



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Oct. 23, 2014

Wildcat Wednesday

Live at Meadowlark Hills!

KMAN's (1350 AM) "The Game" will broadcast live from the Game Room at Meadowlark Hills Wednesday, Oct. 29, from 4 to 6 p.m.! John Kurtz, KMAN Sports Director, will host a special edition of the daily radio show to discuss the upcoming match up between the Kansas State Wildcats and the Oklahoma State Cowboys, including reviewing the rosters, analyzing the previous week's game and making predictions for the home game scheduled for Saturday, Nov. 1.

You're invited to watch the live broadcast! Wear your K-State purple to the Game Room and enjoy some light snacks, including cheese and crackers, an assortment of veggies and K-State purple cupcakes. The Pub will open at 4 p.m. and will be offering a special drink for the broadcast – Purple Rain (vodka, blue curacao and cranberry juice) for just \$3.75.

"The Game" will be giving away a pair of sold-out K-State Football tickets during the show! Anyone can submit their name to the drawing, but you must be present to win.

For the live broadcast on Oct. 29, John Kurtz's co-host will be Tyler Dreiling, KMAN Sports Anchor, and their guest will be our very own Chris Nelson, Financial Services Director at Meadowlark Hills.

"The Game" is a daily sports talk show on KMAN from 4 to 6 p.m. Monday through Friday that's hosted by John Kurtz, Tyler Dreiling, Corey Dean and Mitch Fortner. The show covers K-State, the Big 12, the Royals, the Chiefs and includes plenty of guests on the show such as players, coaches, and sports staff. Come get pumped up for the game *with* "The Game" on KMAN, John Kurtz and Wildcat Wednesday – we'll see you there!

Jackie Hartman Kisses the HOG!

HOGtoberfest a Great Success

Meadowlark Hills Foundation board member Jackie Hartman arrived at last week's HOG & Kisses Contest prepared to give Hazel Hog a big smooch. Wearing jeans, a HOGtoberfest T-shirt and lipstick in a deep pink shade, Jackie was walking across the Cox Bros.



above: Tracy Musselman introduces Hazel Hog to hog kissing candidates Tim Fitzgerald, Bud Cox, Jackie Hartman and Lonnie Baker on Oct. 16 prior to the announcement of the winner of the inaugural HOG & Kisses Contest.

BBQ parking lot when she encountered a friend who had contributed to her hog kissing campaign. He pulled a small bottle of mouth wash from his pocket, telling Jackie he wanted her to be ready if she should have the opportunity to pucker up.

See More Jackie Hartman Kisses the HOG, page 4



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

Royals World Series Watch Party

Come to the Game Room and Kansas Room & Pub to watch the Royals baseball game at 7 p.m. on Friday, Oct. 24. Refreshments will be served

KSU Football Tailgating Party

Mark your calendars for the next Kansas State University football game against the University of Texas. A tailgate party will be hosted in the Game Room and Kansas Room & Pub at 11 a.m. Saturday, Oct. 25. Watch the game and cheer on K-State! Refreshments will be served.

Brownbag Lunch Lecture Series

Bring a lunch and listen to a televised class presentation on "Ask A Geriatrician" by Mandi Sehgal, MD, at noon Wednesday, Oct. 29, in the KSU Classroom. No registration necessary.

Twin City Travelers Slideshow Postponed

The slideshow presentation of the Minneapolis trip will be postponed until Friday, Nov. 28, due the Royals Watch Party.

Campus Halloween Party

A campus-wide Halloween party, featuring a costume contest will begin at 1 p.m. Friday, Oct. 31, in the Community Center. Wear your best costume, and come out and enjoy the fun! Refreshments will be served.



Old Timers Band Performance

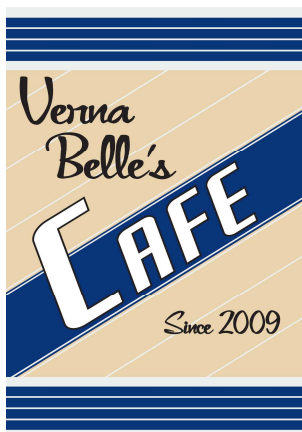
Sit back and enjoy some great music at 7 p.m. Friday, Oct. 31, in the Community Room. The Old Timers Band will be dressed up in costume, and they may have a little Halloween treat for us!

Vespers Services

The Vespers service, led by the Trinity Presbyterian Choir, will begin at 7 p.m. Sunday, Oct. 26, in the Community Room.

Piano Recital

Four young girls will be performing a piano recital at 4:30 p.m. Sunday, Oct. 26, in the Community Room. Come listen to their growing talents and enjoy refreshments.



Lunch Specials

Sunday, Oct. 26– Baked Tortellini Casserole with Garlic Bread	\$5.50
Monday, Oct. 27 – French Dip with Soup or Chips	\$3.75/\$5.50
Tuesday, Oct. 28 – Upside-Down Shepherd's Pie	\$5.50
Wednesday, Oct. 29 – White Chicken Chili with Cornbread Muffin	\$3.75/\$5.50
Thursday, Oct. 30 – Chili Cheese Dogs with Soup or Chips	\$3.75/\$5.50
Friday, Oct. 31 – Manicotti with Breadsticks	\$3.75/\$5.50
Saturday, Nov. 1 – Grilled Cheese with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Service of Remembrance

You are invited to attend the Service of Remembrance to celebrate the lives of those we've lost in the last month. The service will begin at 3 p.m. Friday, Oct. 24, in the Living Room. All are welcome to attend.

Transportation Pick-Up Location

Starting today, Thursday, Oct. 23, transportation will be able to utilize the Village Entrance for transportation pick up again. Please note this change.

Billiards Tournament

Tournament play has begun! Be sure to check the brackets and contact your opponent to schedule a time to play. Post-it notes will be placed in the Billiards Parlor to reserve the table for tournament play. The only time slot not allowed to be scheduled is during the Ladies Pool Time, from 1:30 to 2:30 p.m. every Monday.

Please contact Resident Services Leader, Darcy Reinbold-Olson, if you have any questions. Stay tuned for the 2014 Fall Champion!

Arlington National Cemetery: Its History and Its Heros

This Osher course reviews the Arlington Cemetery's colorful history from pre-Civil War days as Robert E. Lee's home through current U.S. conflicts. The last session of this course will be from 2 to 4 p.m. on Thursday, Oct. 23, at the Manhattan Arts Center. Transportation will depart from the Village Entrance at 1:30 p.m. There is no charge for transportation. Prior registration is required to attend this course.

KSU Football Games

Transportation will depart at 9:50 a.m. Saturday, Oct. 25, from the Village Entrance for the K-State game against the University of Texas. The game will start at 11 a.m.

Sign up in the Blue Book at the Hospitality Desk for transportation to the game. The cost for transportation is \$3 per person.

Winter Ball Theme Suggestions

Submit your theme suggestions for the 2015 Winter Ball at the Hospitality Desk. Please turn your suggestions in by Thursday, Oct. 30.

Flu Clinic for Independent Living Residents

A flu clinic will be held from 1 to 3 p.m. Thursday, Oct. 23, in the KSU Classroom. Flu shots will be administered by the Home Health nurses. The cost of the flu shot is \$38, but is covered by Medicare and some insurance plans.

Storytelling at the Wonder Workshop

submitted by Chaplain Patty Brown-Barnett

The final installment of Storytelling at the Wonder Workshop takes place on Saturday, Oct. 25, at 10:30 a.m. All of those who have presented stories will tell one, including Richard Pitts, Sylvia Beeman, Larry Weaver and myself. The location for the Wonder Workshop Children's Museum (506 S. 4th St.) is just south of the A.M.E. church and across from free public parking on 4th St. All are welcome!

First Friends on the First

"First Friends on the First" (FFF) will hold their quarterly social at 10 a.m., Saturday, Nov. 1, in the Community Room. This begins our second year of FFF socials. All members and friends of First United Methodist Church are invited to come and enjoy Food, Fellowship and a First Connection in Five (minutes, that is), by Pastor Patrick McLaughlin. Fall decorations and pumpkin muffins are on the schedule.

Please join us again or come for the first time. Coordinating committee is Kay Shanks and Polly Ferrell. We are looking for one more person to complete the committee. Is that opportunity for you? See you Nov. 1 at 10 a.m. Watch for a change in the start time for First Friends, if K-State plays a morning football game.

Construction at Verna Belle's Café

The dates have changed that Verna Belle's Café will be under construction. Please be advised that Verna Belle's will now be closed Monday, Nov. 3, through Saturday, Nov. 8. As a reminder, Prairie Star Restaurant will be open for breakfast those days.

Flying Objects

A dark gray, square cushion with ties was found on the ground. It could have been tossed around by our strong Kansas winds. Check your balconies, please! If this could be your cushion, come by the Hospitality Desk to claim.

More Jackie Hartman Kisses the HOG, from page 1

Laughing about the Listerine, the friends made their way to the front of the restaurant, where Jackie gathered with the other hog kissing candidates and waited to hear the contest totals.

It turns out, the pink lipstick was put to good use. Jackie was the top vote-getter in the contest, which was held Oct. 16 in conjunction with the first ever HOGtoberfest at Cox Bros. BBQ in Manhattan. Pulling Hazel into her arms, Jackie first kissed Hazel on the top of her head, leaving a bit of lipstick behind, and then after encouragement from the crowd, kissed Hazel on her snout. Jackie was one of five candidates who solicited votes/

donations to win the privilege of kissing Hazel Hog at the event. Her candidacy raised \$1,930, with the five candidates combining to raise about \$3,900.

Meadowlark Hills CEO Lonnie Baker placed second in the voting, with Tim Fitzgerald coming in third. The other candidates were Bud Cox and a team of three Q 103.5 DJs.

The HOG & Kisses Contest, along with HOGtoberfest, benefits the Meadowlark Hills Foundation's Good Samaritan Fund, which assists Meadowlark Hills healthcare residents who have outlived their financial resources. The total net revenue from the event is \$5,100, with

another \$1,500 realized from in-kind donations.

A pellet grill package was offered for a suggested donation of \$1 per chance, and a ticket bearing Rita Harsch's name was drawn from among hundreds that had been purchased. Rita donated the package, worth \$1,100, back to the Foundation so that it may be used for future fundraising efforts. Manhattan resident Clem De La Cruz is the winner of a barbecue meal for 10. Anyone who made a purchase at Cox Bros. during HOGtoberfest was invited to enter a drawing for a door prize, which includes pulled pork, pulled chicken and side dishes.

In addition to the Foundation and Cox Bros. BBQ, event sponsors were McCullough

Development, Cool Enterprises and The Backyard Kitchen. Hazel Hog was at the event courtesy of Doug and Clara Ebert Farms of St. George. The HOGtoberfest committee, composed of Becky Fitzgerald, Tracy Musselman and Pam Reding, would like to again recognize the hog kissing candidates and say thank you to the event volunteers: Blake Hoffman, Bryan Reding, Sue Hunt, Donna McCallum, Chris Nelson and Kay Shanks. Also, they appreciate those associated with Meadowlark Hills as well as the Manhattan community members who joined to ensure the event's success.



above: Jackie Hartman cuddles with Hazel.

ASK ANNIE

Q: Has all the moisture we have had during the project affected the concrete project?

submitted by Annie Peace

Thank you for your questions, I am excited we are nearing the finish of this major project. We are now planning for the curbs and parking spaces to be repainted. This project has created yet another learning opportunity for me. Here is what I have learned from the professionals about how the moisture was managed for this project.

After each rain, the water was pumped out if it was standing in an area that was to be poured, they would pump the water out and then let it dry out further for a minimum of 24 hours. They also removed wet soil as needed and added crushed stone and compacted it to improve the subgrade. They then laid six inches of new concrete on top of the new subgrade.

Proper soil preparation is very important to the

performance of any concrete project. This includes the sub-grade, using the proper materials, proper compaction, control of moisture and providing a uniform surface to lay

the concrete. The road is looking great and will open back up on Thursday Oct. 23, for use on both lanes. Continued work in the back lot, painting of lines and curbs and curb repair will be ongoing for several more weeks, but the major inconvenience of having the road closed off on one side or the other will have ended.

Thank you to Robert and Mike for all their work on this project and to you all for working with us through the inconvenience created.



UPCOMING EVENTS & ANNOUNCEMENTS CONT.

Open Enrollment—Compare Part-D Plans

The Meadowlark Hills Finance team is partnering with the North Central-Flint Hills Area Agency on Aging on Tuesday, Nov. 25, for an opportunity to compare Medicare Part-D Prescription Drug Plans. The Area Agency on Aging will be available from 9 a.m. to 4 p.m. Tuesday, Nov. 25, to consult with interested parties. If you are unsure about your current plan, they can educate you on other Part-D plans that might help you save money on your premium and co-pay rates.

If you are interested in this opportunity, sign up for a one-hour long appointment to meet with the Area Agency on Aging representative in the Classroom.

Prior to your appointment, Rita Harsch from the Finance department will contact you to help fill out any preliminary documentation. You will need a copy of your prescription drug list, your red, white and blue Medicare card; any other health insurance cards and the Medicare Prescription Drug Plan Worksheet (provided by

Rita). Please leave your name and phone number in the Blue Book, located at the Hospitality Desk, for her to contact you.

If you are unable to schedule an appointment on the Nov. 25 date, Rita can help set up an appointment at the Area Agency on Aging office, fill out preliminary documentation and help arrange transportation for those who need it. This service will be available until Sunday, Dec. 7.

If you would rather contact the Area Agency on Aging independently, call (785) 776-9294 for an appointment.

Conserving Our Natural World

This Osher course will explore issues facing the animals and habitats that have been targeted for conservation projects by Sunset Zoo and the Friends of Sunset Zoo. The first session will be from 2 to 4 p.m. on Wednesday, Oct. 29, at the Sunset Zoo. Transportation will depart from the Village Entrance at 1:30 p.m. There is no charge for transportation. Prior registration is required to attend this course.

PRAIRIE★STAR

RESTAURANT

Oct. 26-Nov. 1

Includes beverage, starter, and dessert.

SUNDAY	Oct. 26 ~ Lunch \$11	Dinner \$11
	Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Spaghetti & Meat Sauce Garlic Toast Vegetable of the Day
MONDAY	Oct. 27 ~ Lunch \$10	Dinner \$12
	Tamale Pie Black Beans & Rice	Swiss Steak Mashed Potatoes Vegetable of the Day
TUESDAY	Oct. 28 ~ Lunch \$8	Dinner \$11
	Fajita Bar (does not include drink, starter, or dessert)	Beer Steamed Brats Hot German Potato Salad Choice of Vegetable
WED.	Oct. 29 ~ Lunch \$10	Dinner \$12
	Open-Faced Turkey Mornay Choice of Vegetable	Seared Cod Filets Roma Tomato Salad Scalloped Potatoes Vegetable of the Day
THURSDAY	Oct. 30 ~ Lunch \$8	Dinner \$11
	Pizza Bar (does not include drink, starter, or dessert)	Chicken Breast Fairmont Hunter's Sauce Wild Rice Vegetable of the Day
FRIDAY	Oct. 31 ~ Lunch \$10	Dinner \$12
	Meatball Sub Tater Tots Choice of Vegetable	Grilled Shrimp with Brie Sauce Lemon Couscous Vegetable of the Day
SATURDAY	Nov. 1 ~ Lunch \$10	Dinner \$16
	Breaded Fish Wrap Choice of Vegetable	Roast Prime Rib of Beef with Au Jus Anna 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, October 27 - Sunday, November 2

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

Monday, October 27 – Marmaduke (2010)

A suburban family moves to a new neighborhood with their large yet lovable Great Dane, who has a tendency to wreak havoc in his own oblivious way.

Co-Starring: Owen Wilson, Judy Greer & Lee Pace

Rated PG; 1 hr. 27 min.

Tuesday, October 28 – The Fault in Our Stars (2014)

Two teens, both who have different cancer conditions, fall in love after meeting at a cancer support group.

Co-Starring: Shailene Woodley, Ansel Elgoort & Nat Wolff

Rated PG-13; 2hrs. 6 min

Wednesday, October 29 – Jack Reacher (2012)

A homicide investigation digs deeper into a case involving a trained military sniper who shot five random victims.

Co-Starring: Tom Cruise, Rosamund Pike & Richard Jenkins

Rated PG-13; 2 hrs. 2 min.

Thursday, October 30 – Coraline (2009)

An adventurous girl finds another world that is a strangely idealized version of her frustrating home, but it has sinister secrets.

Co-Starring: Dakota Fanning, Teri Hatcher & John Hodgman

Rated PG; 1 hr. 40 min

Friday, October 31 – Frankenweenie (2012)

Young Victor Conducts a science experiment to bring his beloved dog Sparky back to life, only to face unintended, sometimes monstrous, consequences.

Co-Starring: Wyona Ryder, Catherine O'Hara & Martin Short

Rated PG ; 2 hrs. 33 min.

Saturday, November 1 – Playing for Keeps (2012)

A former sports star who's fallen on hard times starts coaching his son's soccer team as a way to get his life together. His attempts to become an adult are met with challenges from the attractive soccer moms who pursue him at every turn.

Co-Starring: Gerald Butler, Jessica Biel & Dennis Quaid

Rated PG-13; 1 hr. 45 min.

Sunday, November 2 – War Horse (2011)

Young Albert enlists to serve in World War I after his beloved horse is sold to the cavalry. Albert's hopeful journey takes him out of England and to the front lines as the war rages on.

Co-Starring: Jeremy Irvine, Emily Watson & David Thewlis

Rated PG-13; 2 hrs. 26 min.

This Week's Opportunities Oct. 26—Nov. 1

SUNDAY • OCTOBER 26

Breakfast at Verna Belle's—Omelets with Fruit

- 10:00 a.m. ~ Church Service, CR
- 2:00 p.m. ~ Movie, GC
- 4:30 p.m. ~ Piano Recital, CR
- 6:00 p.m. ~ Movie, GC
- 7:00 p.m. ~ Vespers, Trinity Presbyterian Choir, CR

MONDAY • OCTOBER 27

Trash Pick-Up Day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

Dental Hygiene Clinic, Miller Spa— By Appointment Only

- 9:30 a.m. ~ Seated Strength, 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. ~ 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. ~ Ladies Pool Table Time, BP
- 2:15 p.m. ~ Parkinson's Voice Class, KSU CR
- 3:00 p.m. ~ MLH Singers Practice, CR
- 7:00 p.m. ~ Community Bingo, CR
- 7:00 p.m. ~ Game Time, GR

TUESDAY • OCTOBER 28

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

- 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
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:30 p.m. ~ 3rd Floor Supper, CR
- 7:00 p.m. ~ Dominoes, GR

WEDNESDAY • OCTOBER 29

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

- 9:00 a.m. ~ New Perspectives, MR
- 9:30 a.m. ~ Seated Strength, CR
- 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
- 1 to 2 p.m. ~ Fitness Center Office Hour, FC
- 12:00 p.m. ~ Brownbag Series (Ask a Geriatrician), CON
- 1 to 2 p.m. ~ Fitness Center Office Hour, FC
- 1:30 p.m. ~ Pitch, GR
- 3:00 p.m. ~ Wildcat Wednesday, Live Broadcast of the Game with KMAN, 1350, GR
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 7:00 p.m. ~ Game Time, GR

THURSDAY • OCTOBER 30

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 9:00 a.m. ~ Messenger Ladies, CON
- 10:00 a.m. ~ Meadowlark Bible Study, MR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 3:00 p.m. ~ League of Women's Voters: Medicare/Health Care Compact. How will it affect you? CR
- 3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR
- 7:00 p.m. ~ IL Bingo, CR

FRIDAY • OCTOBER 31

Breakfast at Verna Belle's—Waffle or Pancake

- 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
- 1:00 p.m. ~ Campus Halloween Party, CR
- 1:15 p.m. ~ Parkinson's Caregiver Support Group, LR
- 1:30 p.m. ~ Brain Booster, GR
- 7:00 p.m. ~ Old Timers Band, CR

SATURDAY • NOVEMBER 1

Breakfast at Verna Belle's—Omelets with Fruit

- TBA ~ KSU Watch Party, GR & KR
- 10:00 a.m. ~ First Friends on the First, CR
- 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



Oct. 27—Nov. 1
Ghostbuster

2 oz. Peach Schnapps
2 oz. Melon Liqueur
3-5 Drops of Irish Cream

\$3.75

