



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Dec. 5, 2013

Holiday Happenings

See what is going on this holiday season!



Trust Company Holiday Classic

The Trust Company presents the 2013 Holiday Classic, entitled "Country Christmas" with performances by Chad Chase and Mike Greim, at 3:30 p.m. Wednesday, Dec. 11, in the Community Room. Reservations are required by contacting Chris Loham at 537-7200 or ChrisL@TheTrustCo.com.

Christmas Carousel

Christmas Carousel, a party for independent living residents and Passport members, is fast approaching! From 4 to 6:30 p.m. Wednesday, Dec. 18, each group will experience music, food and all the colors of the Christmas Color Wheel, free of charge. Reservations are now closed. Please, refer to the reminder card for the area of the Community Center you are suppose to meet your group to start the party!

All-Campus Christmas Party

You are invited to the All-Campus Christmas Party for a holiday celebration, hosted by Lyle House on Friday, Dec. 13, from 1:30 to 3 p.m. in the Community Room. Join in singing carols accompanied by Linda Frey on the piano. Refreshments will be served.

Meadowlark Singers Performance

The Meadowlark Hills Singers have been practicing since August to perform their Christmas Special at 7 p.m. Friday, Dec. 13, in the Community Room. Come show support for their dedication and talent!

Bonfire 4-H club to sing carols

Bonfire 4-H club will sing Christmas Carols at 4:30 p.m. Saturday, Dec. 7, in the Community Room. Stop by to see the children sing!

Sigma Alpha Iota Musical Fraternity Performance

The musical fraternity, Sigma Alpha Iota, will perform at 7 p.m. Saturday, Dec. 14, in the Community Room. Sigma Alpha Iota is an organization which promotes interaction among those who share a commitment to music. They will be performing their Christmas numbers.

Sing-A-Long with the Kahlers

Join the Kahlers in the Community Room at 7 p.m. Friday, Dec. 6, for a Christmas Carol Sing-a-long, led by Jane Boys with special guest, the KSU Gerontology Club. Following the Sing-a-long, the Gerontology Club will be decorating gingerbread men.

Operation Santa Claus

Meadowlark Hills is a drop off location for Fort Riley's Operation Santa Claus toy donations. New, unwrapped toys for ages 2 to 16 years will be accepted until Friday, Dec. 13, at the Hospitality Desk. Toys will benefit less fortunate children of Fort Riley area military families.

Card Making with Michelle

Join Michelle Lehmer for a craft project at 2 p.m. Tuesday, Dec. 10, in the West Conference Room. She will have holiday and Christmas supplies for cards!

Coping with Loss During the Holidays

The holidays can be a difficult time of year. If you need extra support coping with loss, come to this interactive, digital lecture at noon, Wednesday, Dec. 11, in the KSU Classroom.



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

KSU Pre-Optometry Club Glasses Adjustments

The Pre-Optometry Club at Kansas State University will be offering eye glasses adjustments at 1 p.m. Saturday, Dec. 7, in the Community Room, free of charge. Stop by to get a glasses tune up!

Red Hat Luncheon

The Red Hat Society will paint the town red (and purple) on Thursday, Dec. 12, departing from the Village Entrance at noon for their holiday luncheon to the Manhattan Country Club. Enjoy hot chicken salad, fruit and lemon squares for \$12.47. The cost of transportation will be \$3 per person. The cost will be added to each person's monthly statement. Sign up for your seat on the bus in the Blue Book, located at the Hospitality Desk.

Church Service

Patty Brown-Barnett, Chaplain, will be holding a church service every Sunday and Wednesday at 10 a.m. in the Tranquility Room. Everyone is invited to come worship.

Branson, MO trip meeting

Attention Meadowlark Hills Travelers! If you are interested in hearing about the itinerary (or making suggestions) for the trip to Branson, MO, scheduled for April, come to the trip meeting at 4 p.m. Tuesday, Dec. 10, following Coffee Corner.

Little Apple Barbershop Chorus

Tickets are now on sale for \$7.50 for seniors for the Little Apple Chorus performance on Sunday, Dec. 15. Showtime begins at 3 p.m. at the McCain Auditorium. Tickets can be purchased with cash or check by contacting Amanda Rall in the Resident Services office or at the door of the auditorium for an extra handling fee. Thirty minutes before the performance there will be an additional KSU Faculty Brass Quintet at 2:30 p.m.

Transportation will be available for \$3 per person by registering in the Blue Book at the Hospitality Desk. Two shuttles will depart at the following times from the Village Entrance: 1:45 p.m. and 2 p.m.

Dementia Lecture Series continues

The KU Medical Center, Landon Center on Aging will host the lecture entitled, "Get Moving! Physical Inactivity During Stroke Recovery," presented by Anna Matlage, B.S., PhD Candidate, at noon Thursday, Dec. 12, in the Living Room. The focus of the lecture is on how exercise, diet and other proactive lifestyle decisions can influence brain aging and dementia.

Kiwanis Club Pancake Feed

Attend the 63rd Manhattan Kiwanis Club pancake feed on Saturday, Dec. 14, from 7 to 1 p.m. at Pottorf Hall in Cico Park. Cost is \$6 for adults.

FOUNDATION NEWS

November 2013

In Loving Memory

Faye Havenstein

Margie Yeager

Margaret Piper

Betty Overlay

Eileen Schinstock

Pat Born

Winifred Reed

Donations were made to the Good Samaritan Fund and Stolzer House Fund.

Gift Wrapping

Gift wrapping will be available at the Hospitality Desk for \$0.50 per package. You can pick from a variety of wrapping paper and bows. If possible, please bring your gift already packaged. The Hospitality Staff is excited to help spread holiday cheer!

***Monday, Dec. 9 through
Friday, Dec. 13***

5 p.m. to 7 p.m.

-and-

***Monday, Dec. 16 through
Friday, Dec. 20***

5 p.m. to 7 p.m.

ASK ANNIE!

Q: What is the proper way to dispose of glass?

by *Annie Peace*

At Town Meeting, I was asked about the appropriate way to dispose of glass. I promised to check with Mike Davis to get the correct answer, and here it is: For all residents living in cottages, you can continue to dispose of glass in your trash, as it is curbside pickup. For all residents living in the East Tower, since your trash does not go down a trash shoot, you may also dispose of your glass in your waste basket. For all residents living in the West Tower, we will be placing containers in your trash rooms for you to

place your glass in for disposal. Glass should not go down the trash shoot.

Additionally, I would like to clarify recycling services. As I explained, everyone is welcome to bring their recycling to the bins behind the west elevators or to the new recycling dumpster in the east parking lot. If you would like to have curbside recycling services, you may contact Howie's directly at 776-8352 to setup your service and you will receive a discount for being a resident at Meadowlark Hills.

TOWN MEETING MINUTES

December 2, 2013

Welcome and Introduction of New Residents, Amanda Rall

There were no new residents present, but Sarah Duggan announced that she and her husband are expecting their first child.

Billiard Tournament Champion, Don Rasmussen

Don Rasmussen introduced Brad Olson as the winner of the Billiards Tournament Championship Game. He played Lonnie Baker to take the title.

Campus Update, Lonnie Baker

Lonnie reported on the Stanley Healthcare project to replace all of the emergency responders and pull cords in the entire facility. The project is expected to be under budget and was completed in six weeks. Lonnie also spoke about the rate increase of 2.5 percent. This is the lowest increase there has been in a long time, and is primarily due to controlling costs. Lastly, Lonnie spoke about the annual survey results for Long-Term Care and Assisted Living. Long Term Care had a one-deficiency survey and Assisted Living had a zero-deficiency survey.

Human Resources Update, Chuck Henry

Chuck Henry reported on the recent change in employee health insurance from Blue Cross Blue Shield to Coventry Preferred Health. This change was to make sure that health insurance is still affordable for staff, as well as save money for the organization.

Support Services Update, Annie Peace

Annie reported that the men's restroom across from Prairie Star is undergoing some renovations to add a urinal. She also spoke about the changes in the recycling services. Howie's Trash Service has began providing recycling services. If residents would like curbside pick up, they can call Howie's directly for a discounted rate.

Health Services Update, Garrett Lee

Garrett shared his appreciation for the employee holiday gift given by the residents to all staff. He also introduced Elizabeth Thomas as the new Miller Place Household Coordinator.

IL Update/Upcoming Events, Amanda Rall

Amanda reported that the Hospitality Desk will be open for cash transactions after the first of the year. There will be a training period from Dec. 9 through 20, Monday through Friday from 5 to 7 p.m. Amanda also spoke about the Branson trip that is planned for April 2 to 5, 2014. There will be an informational meeting at 4 p.m. Tuesday, Dec. 10, in the Community Room for open discussion. The New Years Eve party will include an appearance by a magician at 6 p.m. Tuesday, Dec. 31, in the Community Room.

Adjourn

submitted by Elizabeth Birk

PRAIRIE★STAR

RESTAURANT

Dec. 8– Dec. 14

Includes beverage, starter and dessert.

SUNDAY	Dec. 8 ~ Lunch \$11	Dinner \$10
	Coconut Shrimp Baked Potato Vegetable of the Day	Braised Chicken in Sun Dried Tomato Cream Wild Rice Vegetable of the Day
MONDAY	Dec. 9 ~ Lunch \$9	Dinner \$13
	Breaded Pork Fritter Mashed Potatoes Choice of Vegetable	Roasted Pork Tenderloin with Cranberry Port Sauce Sautéed Polenta Vegetable of the Day
TUESDAY	Dec. 10 ~ Lunch \$6	Dinner \$12
	Taco Tuesday (does not include drink, starter or dessert)	Cornmeal Crusted Trout with Tomato & Tarragon Salsa Roasted Red Potatoes Vegetable of the Day
WED.	Dec. 11 ~ Lunch \$9	Dinner \$12
	Swedish Meatballs over Noodles Choice of Vegetable	London Broil Twice Baked Potato Vegetable of the Day
THURSDAY	Dec. 12 ~ Lunch \$6	Dinner \$14
	Salad Bar (does not include drink, starter or dessert)	Sautéed Veal with Merlot Sauce Mashed Baby Red Potatoes Vegetable of the Day
FRIDAY	Dec. 13 ~ Lunch \$10	Dinner \$12
	Fried Catfish French Fries Cole slaw	Chicken Picata Butternut Squash Rissoto Vegetable of the Day
SATURDAY	Dec. 14 ~ Lunch \$9	Dinner \$14
	Ham Salad Sandwich Potato Salad Choice of Vegetable	Steak Night Baked Potato Vegetable of the Day

*You may substitute an extra vegetable for the starch on any special for no additional charge.

Grosh Cinema Movies

Monday, December 9-Sunday, December 15

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

Monday, December 9 – Holiday Inn (1942)

Tired of the bright lights of showbiz, Jim Hardy retires to the countryside to become a farmer. He converts the farm into the Holiday Inn, open only on holidays, then competes against his pal for a singer-dancer's affection.

Co-starring: Bing Crosby & Fred Astaire

Rated NR; 1 hr. 41 min.

Tuesday, December 10 – 27 Dresses (2007) **Resident Request*

Tired of being a perpetual bridesmaid after helping 27 friends tie the knot, altruistic Jane finds herself facing her worst nightmare as her younger sister announces her engagement to the man Jane secretly adores. But when Jane meets the charming Kevin, will she beat her sibling to the altar?

Co-starring: Katherine Heigl & James Marsden

Rated PG-13; 1 hr. 45 min.

Wednesday, December 11 – Shoot Out (1971)

Aging gunfighter Clay Lomax spends seven years in jail after his double-dealing partner, Sam Foley, shoots him during a bank holdup. When Lomax gets released, his plan for revenge against Foley takes an unexpected turn once Lomax inherits an orphaned, 6-year-old girl. Reluctantly, Lomax lets the girl tag along on his mission of vengeance in this 1971 oater from director Henry Hathaway.

Starring: Gregory Peck

Rated PG; 1 hr. 34 min.

Thursday, December 12 – Love Actually (2003) **Resident Request*

Rated R for sexuality, nudity and language.

Writer-director Richard Curtis's charming treatise on romance and relationships is an all-star ensemble comedy that tells 10 separate (but intertwining) London love stories, leading up to a spirited climax on Christmas Eve.

Co-starring: Hugh Grant, Emma Thompson, Liam Neeson, Allan Rickman

Rated R; 2 hrs. 14 min.

Friday, December 13 – The Heat (2013) **Resident Request*

Rated R for pervasive language, strong crude content and some violence.

In this action-comedy, Sandra Bullock heads the cast as by-the-book FBI agent Katerina James, who forms an unlikely alliance with unconventional street cop Joyce Nelson to take down a Russian gangster.

Co-starring: Sandra Bullock & Melissa McCarthy

Rated R; 1 hrs. 57 min.

Saturday and Sunday, December 14 & December 15 – National Lampoon's Christmas Vacation (1989)

Hapless Clark, exasperated Ellen and their ever-changing kids take on Christmas in this holiday classic. As usual, all their good intentions can't save them from disaster ... or Cousin Eddie, whose surprise visit throws them into disarray.

Starring: Chevy Chase

Rated PG-13; 1 hr. 37 min.

This Week's Opportunities December 8– 14

SUNDAY • DECEMBER 8

0:00 a.m. ~ Church Service, TR
2:00 p.m. ~ Movie, GC
7:00 p.m. ~ Vespers– Rev. Paul Allen, 1st Christian Church, CR

MONDAY • DECEMBER 9

Trash pick-up day.

Dental Hygiene Clinic, 201– *By Appointment Only*
8:30 a.m. ~ IL Resident Council Meeting, 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
3:00 p.m. ~ Meadowlark Singers Practice, CR
7:00 p.m. ~ Game Time, GR

TUESDAY • DECEMBER 10

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 with Michelle, CON
3:00 p.m. ~ Coffee Corner, CR
4:00 p.m. ~ Branson, MO Trip Meeting, CR
4:00 p.m. ~ Newspaper & Bible, LR
5:30 p.m. ~ 4th Floor Supper, MR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • DECEMBER 11

8:00 a.m. ~ Centering Prayer, TR
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. ~ Coping with Loss During the Holidays, KSU 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 Presbyterian Church Circle, CON
1:30 p.m. ~ Pitch, GR
3:00 p.m. ~ Call Hall Ice Cream, KR
3:30 p.m. ~ Trust Company Holiday Classic, CR
7:00 p.m. ~ Game Time, GR

THURSDAY • DECEMBER 12

10:00 a.m. ~ Meadowlark Bible Study, MR
10:00 a.m. ~ Resident Focus Group, CON
10:00 a.m. ~ Great Decisions, LR
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Seminar Series on Aging, Health, & Dementia, LR
12:00 p.m. ~ Red Hat Luncheon, Depart from VE
1:00 p.m. ~ Blood Pressure Clinic, GR
3:30 p.m. ~ Dementia Support Group, CON
7:00 p.m. ~ Bingo, CR
7:00 p.m. ~ Woodwinds Anonymous Practice, LR

FRIDAY • DECEMBER 13

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 Caregiver Support Group, LR
1:30 to 3 p.m. ~ All-Campus Christmas Party, CR
7:00 p.m. ~ Meadowlark Singers Performance, CR

SATURDAY • DECEMBER 14

9:30 a.m. ~ Water Color Painting Art Class, KSU CR
10:00 a.m. ~ LWV Meeting on Public Transit, CR
1:00, 4:00 & 7:00 p.m. ~ Movie, GC
7:00 p.m. ~ Sigma Alpha Iota Musical Performance, CR

• 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



Dec. 9 – 14

Irish Coffee

2 oz. Jameson Irish Whiskey
4 oz. Strong Brewed Coffee
1 tbsp. Simple Syrup (as needed)
Whipped cream on top garnished with
nutmeg and cinnamon

3.75