



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Jan. 30, 2014

Spring Clean-Up Set For May 3

Employees, volunteers gear up for the Spring Clean-up!

Spring cleaning has been a tradition in homes around America for decades. It's a time to decrease clutter and start with a blank canvas, just in time for spring! Meadowlark Hills intends to start the spring clean-up outdoors in the courtyards with mulching, weeding, planting and general trash clean-up.

Grab your gloves, hand tools and a hat for the clean-up on Saturday, May



3, beginning at 9 a.m. and continuing throughout the day. Lunch will be provided on the Prairie Star Patio for volunteers at noon. To volunteer for a project, please sign up in the Blue Book, located at the Hospitality Desk. Join us to help beautify Meadowlark Hills!

If you have any questions, please call Ashley Green in the Support Services Office at 323-3868.

Reminisce...Write...Read...Enjoy!

Life Story, writing group led by Charley Kempthorne

The Meadowlark Hills Writers (aka "Prairie Stars and Starlets") have been meeting in the Manhattan Room at Meadowlark Hills for more than three years for the Life Story writing group. We meet for an hour at 2 p.m. the first and third Tuesday every month (and the fifth when there is one).

New members are accepted at any time. There are no requirements other than the willingness to remember some of your life and write about it and most importantly—have a lot of fun!

Contact Kay Shanks at (785) 539-2066 or Charley Kempthorne at (785) 564-1118 for more information, or just suit up and show up at our next meeting at 2 p.m. Tuesday Feb. 4, in the Manhattan Room. Please bring a pen and paper.

below: Donna Ann Vaughan reads while Mary Schroeder and Pat Edwards look on. About a dozen Meadowlark Hills residents come to each meeting, held every two weeks.



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

Culture Story Contest

The Culture Story Contest is in full swing! Story submissions are due Friday, Feb. 14, and must be submitted with a completed entry form.

Entry forms and topic packets are available at the Hospitality Desk, Human Resources office and on the Meadowlark Hills website (www.meadowlark.org). If you have questions regarding the contest, please visit the Community Relations office or give Sarah Duggan a call at (785) 323-3860. All submissions can be dropped off to Tracy Musselman located in the CEO office or via e-mail at tracy.musselman@meadowlark.org.

Piano Recital by Steve Shields

Steve Shields, CEO of Action Pact Development, will perform a piano recital at 7 p.m. Friday, Jan. 31, in the Community Room. During Steve's time as CEO of Meadowlark Hills, from 1994 to January 2011, he enjoyed sharing his musical talent with the residents of Meadowlark Hills.

Veterans' Day Out

The Veterans Group will be traveling to the base at Fort Riley on Tuesday, Feb. 11, departing from the Village Entrance at 9 a.m. The group will visit the 1st Infantry Division Museum and eat lunch in the Mess Hall, just like the good ol' days! Veterans can sign up in the Blue Book to reserve their seat on the bus.

Focus Group

Join Lonnie Baker and Amanda Rall at 10 a.m. Thursday, Feb. 6, in the KSU Classroom for a Focus Group. Hear updates from Lonnie and voice questions or concerns. Focus Groups are open to any resident. Sign up in the Blue Book, located at the Hospitality Desk.

Shopping Trip

Take advantage of the complementary transportation to area shopping centers. The next trip departs from the Village Entrance at 10 a.m. Wednesday, Feb. 5. Please sign up in the Blue Book to register.

Red Hat Luncheon

The Red Hat Luncheon will be at 12:30 p.m. Thursday, Feb. 13, in the Manhattan Room. Please join hostesses, Alice Nichols and Alice Roper as we wander through Wonderland with the Mad Hatter. Sign up in the Blue Book, located at the Hospitality Desk, for reservations.

State of Kansas Long Term Care Ombudsman

Attend the virtual lecture on Long Term Care Ombudsman by Barbra Hickert, at noon, Wednesday, Feb. 5, in the KSU Classroom. The topics covered will be choosing a long-term care facility and options for long-term care and support. Also learn about the approach adopted by Meadowlark Hills that supports resident-directed care.

Bluegrass Duo

Join Walter Elder, Kansas State University senior, and Peter Fairchild, Kansas State University junior, as they bring their acoustic music to Meadowlark Hills at 7 p.m. Friday, Feb. 7, to the Community Room. Walter, on fiddle, and Peter, on guitar, will be sure to delight us with their melodies. The boys play a combination of bluegrass and folk music covers.

Book Discussion Club

Seven Dolors Catholic Church will be hosting a book discussion at Meadowlark Hills. The book discussion group is open to everyone and will meet on Tuesdays at noon in the Living Room beginning Tuesday, Feb. 4. The book that they will be reading and discussing will be "The Four Signs of a Dynamic Catholic" by Matthew Kelly.

Superbowl Watch Party

It's Superbowl Sunday! Come watch the championship game between the Denver Broncos and Seattle Seahawks in the Game Room, Sunday, Feb. 2. Kick-off is at 5:30 p.m. Prairie Star Restaurant will be offering tailgate food, including chicken wings, potato skins and carrot and celery sticks served with ranch or blue cheese dressing!

ANNOUNCEMENTS

Committee sign-up

There is still time to sign up for campus committees. You will find the sign-up sheets in the Blue Book, located at the Hospitality Desk. At this time, you are able to retract your membership by marking off your name or apply for open positions on a committee.

Each committee chair will be responsible for contacting new members of the committee to explain the meeting times and responsibilities.

Update your insurance information in the Finance office

If there are any changes in your health insurance coverage for 2014, please bring your new insurance cards to the Finance Office to get your updated information on file.

Branson, MO Trip Update

Good news for the travelers aboard the trip to Branson, MO! Even though we have not met the minimum of 25 travelers, we will still receive the same quoted price for the trip because all the shows gave the discounted group rates! There are currently 21 registered travelers for the trip departing Thursday, April 10 and returning Saturday, April 12.

There is still room for additional travelers! If you are interested, get registered as soon as possible. Registration forms can be found in the Blue Book! Registration is due by Thursday, Jan. 30, to Amanda Rall!

As long as little or no travelers drop out before Friday, Feb. 14, we will be all set to see Branson, MO, and it's magical shows!

Contact Amanda Rall at 323-3801, for more information!

ASK ANNIE!

Q. I have heard about a recognition event Meadowlark Hills is throwing for employees. How are employees recognized at this event?

submitted by Annie Peace

The event is right around the corner! This year's Annual Employee Recognition Event is coming up the end of February.

Every year we host an event to show appreciation to all of our employees for their years of service to Meadowlark Hills.

All employees are invited to attend and partake in the evening's festivities to thank them for all of the hard work they have done in the past year.

Employees who have completed a year of service will be recognized by the Human Resources Team and Lonnie Baker. Employees who have completed 5, 10, 15, 20 and 25 years of service will be recognized by their leader with a speech and a gift for their many years of service.

In addition to the recognition, there will be

costumes, a slide show of staff photos from the past year, trivia questions, prize giveaways, a dance and a couple other surprises!

This year's event will be hosted at the Hilton Garden Inn with a "Cinema Adventure" theme. Employees can dress-up as their favorite movie star or television character! This is also a great way for staff to meet people who work in other areas of the organization.

Unfortunately, not all staff can take the night off to come to the event so staff scheduled to work are recognized with a pizza party the evening of the event and are still eligible to win the prize drawings!

Thanks for another great question and keep them coming!



LETTER TO THE MESSENGER

On What Was Under the Petunias

submitted by Helen Roser

Sometimes interesting things happen when you're a little kid hanging around, looking for action. The back yards of the corner lots opened out to each other, with a little wooden shed the only structure. Years before, it had been torn down and a bed of petunias planted where it had been.

Now the new property owner, who had been fencing in his yard, had arrived at the petunia bed and was fixing to set a fence post. His spade had hit something that clinked, so he lifted his spade and moved it a few inches and tried again. Another clink.

Puzzled, the new property owner paused and leaned on his spade, thinking. A long-time neighbor, we called The Old Timer, had been standing off to the side, watching, with a look of amusement on his face. He ambled over to the new property owner and said softly, "I'd be real careful with that spade if I was you."

Looking up, the new property owner said, "Uh, why?" A look of reverence came over The Old Timer's face as he said, "Mister, the finest white lightening ever made is under

them petunias."

Our previous neighbor had been a bootlegger during the Roaring Twenties. His house had lots of visitors after dark. Apparently someone squawked and the police made dutiful raids several times. But they never found anything. After booze became legal, the bootlegging business fell off. The little wooden shed with its dirt floor was torn down and a bed of petunias was planted where it had been.

With the tender help of The Old Timer, the new property owner unearthed four dozen Mason jars, filled with their treasure. It had been out there all those years under the petunias.

My big sister was a flapper and she and her husband joined the popular trend of making your own home brew. They bottled theirs and lined the bottles up on the shelf in the cellar to "age." I think aging took about two weeks then. Only theirs never aged. Only a few days old, it blew up and blew a hole in the kitchen floor.

My sister said the kitchen was a sticky mess. And her landlord wasn't thrilled about the hole in the kitchen floor.

A Bit of History

submitted by Margaret Wheat

Meadowlark Hills is 34 years old this month (February). The first resident in Health Care moved in Feb. 1, 1980. Three days later, three more residents moved in. The Director of Health Care was Nancy Barnaby, RN, and her assistant was Ann Sand. Linda (McAnarney) Frey, RN, Sherry (Berry) Smith and Vivian Dane soon joined them on the staff. Sherry and Vivian are still with us on the staff!

The first independent living residents were Al and Mae Messenheimer (Al was a Board member) and Mrs. Ruth Lovell, who moved in on Feb. 4, 1980. John Grace, CEO, gave them a royal welcome. By November

1980, 95 percent of the apartments were occupied by 97 residents.

The Dedication and Ribbon Cutting for Meadowlark Hills happened on June 8, 1980, with an open house and tours of the building.

Joke of the Week


A person went to the doctor's office, and asked the doctor "What do I do? My arm hurts in two places!"

After deliberating, the doctor replied, "Well don't go back to those places!"

February BIRTHDAYS

Residents

Health Care



2/2	Virginia Keele
2/3	Donna Lake
2/4	Margery Richardson
2/5	Sam Zafran
2/9	Veronica Barry
2/10	Bob Mills
2/15	Jim Cranford
2/20	Larry Trippel
2/22	Lorraine Hirsch
2/27	Marlene Clark
2/28	Alma Rowlands
2/28	Phoebe Samelson

***Bold denotes milestone
birthday of 80, 90, 100 or 100+***

Assisted Living

2/1	Roy Smith
2/13	Hilda Schmidt
2/19	Vernon Bode
2/23	Louise Winter
2/26	Donald Ediger

Independent Living

2/2	Kitty Cool
2/4	Edna Peterson
2/4	Marilyn Ray
2/4	Margaret Wheat
2/7	Helen Whiteman
2/11	Lois Deyoe
2/12	Colleen Robinson
2/13	Paul Young
2/15	Opal Carlson
2/24	Alice Roper
2/25	Betty Grubb
2/27	Harriette Janke
2/27	Dotti Nonamaker

Employees

2/2	Kayla Menefee	2/17	Jane Houghton
2/3	McKenzie Reith	2/17	Darin Pelfrey
2/4	Susan Meeker	2/20	Will Augustyn
2/5	Kenzie McAnulty	2/20	Bill Tompkins
2/6	Ramona Major	2/20	Darcy Reinbold-Olson
2/7	Neema Prakash	2/22	Sherry Smith
2/9	Malerie Heinz	2/23	Carissa Staley
2/9	Ashley Havel	2/24	Timothy Rodriguez
2/10	Kelsi Schuckman	2/24	Cynthia Smith
2/11	Larissa Edwards	2/25	Sarah Wiley
2/11	Sarah Richter	2/25	Roy Peters
2/15	Darla Plante	2/26	Desiree Fleig
2/16	Victoreya McCuin	2/28	Regina Mastrian

PRAIRIE★STAR

RESTAURANT

Feb. 2– Feb. 8

Includes beverage, starter and dessert.

SUNDAY	Feb. 2 ~ Lunch \$11	Dinner \$10
	Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Super Bowl Chicken Wings Potato Skins Carrot & Celery Sticks Choice of Ranch or Blue Cheese
MONDAY	Feb. 3 ~ Lunch \$10	Dinner \$11
	Breaded Pork Cutlets Mashed Potatoes and Gravy Choice of Vegetable	Braised Lemon Tarragon Chicken Risotto Vegetable of the Day
TUESDAY	Feb. 4 ~ Lunch \$6	Dinner \$12
	Taco Tuesday (does not include drink, starter or dessert)	Roasted Pork Loin with Balsamic Cherry Sauce Scalloped Potatoes Vegetable of the Day
WED.	Feb. 5 ~ Lunch \$9	Dinner \$12
	Grilled Ham & Cheese Sandwich Cream of Tomato Soup Potato Salad	Shrimp Scampi Rice Pilaf Vegetable of the Day
THURSDAY	Feb. 6 ~ Lunch \$7	Dinner \$11
	Deli Bar (does not include drink, starter or dessert)	Chicken Breast Stuffed with Andouille Sausage Cornbread Dressing Vegetable of the Day
FRIDAY	Feb. 7 ~ Lunch \$10	Dinner \$14
	Beef Quesadillas Black Beans Spanish Rice	Catch of the Day Roasted Red Potatoes Vegetable of the Day
SATURDAY	Feb. 8 ~ Lunch \$10	Dinner \$15
	Fried Catfish Fillets Coleslaw Steak Fries	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, February 3 - Sunday, February 9

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

Monday, February 3 – Neptune's Daughter (1949) **Resident Request*

Bathing-suit manufacturer Eve tries to help when her dim sister falls for a masseur, believing he's Latin polo star Jose O'Rourke. Afraid the truth will crush her sister, Eve locates the dashing O'Rourke-- but soon falls in love with him.

Co-starring: Esther Williams & Red Skelton

Rated NR; 1 hr. 33 min.

Tuesday, February 4 – An Officer and a Gentleman (1982) **Resident Request*

Rated R for bloody violence, a suicide, strong language, & explicit sex scenes and nudity throughout.

Dreams of being a Navy pilot prompt Zack Mayo to enroll in officer training school, where he runs afoul of a drill instructor who senses the cadet's loner instinct and aims to school him on the importance of teamwork -- or break him in the process. In the meantime, Mayo romances a working girl, ignoring warnings to steer clear of the local lasses out to bag hotshot Navy flyboys.

Starring: Richard Gere

Rated R; 2 hrs. 4 min.

Wednesday, February 5 – Rawhide (1938) **Resident Request*

Retiring from baseball, Gehrig retreats to his sister Peggy's farm. But when a corrupt ranchers' association extorts from landowners, Gehrig stands up to the injustice. With the help of Peggy's lawyer boyfriend, Gehrig faces off against dodgy association leader Saunders and his cohorts.

Starring: Lou Gehrig

Rated NR; 58 min.

Thursday, February 6 – Amazing Grace (2006) **Resident Request*

Based on actual events, this historical drama tells the story of William Wilberforce, an 18th-century English politician who launched an aggressive campaign to abolish British slavery, despite staunch opposition.

Co-starring: Ioan Gruffudd & Benedict Cumberbatch

Rated PG; 1 hr. 51 min.

Friday, February 7 – Jayne Mansfield's Car (2012)

Rated R for language, sexual content, nudity, drug use and some bloody images.

In 1969 Alabama, grizzled WW II vet Jim braces for a visit from his ex-wife's now-widowed husband, who's bringing her body from England to bury. Soon, the tumult of the era, the changing South and generational clashes play out in Jim's home.

Starring: Robert Duvall

Rated R; 2 hrs. 2 min.

Saturday and Sunday, February 8 & 9 – The Mask of Zorro (1998) **Resident Request*

In this smashing revival of the iconic masked hero, an aging Zorro passes the torch to young successor Alejandro Murrieta, schooling him in discipline and training him to take up the sword against unscrupulous officials.

Co-starring: Antonio Banderas, Anthony Hopkins & Catherine Zeta-Jones

Rated PG-13; 2 hrs. 17 min.

This Week's Opportunities February 2 - February 8

SUNDAY • FEBRUARY 2

0:00 a.m. ~ Church Service, CR
2:00 p.m. ~ Movie, GC
:30 p.m. ~ Superbowl Watch Party, GR

MONDAY • FEBRUARY 3

Trash pick-up day.

Dental Hygiene Clinic, 201- *By Appointment Only*

8:30 a.m. ~ Resident Council, KSU CR
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 Practice, CR
5:30 p.m. ~ Tuttle Creek Supper, MR
7:00 p.m. ~ Game Time, GR

TUESDAY • FEBRUARY 4

7:30 a.m. ~ 1st Presbyterian Men's Bible Study, MR
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Kimball Lunch, MR
12:00 p.m. ~ Seven Dolors Book Discussion, LR
1:00 p.m. ~ Tai Chi, CR
2:00 p.m. ~ Life Story, MR
3:00 p.m. ~ Coffee Corner, CR
4:00 p.m. ~ Newspaper & Bible, LR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • FEBRUARY 5

8:00 a.m. ~ Centering Prayer, TR
9:00 a.m. ~ New Perspectives, LR
9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Memory Support Group, CON
10:00 a.m. ~ Wal-Mart/Hy-Vee Shopping Trip, VE
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. ~ Beginner Tai Chi, CR
12:00 p.m. ~ 1st Men's Club Lunch, MR
12:00 p.m. ~ State of Kansas Long Term Care Ombudsman Brownbag Series, KSU CR
1 to 2 p.m. ~ Fitness Center Office Hour, FC
1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
By Appointment Only
1:30 p.m. ~ Pitch, GR
3:00 p.m. ~ Call Hall Ice Cream, KR
7:00 p.m. ~ Game Time, GR

THURSDAY • FEBRUARY 6

10:00 a.m. ~ Meadowlark Bible Study, LR
10:00 a.m. ~ Resident Focus Group, KSU CR
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
1:00 p.m. ~ Blood Pressure Clinic, GR
2:00 p.m. ~ Parkinson's Support Group, CR
3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR
5:30 p.m. ~ Meadowlark Circle Supper, MR
7:00 p.m. ~ Bingo, CR
7:00 p.m. ~ Woodwinds Anonymous Practice, LR

FRIDAY • FEBRUARY 7

9:30 a.m. ~ Art Committee, LR
9:30 a.m. ~ Seated Strength, CR
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 Mass, CR
7:00 p.m. ~ Bluegrass Duo, CR

SATURDAY • FEBRUARY 8

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



Feb. 3 – 8

Manhattan

2 oz. Bulliet Rye
1 oz. Sweet Vermouth
Dash of Bitters
Served with a cherry
\$3.75