of a Meadowlark Hills personal responder attend during this time to receive the new device and obtain operating instructions.

### **Research Seminar Series**

The Research Seminar Series on Aging, Health and Dementia will begin at noon on Thursday, Oct. 24, titled "The Impact of Exercise on White Matter Integrity and Connectivity in Aging and Alzheimer's Disease Populations," with Odrigo Perea, MS, Graduate Student in Bioengineering.

### **Church Service**

The Wednesday and Sunday morning church services previously being held in the Honstead and Sloan sunroom will now be held in the Tranquility Room beginning Wednesday, Oct. 9, at 10 a.m.

### **Ambassador Committee Meeting**

The Resident Ambassador Committee meeting will be canceled on Tuesday, Oct. 8, due to the Honor Flight Send-off.

### **Memory and the Brain**

The KSU Center on Aging Lecture Series will be hosted at Meadowlark Hills at 4 p.m. Thursday, Oct. 10, in the Community Room. Speaker, Stephen Kiefer, Ph.D., studies behavioral neuroscience and has a passion for learning how the brain works and how we can apply that knowledge to everyday living. He will discuss some of the current advancements in brain science and memory and cognition.



## ASK ANNIE!

### Q: Is the Passport Program the same thing as the waiting list? What are the benefits of being a member?

by Annie Peace

The Passport Program is not the same thing as the waiting list. Being a member of the Passport Program allows priority on the waiting list. When a Passport Member is ready to move to Meadowlark Hills they have priority according to their enrollment date on duplexes, cottages, apartments, assisted living apartments and long-term care apartments over non-members. Therefore, if several people are wanting the same living option, the person with the longest established passport membership will get priority.

There are many more perks to being a Passport member than just establishing priority. There are three different levels of the Passport Program: Passport Holder, Passport Diplomat and Passport VIP. These memberships are gradual in the types and amounts of activities members may participate in to better suite people at different stages of life.

Passport Holders receive invitations to Meadowlark Hills-sponsored events, may reserve our guest suites and may use wellness services. This membership is a \$250 fee. Diplomats also receive invitations to Meadowlark Hills-sponsored events, but do not receive information about current or upcoming vacancies and are not eligible for vacancies. The fee for this membership is \$500. VIPs receive the same access as Diplomats as well as news of vacancies, invitations to Meadowlark Hills-sponsored events, complimentary transportation three times yearly and also may purchase dining packages for use in our restaurant, cafe and pub. This membership fee is \$1,000. All of these membership fees are refundable less \$100 at any time prior to moving to Meadowlark Hills.

Recently, I have noticed an increase in Passport members' involvement in the exercise classes, day trips, week-long trips and events around campus such as the Christmas Carousel and Wellness Fair. It is wise for community members who are planning on eventually moving to Meadowlark Hills to establish this membership and be able to participate in activities such as these before moving to Meadowlark Hills for many reasons. Passport membership must be established before a person can gain residency here at Meadowlark Hills so

establishing this membership early allows for more use. Also it allows community members and potential residents to become familiar with Meadowlark Hills, its amenities and the residents prior to moving. Making for a much smoother transition.

Passport memberships are purchased on an individual basis (i.e. for a couple, both the parties would need their own membership). For more information on the Passport Club and memberships please see Kinzie Jo Zimmerman or Becky Fitzgerald in the Sales offices or by calling (785) 323-3802.

Thank you for another great question, keep them coming.



## LETTER TO THE MESSENGER

### With heartfelt thanks

*submitted by John Schlup*

Thanks to all the Meadowlark Hills staff and residents who made my 90th birthday celebration truly wonderful! It was an enjoyable event that I will remember for the rest of my years!

## FOUNDATION NEWS

### In Honor of Those Living & Passed

September 2013

*Leon Edmunds*

*Don Rasmussen*

*Winifred Reed*

*Wanda Williamson*

*Grace Gates*

*Allen Janke*

*Betty Overley*

*Ray Karsmizki*

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



## Grosh Cinema Movies

Monday, October 7 - Sunday, October 13

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

### **Monday, October 7 – On the Town (1949)**

New York, New York, it's a helluva town! Especially if you're sailors on leave and ready for fun in New York City in this Oscar-winning musical comedy. But they only have 24 hours in the Big Apple. Gabey, Chip and Ozzie each find romance quickly, and they're going to live every second to the hilt.

**Co-starring: Gene Kelly & Frank Sinatra**

**Rated NR; 1 hr. 38 min.**

### **Tuesday, October 8 – The Way Back (2010)**

After narrowly escaping from a wretched World War II Siberian labor camp, a small band of multinational soldiers desperately undertakes a harrowing journey to traverse Siberia, the Gobi Desert and the Himalayas on foot.

**Co-starring: Jim Sturgess, Ed Harris & Colin Farrell**

**Rated PG-13; 2 hrs. 13 min.**

### **Wednesday, October 9 – Heller in Pink Tights (1960) *\*Resident Request***

In the Old West, Angelina Rossi and Tom Healy run a ragtag group of traveling actors and musicians who always manage to stay one step ahead of bill collectors, bandits, angry townsfolk and the law.

**Starring: Sophia Loren**

**Rated NR; 1 hr. 41 min.**

### **Thursday, October 10 – Seeking a Friend for the End of the World (2012)**

*Rated R for language, drug use and brief violence.*

As an asteroid hurtles toward Earth, a man whose wife has abandoned him spends the planet's final days on a road trip to reunite with his high school sweetheart. But a lovely neighbor who tags along for the ride complicates his plans.

**Co-starring: Steve Carell & Keira Knightley**

**Rated R; 1 hr. 41 min.**

### **Friday, October 11 – Now You See Me (2013)**

Brainy magicians Atlas and Henley lead a troupe of illusionists who specialize in robbing from the rich, in the form of banks, and giving to the poor, their audiences, all while trying to outwit a team of FBI agents determined to bring them down.

**Co-starring: Morgan Freeman, Isla Fisher, Mark Ruffalo & Woody Harrelson**

**Rated PG-13; 1 hr. 56 min.**

### **Saturday and Sunday, October 12 & 13 – The Last Brickmaker in America (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.

**Starring: Sidney Poitier**

**Rated PG; 1 hr. 28 min.**

# PRAIRIE★STAR

## RESTAURANT

# Oct. 6-12

Includes beverage, starter and dessert.

SUNDAY	Oct. 6 ~ Lunch \$10	Dinner \$10
	Chicken & Dumplings Mashed Potatoes & Gravy Vegetable of the Day	Jambalaya Cornbread
MONDAY	Oct. 7 ~ Lunch \$9	Dinner \$10
	Caesar Salad Toast Points	Toasted Ravioli Garlic Toast Vegetable of the Day
TUESDAY	Oct. 8 ~ Lunch \$8	Dinner \$11
	Fajita Bar (does not include drink, starter or dessert)	Turkey Loaf Scalloped Potatoes Vegetable of the Day
WED.	Oct. 9 ~ Lunch \$10	Dinner \$12
	Chicken and Waffles Choice of Vegetable	Cuban Pork Braised Greens Vegetable of the Day
THURSDAY	Oct. 10 ~ Lunch \$6	Dinner \$11
	Pasta Bar (does not include drink, starter or dessert)	Prosciutto Wrapped Chicken Stuffed with Goat Cheese Mashed Potatoes Vegetable of the Day
FRIDAY	Oct. 11 ~ Lunch \$10	Dinner \$13
	Beer Brauts Potato Salad Choice of Vegetable	Sesame Tuna Fingerling Potatoes Vegetable of the Day
SATURDAY	Oct. 12 ~ Lunch \$10	Dinner \$15
	Turkey Rubens Waffle Fries Coleslaw	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 October 6-12

## SUNDAY • OCTOBER 6

2:00 p.m. ~ Movie, GC  
7:00 p.m. ~ Vespers— Trinity Presbyterian Choir, CR

## MONDAY • OCTOBER 7

*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  
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  
2:00 p.m. ~ Parkinson's Voice Class, KSU CR  
3:00 p.m. ~ Meadowlark Singers, CR  
5:30 p.m. ~ Tuttle Creek Supper, MR  
7:00 p.m. ~ Game Time, GR

## TUESDAY • OCTOBER 8

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. ~ IL Flu Clinic, IL Apt. 220  
3:00 p.m. ~ Honor Flight Send-off, CR  
3:00 p.m. ~ History Committee, KSU CR  
4:00 p.m. ~ Reading the Book of Genesis Lecture, LR  
5:30 p.m. ~ 4th Floor Supper, MR  
7:00 p.m. ~ Dominoes, GR

## WEDNESDAY • OCTOBER 9

8:00 a.m. ~ Centering Prayer, TR  
9:00 a.m. ~ New Perspectives, MR  
9:00 a.m. ~ Building & Grounds Committee, LR  
9:30 a.m. ~ Seated Strength, CR  
10:00 a.m. ~ Memory Support Group, CON  
10:00 a.m. ~ Church Service, TR  
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 Lost Gospels of Christianity  
Osher Class, CR  
3:00 p.m. ~ Call Hall Ice Cream, KR  
6:30 p.m. ~ KSU Gerontology Class, CR  
7:00 p.m. ~ Game Time, GR

## THURSDAY • OCTOBER 10

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  
1:00 p.m. ~ IL Flu Clinic, IL Apt. 220  
3:30 p.m. ~ Dementia Support Group, KSU CR  
4:00 p.m. ~ Memory and the Brain KSU Center on  
Aging Lecture, CR  
7:00 p.m. ~ Bingo, CR  
7:00 p.m. ~ Woodwinds Anonymous Practice, LR

## FRIDAY • OCTOBER 11

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  
7:00 p.m. ~ "One Nation Under God", CR

## SATURDAY • OCTOBER 12

9:30 a.m. ~ Water Color Painting Art Class, KSU CR  
1:00 p.m. ~ Movie, GC  
2:30 p.m. ~ KSU Football 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



Oct. 7 – 12

**Dixie Land Palmer**

1.5 oz. Jack Daniels

1/2 oz. Amarillo

Ice Tea

Lemonade

Garnish with a Slice of Lemon

**\$3.75**