



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

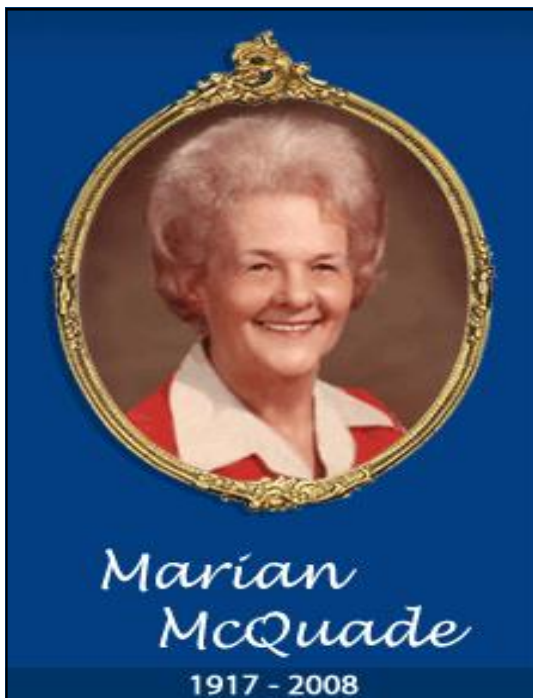
Sept. 4, 2014

National Grandparents Day *A Brief History*

by Pam Reding

In 1970, Marian McQuade, a West Virginia housewife, initiated a campaign for a special day for grandparents. The campaign spread statewide with the assistance of civic, business, church and political leaders. In 1973, West Virginia Governor, Arch Moore, proclaimed the first Grandparents Day. Mrs. McQuade petitioned governors, senators and congressman in every state to set aside the day. Letters were sent to churches, businesses and numerous national organizations who were invested in senior citizens. In 1978, five years after its West Virginia inception, the United States Congress passed legislation proclaiming the first Sunday after Labor Day as National Grandparents Day. President Jimmy Carter signed the proclamation. September was chosen to signify the autumn years of life.

At the time of her passing in 2008, Marian was the mother of 15 children, grandmother to 43 grandchildren and great-grandmother to 15 great grandchildren. Marian began her work with senior issues in 1956 when she helped organize an event honoring West Virginia's octogenarians. She served as vice-chairwoman of the West Virginia Commission on Aging and was appointed to the Nursing Home Licensing Board. For many years, she helped with the Past 80 Party, which was held annually in Richwood, WV.



Marian wanted Grandparents Day to be a family day. She envisioned families enjoying small, private gatherings, a family reunion, or participating in community events. She also wanted it to be a day of setting an example and advocating for future generations.

Grandparents Day falls on Sunday, Sept. 7, this year. Stop by the Game Room where a special bulletin board will be displayed with pictures of grandparents and their grandchildren. Everyone is welcome to add pictures to the board.

Development Office Open House Winners

And the winners are í ..

Congratulations to Wilma Hafenstein, Elsie Thompson and Jo Ann Edwards. These three ladies won door prizes at last Thursday's Development Office open house. Wilma won a \$25 Dillons gift card. Elsie won a \$25 Pizazz Hair & Body Boutique gift certificate and Jo Ann received one of the party floral arrangements created by Steve's Floral. Becky Fitzgerald, Development Director, appreciates the opportunity she had to greet the many who attended, and now that you know where she's located, across from the Miller Place dining room, please don't be bashful about stopping by.



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

Vespers Services

The Vespers service, led by Pastor Michael Ide with Peace Lutheran Church, will begin at 7 p.m. Sunday, Sept. 7, in the Community Room.

Veterans Group

The Veterans Group would like to invite any veterans who do not currently attend meetings to join the group. Meetings are held on the third Friday of every month at 10 a.m. in the Grosh Cinema. The next meeting will be on Friday, Sept. 19, at 10 a.m.

Osher Class Registration

UFM Coordinator, Charlene Brownson, will attend the Meadowlark Hills Town Meeting on Monday, Sept. 8, to make announcements about the fall Osher classes, special events and the UFM catalog of classes. She will be in the West Conference Room after Town Meeting on Sept. 8 until 12 p.m. if you would like to register for the Osher courses.

Michael B Performance

Some of the best dancing music ever written will be performed on Friday, Sept. 12 at 6 p.m. on the Prairie Star Patio. Please join us for some easy listening with Michael B. & Oldies Show. He will be playing songs from the 50s, 60s and 70s.

Music on the Patio

Musical entertainment will be provided by Chappie at 7 p.m., Friday, Sept. 5, on the Prairie Star Patio. Chappie has been performing for over 40 years, and in 2013, was inducted into the Kansas Music Hall of Fame. If you like the Motown hits from the 60's, then Chappie-Live is exactly what you are looking for. Come enjoy the show and let it bring back the memories of the past through music.

Storytelling Series

submitted by Chaplain Patty Brown-Barnett

On Sunday, Sept. 7, we will hear the story of a very grumpy man by the name of Jonah, who does not appreciate the generosity of God's love. (This, after he has spent some time in the belly of a large fish.) The Appalachian story of "Old Joe and the Carpenter" will be told as well. Join us in the Community Room at 10 a.m. Guest preachers will be leading services on Wednesday, Sept. 10.

Red Hat Luncheon

Red Hat Ladies are invited to a rooster-themed luncheon at 12:30 p.m. Thursday, Sept. 11, in the Community Room. Hostesses Marla Bugbee and Jeanne Lundin invite you to dine with your friends. Please RSVP by signing up in the Blue Book located at the Hospitality Desk.



Lunch Specials Sept. 7 – 13

Sunday, Sept. 7 - Mexican Lasagna with Corn	\$5.50
Monday, Sept. 8 - Sesame Chicken with White Rice	\$3.75/\$5.50
Tuesday, Sept. 9 - Beef & Cheddar Wrapini with Soup or Chips	\$3.75/\$5.50
Wednesday, Sept. 10 - Quesadillas	
Cheese	\$3.00
Chicken	\$4.00
Steak	\$5.00
Thursday, Sept. 11 - Grilled Cheese with Tomato Soup	\$3.75/\$5.50
Friday, Sept. 12 - Bratwurst with Potato Salad	\$5.50
Saturday, Sept. 13 - Tuna Salad Sandwich	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Attention Registered Travelers – Minneapolis, MN

Amanda Rall and Darcy Reinbold-Olson will host an informational meeting for the Meadowlark Hills Travelers, set to travel to the Twin Cities this month. The meeting will be at 5 p.m. Thursday, Sept. 11, in the KSU Classroom. It is very important for registered travelers to attend. All travelers will receive a current itinerary, complete an emergency contact form and a liability release. If you are unable to attend, please see Darcy in the Resident Services Office to complete your paperwork. Please come prepared with the names and phone numbers of your emergency contacts and primary physician.

Construction on Meadowlark Road Update

Construction on Meadowlark Road, from Kimball Avenue to Cottage Duplex 2140 and 2142, will continue until Oct. 17, depending on weather. The Meadowlark Hills staff strongly urges all through traffic to use the Tuttle Creek Blvd access for all entry/exit. We ask that everyone get involved and communicate with any visitors you are expecting. As with all construction projects, there will be a considerable amount of noise, so please pardon the interruption.

The construction zone is anticipating a change on lane closure sides (completion of east side and start of west side) beginning the week of Sept. 15. Please continue to avoid the construction area.

There has been some congestion on the roadway because people are parking on both sides of Meadowlark Road. This is a safety concern that can be avoided. Please find parking in designated parking spots only. Do not park on Meadowlark Road where the curb is painted yellow or red or in a numbered spaces, as these are assigned spots.

Town Meeting

Town Meeting will be Monday, Sept. 8, at 9:30 a.m. in the Community Room.

KSU Football Tailgating Party

Mark your calendars for the next Kansas State University football game. The tailgate party will be hosted in the Game Room and Kansas Room Pub on Saturday, Sept. 6, at 11 a.m. We encourage you to hang around and watch the game! Refreshments will

be served.

Dental Hygiene Clinic

The Dental Hygiene Clinic held on Tuesdays will be suspended until late September. The next Dental Hygiene Clinic will resume Tuesday, Sept. 23.

Seven Dolors Book Discussion

Due to the road construction on Meadowlark Hills campus, Seven Dolors book discussion will meet in the basement of the Seven Dolors Catholic Church on Pierre Street until the end of September. Continue to check the Messenger for when this meeting will return to the Meadowlark Hills campus.

Jeans Day Beneficiary

For the month of September, the Jeans Days will benefit the Amyotrophic Lateral Sclerosis (ALS) Association. On Tuesday, Sept. 9, and Wednesday, Sept. 17, employees are welcome to wear jeans to work with a minimum donation of \$1. If you wish to donate to the cause, please see Christina Strange in the Human Resources office, across from Verna Belle's Café.

Center on Aging Lecture Series

The first session of the Center on Aging Lecture Series, Intergenerational Housing, is Sept. 11 from 4 to 5 p.m. in the Community Room. The speaker is Susanne Siepl-Coates, a professor in architecture. She is interested in the relationships between human health/well-being and the designed environment. She works with students in her classes to develop design concepts around intergenerational housing. She will present information about her student's projects, what we know from the research on intergenerational housing, and probe the audience for their input on this type of housing.

The K-State Faculty Lecture Series grew out of a desire to establish further connections between the retirement community and campus. The faculty lecture series promotes life long learning, a critical component of successful aging. Residents, staff and community members are welcome.

Meadowlark Singers

Meadowlark Singers will have their first meeting on Monday, Sept. 8, at 3 p.m. in the Community Room. If you are interested in becoming a new member of the Meadowlark Singers, please attend this meeting to learn more.

PRAIRIE STAR

RESTAURANT

August 24–30

Includes beverage, starter, and dessert.

SUNDAY	September 7th ~ Lunch \$11	Dinner \$10
	Chicken Fried Steak Mashed Potatoes & Gravy Vegetable of the Day	Ham & Beans Cornbread Vegetable of the Day
MONDAY	September 8th ~ Lunch \$10	Dinner \$11
	Roast Beef Salad Sandwich Coleslaw Choice of Vegetable	Spaghetti & Meatballs Garlic Toast Vegetable of the Day
TUESDAY	September 9th ~ Lunch \$6	Dinner \$12
	Taco Tuesday (Does not include drink, starter or dessert)	Grilled Pork Chops Homemade Apple Sauce Au Gratin Potatoes Vegetable of the Day
WED.	September 10th ~ Lunch \$10	Dinner \$11
	Philly Cheesesteak Sandwich Waffle Fries Choice of Vegetable	Chicken Cordon Bleu Rice Pilaf Vegetable of the Day
THURSDAY	September 11th ~ Lunch \$7	Dinner \$11
	Potato Bar (Does not include drink, starter or dessert)	Roast Turkey Cornbread Stuffing Vegetable of the Day
FRIDAY	September 12th ~ Lunch \$10	Dinner \$13
	BBQ Chicken Wings Steak Fries Choice of Vegetable	Coconut Shrimp Roasted Red Potatoes Vegetable of the Day
SATURDAY	September 13th ~ Lunch \$10	Dinner \$15
	Chicken & Broccoli Casserole Choice of Vegetable	Steak Night Baked Potatoes Vegetable of the Day

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

Grosh Cinema Movies

Monday, September 8 - Sunday, September 14

Show Times: 1, 4 and 7 p.m., Monday . Saturday
2 and 6 p.m., Sunday

Monday, September 8 – Annie: Special Anniversary Edition (1982)

Based on the Depression-era comic strip "Little Orphan Annie," this adaptation of the smash Broadway musical follows America's favorite urchin as she captures Daddy Warbucks's heart with her optimism -- and dodges the treacherous orphanage matron.

Co-Starring: Albert Finney, Carol Burnett & Ann Reinking

Rated PG; 2 hrs. 7 min.

Tuesday, September 9 – We Were Soldiers (2002) **Veterans Request*

The story of the first major battle of the American phase of the Vietnam War and the soldiers on both sides that fought it.

Co-Starring: Mel Gibson, Madeleine Stowe & Greg Kinnear

Rated R; 2 hrs. 18 min.

Wednesday, September 10 – Red River (1948)

Dunson is driving his cattle to Red River when his adopted son, Matthew, turns against him.

Co-Starring: John Wayne, Montgomery Clift & Joanne Dru

Rated Approved; 2 hrs. 13 min.

Thursday, September 11 – Still Mine (2012)

An elderly couple fight against local authorities in rural New Brunswick to build their final home.

Co-Starring: James Cromwell, Ronan Rees & Geneviève Bujold

Rated PG-13; 2 hrs. 3 min.

Friday, September 12 – The Odd Life of Timothy Green (2012) **Resident Request*

A childless couple bury a box in their backyard, containing all of their wishes for an infant.

Soon, a child is born, though Timothy Green is not all that he appears.

Co-Starring: Jennifer Garner, Joel Edgerton & CJ Adams

Rated PG; 1hr. 45 min.

Saturday, September 13 – Stuart Little 3 "Call of the Wild" (2005) **Resident Request*

The Little Family spend their vacation near Lake Garland. Meanwhile in the forest a beast is threatening the animals to give her food every night.

Co-Starring: Charles Adler, Wayne Brady & Geena Davis

Rated G; 1 hr. 12 min.

Sunday, September 14 – Titanic (1997) **Resident Request*

A seventeen-year-old aristocrat, expecting to be married to a rich claimant by her mother, falls in love with a kind but poor artist aboard the luxurious, ill-fated R.M.S. Titanic.

Co-Starring: Leonardo DiCaprio, Kate Winslet & Billy Zane

Rated PG-13; 2 hrs. 34 min.

This Week's Opportunities September 7 - September 13

SUNDAY • SEPTEMBER 7

10:00 a.m. ~ Church Service, CR
2:00 p.m. ~ Movie, GC
6:00 p.m. ~ Movie, GC
7:00 p.m. ~ Vespers, Michael Ide, CR

MONDAY • SEPTEMBER 8

Trash pick-up day

8:30 a.m. ~ Resident Council, KSU CR
9:30 a.m. ~ Town Meeting, CR
10:30 a.m. ~ Osher Registration, CON
11:15 a.m. ~ Sit and Be Fit, CR
11:30 a.m. ~ Meadowlark Valley Lunch, LR
12:00 p.m. ~ Beginner Tai Chi, CR
12:00 p.m. ~ 1st Presbyterian Men's Luncheon, MR
1:00 p.m. ~ Blood Pressure Clinic, GR
1:15 p.m. ~ Parkinson's Exercise Class, CR
1:30 p.m. ~ Hearing Aid Doctor, CON
1:30 p.m. ~ Ladies Pool Table Time, BP
3:00 p.m. ~ MLH Singers Practice, CR
7:00 p.m. ~ Community Bingo, CR
7:00 p.m. ~ Game Time, GR

TUESDAY • SEPTEMBER 9

10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
1:00 p.m. ~ Tai Chi, CR
3:00 p.m. ~ Coffee Corner, CR
3:30 p.m. ~ Ambassador Committee, CON
4:00 p.m. ~ Newspaper & Bible, LR
5:30 p.m. ~ 4th Floor Supper, MR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • SEPTEMBER 10

8:00 a.m. ~ Centering Prayer, TR
9:00 a.m. ~ New Perspectives, MR
9:00 a.m. ~ Building and Grounds Meeting, LR
9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Memory Support Group, CON
10:00 a.m. ~ Church Service, KSU CR
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. ~ Pitch, GR
3:00 p.m. ~ Call Hall Ice Cream, KR
3:00 p.m. ~ 3rd Floor Meeting, CR
5:30 p.m. ~ KSU Gerontology Class, CR
7:00 p.m. ~ Game Time, GR

THURSDAY • SEPTEMBER 11

9:00 a.m. ~ Messenger Ladies, CON
10:00 a.m. ~ Great Decisions, LR
10:00 a.m. ~ Resident Focus Group, KSU CR
10:00 a.m. ~ Meadowlark Bible Study, MR
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Creative Cookery Club, LR
12:30 p.m. ~ Red Hat Luncheon, CR
1:00 p.m. ~ Blood Pressure Clinic, GR
3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR
4:00 p.m. ~ Center on Aging Lecture Series, CR
5:00 p.m. ~ Travelers Information Meeting, KSU CR
7:00 p.m. ~ IL Bingo, CR

FRIDAY • SEPTEMBER 12

9:00 a.m. ~ Men's Coffee Group, MR
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
1:30 p.m. ~ Brain Booster, GR
6:00 p.m. ~ Michael B, PS Patio & MR

SATURDAY • SEPTEMBER 13

1:00 p.m. ~ Movie, GC
4:00 p.m. ~ Movie, GC
7:00 p.m. ~ Movie, GC

• ROOM ABBREVIATIONS •

BP, Billiards Parlor	LB, Library
CR, Community Room	LR, Living Room
CON, Conference Room	MR, Manhattan Room
FC, Fitness Center	MCR, Miller Craft Room
GR, Game Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	TR, Tranquility Room
KR, Kansas Room (Pub)	VE, Village Entrance
KSU CR, KSU Classroom	WS, Woodshop

DRINK SPECIAL



Sept. 8 — 13

Seagram's 7 Whiskey

Stop by the pub this week
where any drink made with
the special is only

\$3.75