



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Nov. 7, 2013

On Quitting While You're Ahead

Letter to the Messenger

by Helen Roser

Knowing when to quit and throw in the towel is a judgment call that develops for some with age. Persons with a yen for independence fiercely hang onto making their own decisions. This is never more true than deciding to sell one's wheels and quit driving.

I am beholden to K-State students for helping me make the decision to be, for the first time in 79 years, without wheels. I sold my car.

Recently a writer in the Manhattan Mercury expressed concern for K-State students having long waits to cross a street to campus. He observed this was happening in a town that had a crosswalk for cows. He suggested arranging to catapult them across the street.

He need not have worried. K-State students are doing just fine crossing Manhattan Avenue. I believe their method is called being

assertive whereby you ignore traffic lights or on-coming traffic and simply walk out into the street. If you do so while texting or chatting with a friend on your phone, you won't get bored along the way.

Before moving to Manhattan, I was used to sharing the morning traffic corridors with drivers intent

ing anyone. Driving 79 years without killing anyone is a record too nice to mess up, in my thinking. I had the decisive experience of encountering an assertive walker, busily texting, who walked out into the street in front of me on my left while another assertive driver ignored the stop sign and drove out

into the street, into my lane, on my right. I managed not to kill either of them.

Then I began thinking about the suggestion of catapulting students

across streets and the idea sounded good. I realized it was time for me to quit while I was ahead and can make my own decisions.

So I sold my car and now I can send a check to the Meadowlark Hills Employees Helping Hands Fund, which is a nice feeling. I did it before anyone told me I should. So I am still fiercely independent.

Yeah!

"I realized it was time for me to quit while I was ahead and can make my own decisions."

on shaving, applying make-up, having their morning coffee or reading their newspaper. But, for making your hair stand on end (assuming you still have some), there is nothing to compare with assertive K-State students crossing streets. I am discussing pedestrians. Drivers would take a few more pages.

It got so that I've felt lucky that I managed to get home without kill-

Meadowlark Hills Helping Hands Fund

by Amanda Rall

The *Helping Hands Fund* is a fund essentially started by Meadowlark Hills employees for employees in financial need. The fund provides critical support in times of medical

or family hardships. It was initiated after an employee's house had burned down.

Employees may qualify for a *Helping Hand* if they have found themselves in an extenuating cir-

cumstance that creates a situation in which they may have an interruption in income. The *Helping Hands* is funded exclusively by generous donations from residents and employees.



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

Medicare Part-D Open Enrollment

There are only four slots left for the opportunity to discuss Medicare Part-D insurance plans with professionals from the Area Agency on Aging on Friday, Nov. 22. To sign up for one of the openings, please register in the Blue Book, located at the Hospitality Desk. Rita Harsch, from the Meadowlark Hills Finance Department, will be contacting the interested individuals to prepare for the open enrollment appointment.

Card Making with Michelle

Join Michelle Lemmer at 2 p.m. Wednesday, Nov. 13, in the West Conference Room for crafts and card making! This session's theme will be Thanksgiving or Christmas cards.

Unearthing Kansas Landscapes

There is still time to register for the remaining UFM class entitled, *Unearthing Kansas Landscapes* at 6:30 p.m. Monday, Nov. 11, in the Community Room. There will be a pro-rated fee of \$12.50 to attend the last class. Registration and fee can be made upon arrival.

High school student piano recital

A high school senior, Nicholas Haverkamp, from Rock Creek will be performing his exit project at 7 p.m. Tuesday, Nov. 12, in the Community Room. Every student has to complete a project that requires learning and skill building over a period of time in order to graduate. Nicholas decided to learn to play and perform piano.

Veterans Day Celebration

In honor of Meadowlark Hills' Veterans, a reception will be held at 3:30 p.m. Monday, Nov. 11, in the Manhattan Room and Pub. Cherry and apple pie will be served with no cost to residents and \$1 for family members or visitors. The Manhattan Room will be available at 1:30 p.m. that afternoon to display any war memorials for everyone to enjoy that afternoon. You can come pick up your items at 5 p.m. the same day.

Cadence A Cappella

Cadence, a musical group from Kansas State University will perform at 7 p.m. Friday, Nov. 15. Cadence is an a cappella group and the members like to sing barbershop, popular music, oldies, du-wop, and now country also. Cadence is an all male ensemble with four voices per part, but varies from year to year.

Newspaper and Bible

Newspaper and Bible class will not meet on Tuesday, Nov. 12, nor Tuesday, Nov. 19. The class will be restart at 4 p.m. Tues, Nov. 26, in the Living Room.

KSU Football Watch Party

Root on the Cats as they take on Texas Tech at the KSU Watch Party at 11 a.m. Saturday, Nov. 9, in the Game Room. The game will be broadcasted on ABC, channel 9. Prairie Star Restaurant will host a tailgate with a hamburger and hotdog bar for \$7. Go Cats!

Veterans Day Parade

Sign-up now in the Blue Book, located at the Hospitality Desk, to attend the City of Manhattan Veterans Day Parade. Transportation will depart at 9 a.m. Monday, Nov. 11, and park in a location where you will be able to view the parade from the bus. Cost of transportation will be \$3 per participant.

Gospel and bluegrass music by The North Forty

The Friday Night Program for Friday, Nov. 8, will be the gospel and bluegrass band, The North Forty, at 7 p.m. in the Community Room! The North Forty Band has been together about 18 years and features Shelby Cooper on rhythm guitar and vocals, Caryn Staatz on upright bass and vocals and Alva Bowyer on mandolin and lead vocals.

UPCOMING EVENTS & ANNOUNCEMENTS

Hunger Aid 2013

Are you interested in volunteering to help package meals for the 2013 Hunger Aid event from 1 to 5 p.m. Sunday, Nov. 17? The meal packaging event will be at the Kansas National Guard Armory at 721 Levee Drive. The meals benefit Kansas residents as well as people of Tanzania. Go to www.ksuhungeraid.eventbrite.com to register.

Bi-monthly shopping trips

Don't forget to take advantage of the free, bi-monthly shopping trips. Transportation for the shopping trip will depart from the Village Entrance at 10 a.m. Wednesday, Nov. 13, and drop passengers off at their desired location, either Wal-Mart or Hy-Vee. Passengers will be picked up at 11:30 a.m. Sign up in the Blue Book located at the Hospitality Desk. Remember to limit your shopping to three bags per person. There is limited room to accommodate all passengers.

Grief and Loss Group

The holiday season is upon us, and the joyful spirit of the holiday season may not necessarily represent how we feel inside. The holidays can be a time of sorrow and stress for many families. The absence of someone or something loved is noted and highlighted by what is supposed to be a time of celebration. Many people feel that they are the only ones who experience feelings of loss but truth be told, the feelings are very common. There will be a four-session grief and loss group beginning on Saturday, Nov. 16, from 1 to 2:30 p.m. in the KSU Classroom. This group will consist of learning about the grief process, and learning coping skills to address when these feelings come up. Activities and support will also be provided as we share cherished memories.

Birthday Calendar mistake

Two birthdays were accidentally left off the November Birthday Calendar. Staff apologizes for the mistake.

- Alice Morton 11/19
- Leonard Parker 11/21

Seminar Series on Aging, Health and Dementia

Come and learn about the aging process, health, wellness and dementia in a digital classroom in the Seminar Series on Aging, Health and Dementia. The class begins at noon Thursday, Nov. 14, in the KSU Classroom. The class is titled, "Walking Your Way to Better Memory and Thinking: Results of the TEAM Study." The speaker is a Research Assistant Professor in the Department of Neurology and Alzheimer's and Memory Program at KU Medical Center, Eric Vidoni, PT, PhD.

KSU Center on Aging Lecture

The Kansas State University Center on Aging will host a lecture at Meadowlark Hills at 4 p.m. Thursday, Nov. 14, in the Community Room. The speaker is a landscape architect that specializes in regional and community planning, Jason Brody. Come learn about the Urban Design Competition Project entitled *The Armory*.

Outing to Wamego High School's production of *Grease Lightning*

Attend the Wamego High School's production of "Grease Lightning" on Saturday, Nov. 23. Transportation will depart from the Village Entrance at 1:15 p.m. Cost of transportation is \$5 per person and tickets are \$4. The total cost of the trip can be added to your monthly statement.

Red Hat Luncheon

The Red Hat Society will meet at 12:30 p.m. Thursday, Nov. 13, in the Manhattan Room for a Thanksgiving-themed lunch. The menu includes turkey with dressing, fresh baked rolls, cranberry sauce and pumpkin pie for dessert. The Red Hatters are also invited to help put up the famous Red Hat Christmas Tree at 5 p.m. Monday, Dec. 2, in the Game Room. A Kansas State University student volunteer will be in attendance to help!

ASK ANNIE!

Q: Can you walk us through the procedure for reserving a meeting or dining room, making arrangements for food, technology support, housekeeping needs, etc?

by Annie Peace

Great question. We are fortunate to have many wonderful options for conference, dining and worship areas for gatherings on campus. I can walk you through the process now that Liz Birk, the Hospitality staff Receptionist, walked me through.

To reserve a room throughout the Community Center contact the Receptionist by calling the main number (785) 537-4610, or by stopping by the Receptionist Desk. Liz or another member of the team will work with you to ensure that you have the setup you desire for your event. Rooms that are available to be reserved are the Community Room, Living Room, Manhattan Room, KSU Classroom and the West Conference Room. If you would like your event catered the staff will work with you and connect you with a team member from Prairie Star to discuss menu options and details. If you have any technology needs, such

as a sound system or a projector the Receptionist will work with our Information Technology team to ensure that you have the needed equipment and support. The receptionist will ask you the details of how you would like the space set up and the furniture arranged and then work with the housekeeping team to complete the set-up on the day of the event.

After all of the arrangements are communicated to the Receptionist we then initiate our internal document called a "Banquet Event Order" or BEO form. She will deliver the orders to all the service areas responsible for executing your event. This is how all the arrangements you asked for will be communicated and completed. It is actually a very efficient process!

Thank you for another great question, please keep them coming!



FOUNDATION NEWS

October 2013

In Loving Memory

Mike Myers

Rosemary Bussett

Allen Janke

Wanda Williamson

Jane Ellen Lennon

In Honor

Dorothy Horsch

Donations were made to the Good Samaritan Fund and Allen Janke Pond Structure Memorial Fund.

DRINK SPECIAL



November 11 - 16 Pumpkin Pie Martini

2 oz. Fulton's Harvest
Pumpkin Pie Crème Liqueur
1 oz. Whipped Cream Vodka
.5 oz. Crème de Cacao or
Amaretto
Serve with Cinnamon Stick
and Nutmeg

\$3.75

**Welcome and Introduction of New Residents,
Amanda Rall**

Second floor resident, Pat Frey, was introduced.

Campus Update, Lonnie Baker

Lonnie reported that we have new opportunities with involvement at K-State all the time. Annie and Garrett were able to sit in at a KanCare conference and K-State representatives were there. Lonnie also discussed that we may be bringing back the K-State Anthropology program. Cece and Lonnie will be teaming together to train a student in AIT (Administrator In Training). Meadowlark Hills will host an Intercession Course for Long Term Care for K-State students. The search for the Development Officer/Major Gifts Officer is under way. So far there have been five applicants. Lonnie also reported on the progress of the Meadowlark Hills History Committee. The committee is putting together a booklet of important facts about Meadowlark Hills. Sarah Duggan is working with New Boston Creative to get the booklet put together. This is anticipated to be completed by the end of February 2014.

Social Services Update, Cece Russell

Cece discussed the work that her intern, Roshanna Robinson has been involved with during the evenings and weekends here at Meadowlark Hills. They will be holding a four-session Grief and Loss Group, beginning Nov. 16. Cece also mentioned that students from Manhattan High School will be joining with residents and participating in Meadowlark Hills' LifeBio Group.

Support Services Update, Annie Peace

Annie updated everyone on the status of the Stanley Project, noting that the replacements will begin in the three Park Houses this week (Lyle, Honstead, Sloan). She also reported that the sidewalks have been repaired and the holes have been filled. In late December, residents can anticipate a change in our recycling system. Kim Ensley, who has volunteered to pick up recycle for the last 10 years, will be stepping down. Meadowlark Hills is currently in dis-

cussions with Howie's Trash Service to provide recycling pick-up.

Health Services Update, Garrett Lee

Garrett introduced Dan Martin, Household Coordinator of Sloan House, and recognized him for all his hard work. The next Messenger will have a list of all households with their coordinators name. Patty Brown-Barnett was introduced as Meadowlark Hills new Chaplain. She will begin her new role on Nov. 25. Garrett also mentioned a program in which someone from leadership is paired up with a household and assists the house with any needs or activities they need help with. This has been a great resource on bridging the relationships to residents, leadership and direct care staff.

Community Relations Update, Sarah Duggan

Sarah discussed the success of the Lyle Patio Party on Oct. 18. Sarah also presented the residents with a view of the "Excellence in Social Accountability" Leading Age Award. Michelle Haub was the recipient of this award for the Parkinson's Program of Manhattan at Meadowlark Hills. Sarah also recognized all the hard work Amanda Rall has put into her role as Resident Services Leader.

IL Update/Upcoming Events, Amanda Rall

Amanda reported that she is planning a trip to Branson, Missouri at the end of March or early April. Upcoming events include a luncheon to Little Apple Brewery on Thursday, Nov. 7, departing at 11:45 a.m.; transportation to the Veterans Day Parade will depart Monday, Nov. 11, at 9 a.m.; Veterans Day Reception will begin at 3:30 p.m. Monday, Nov. 11, in the Manhattan Room; Cadence A Cappella will perform at 7 p.m. Friday, Nov. 15, in the Community Room; transportation to Wamego High School's production of Grease Lightening, Saturday, November 23, will depart at 1:15 p.m. Amanda also announced the theme of the 2014 Winter Ball. The theme will be "Purple and Pearls."

submitted by Kristin Smith

Grosh Cinema Movies

Monday, November 11-Sunday, November 17

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

Monday, November 11 – 42nd Street (1933)

When a Broadway leading lady breaks her ankle, it's up to fresh-faced newcomer Peggy Sawyer to step in and save the show. Meanwhile, because of the accident, the production's ailing director must grapple with losing the show's financial backer.

Co-starring: Ruby Keeler & Warner Baxter

Rated NR; 1 hr. 29 min.

Tuesday, November 12 – The Proposal (2009) **Resident Request*

When overbearing book editor Margaret Tate learns that she's in danger of losing her visa status and may be deported back to Canada, she forces her put-upon assistant, Andrew Paxton, to marry her.

Co-starring: Sandra Bullock & Ryan Reynolds

Rated PG-13; 1 hr. 48 min.

Wednesday, November 13 – Big Jake (1971)

John Wayne stars as Jacob McCandles, a rough-and-tumble rancher who's estranged from his wife. But when a cutthroat gang led by Richard Boone kidnaps his grandson, Big Jake gets the call to rescue him.

Co-starring: John Wayne, Maureen O'Hara & Patrick Wayne

Rated PG-13; 1 hr. 49 min.

Thursday, November 14–Definitely, Maybe (2008)

Interested in knowing how her divorcing parents met, young Maya listens as her dad, Will, recounts his romantic past with three different and special women -- Emily, April and Summer -- leaving Maya to guess which one is her mom.

Starring: Ryan Reynolds, Isla Fisher & Abigail Breslin

Rated PG-13; 1 hr. 52 min.

Friday, November 15 – Iron Man 3 (2013)

Robert Downey Jr. dons his powerful armor suit again, portraying popular Marvel comic book character industrialist Tony Stark -- aka Iron Man -- who takes on power-mad villains intent on destroying the world.

Co-starring: Robert Downey Jr. & Gwyneth Paltrow

Rated PG-13; 2 hrs. 10 min.

Saturday and Sunday, November 16 & 17 – The Truman Show (1998)

Truman Burbank is the star of "The Truman Show," a 24-hour-a-day TV phenomenon that broadcasts every aspect of his life without his knowledge. When Truman discovers that his life is a sham for public consumption, he makes a desperate escape bid.

Co-starring: Jim Carrey, Laura Linney & Ed Harris

Rated PG; 1 hr. 42 min.

PRAIRIE STAR

RESTAURANT

Nov. 10– Nov. 16
Includes beverage, starter and dessert.

SUNDAY	Nov. 10 ~ Lunch \$11	Dinner \$10
	Ham Loaf Au Gratin Potatoes Vegetable of the Day	Chili with Toppings Vegetable of the Day
MONDAY	Nov. 11 ~ Lunch \$10	Dinner \$10
	Catfish Po' Boy Potato Salad Choice of Vegetable	Shepherd's Pie Vegetable of the Day
TUESDAY	Nov. 12 ~ Lunch \$6	Dinner \$11
	Taco Tuesday (does not include drink, starter or dessert)	Chicken Breast Ala Orange Wild Rice Vegetable of the Day
WED.	Nov. 13 ~ Lunch \$10	Dinner \$11
	Chicken Salad with Pineapple and Almonds on Telera Roll French Fries Choice of Vegetable	Roasted Pork Butt Natural Sauce New Potatoes Carrots, Celery, and Onions
THURSDAY	Nov. 14 ~ Lunch \$7	Dinner \$11
	Deli Bar (does not include drink, starter or dessert)	Crab Cakes with Remolade Sauce Roasted Red Potatoes Vegetable of the Day
FRIDAY	Nov. 15 ~ Lunch \$10	Dinner \$11
	Roasted Vegetable Pasta Garlic Toast	Grilled Cajun Shrimp Roasted Red Pepper Sauce Rissotto Vegetable of the Day
SATURDAY	Nov. 16 ~ Lunch \$10	Dinner \$12
	Chicken Quesadilla Black Beans Spanish Rice	Grilled Salmon with Dill Sauce Loaded Mashed 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 November 10-16

SUNDAY • NOVEMBER 10

0:00 a.m.~ Church Service, TR
2:00 p.m. ~ Movie, GC
7:00 p.m. ~ Vespers- Rev. Michael Schmidt of St. Luke's
utheran Church, CR

MONDAY • NOVEMBER 11

Trash pick-up day.
8:30 a.m. ~ IL 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
1130 a.m. ~ Meadowlark Valley Lunch, LR
12:00 p.m. ~ 1st Pres. Men's Lunch, MR
12:00 p.m. ~ Beginner Tai Chi, 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
2:00 p.m. ~ Parkinson's Voice Class, KSU CR
3:00 p.m. ~ Meadowlark Singers Practice, CR
3:30 p.m. ~ Veteran's Day Celebration, MR
6:30 p.m. ~ "Unearthing Kansas Landscapes", CR

TUESDAY • NOVEMBER 12

10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
3:00 p.m. ~ History Committee, CON
3:00 p.m. ~ Coffee Corner, CR
4:00 p.m. ~ Newspaper & Bible, LR
5:30 p.m. ~ 4th Floor Supper, MR
7:00 p.m. ~ Nicholas Haverkamp Piano Recital, CR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • NOVEMBER 13

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. ~ Wal-Mart/Hyvee Shopping Trip, VE
10:00 a.m. ~ Church Service, TR
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. ~ Beginner Tai Chi, 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. ~ Card Making with Michelle, CON
3:00 p.m. ~ Call Hall Ice Cream, KR
4:00 p.m. ~ 3rd Floor Meeting, CR
7:00 p.m. ~ Game Time, GR

THURSDAY • NOVEMBER 14

10:00 a.m. ~ Meadowlark Bible Study, MR
10:00 a.m. ~ Great Decisions, LR
10:00 a.m. ~Resident Focus Group, CON
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~Seminar Series on Aging,
Health & Dementia, KSU CR
12:30 p.m. ~ Red Hat Luncheon, MR
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 Practice, LR

FRIDAY • NOVEMBER 15

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. ~ Cadence A Cappella, CR

SATURDAY • NOVEMBER 16

9:30 a.m. ~ Water Color Painting Art Class, KSU CR
1:00 p.m. ~ Movie, GC
1:00 p.m. ~ Grief and Loss Group, CON
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	

Joke of the Week

What did the Lasix diuretic say to
the kidneys?

Take me to your liter.