



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Feb. 6, 2014



All-Campus Valentine's Day Party



*Hosted by the Stolzer House
Life Enhancement Team*

Grab your special someone and attend the celebration of LOVE! The Stolzer House Life Enhancement team will host a Valentine's Day party, featuring sweets, crafts, a raffle and lots of fun from 3 to 4:30 p.m. Friday, Feb. 14, in the Community Center. Feel free to make your sweetheart a Valentine; craft supplies will be available!

Also available is personalized flower delivery by cupid! If you would like to order a flower to be delivered to your best friend, spouse or just someone very special to you, pick up a flower order form at the Hospitality Desk. There will be a place for a personalized note. You can sign your name or be completely anonymous about it! You can choose between a single rose for \$4 or a carnation for \$2. Also, choose between red, white or pink flower colors! Residents can choose to have the cost added to their monthly bill or can pay in cash at the Hospitality Desk. Flowers will be delivered at the Valentine's Day party! Flower orders must be placed by noon Wednesday, Feb. 12.



Can you imagine the look on your loved one's face when they are hand-delivered a personalized flower! It's a great way to show you truly care or appreciate someone! Maybe you know someone that needs a little pick-me-up, its good for that too! For questions, stop by the Resident Services office or call Amanda Rall at 323-3801!



Thank you for your continued support of the MLH Foundation and its mission.

*The Meadowlark Hills Messenger is proudly sponsored by **The Trust Company**.*



*at the UNIVERSITY OF KANSAS
in partnership with KANSAS STATE UNIVERSITY*

The 2014 spring Osher Lifelong Learning catalog is now available at www.osher.ku.edu.

This program offers enrichment short courses and special events specially developed for folks 50 and older. No homework. No tests. No pressure. It's learning for the joy of it! For more information about classes in Manhattan call UFM at (785) 539-8763 or online at www.tryufm.org.

Osher Institute Spring Courses & Special Events

The "Days of Our Lives" through Genealogy
by Jill Frese

Mon, Feb 10, 17 & 24 • 2 to 4 p.m.

Blue Valley Memorial Methodist Church

*The Wonderful Wizard of Oz: A Distinctly
American Fairy Tale*
by Clint Stueve

Wed, Feb 12, 19 & 26 • 2 to 4 p.m.

Meadowlark Hills Community Room

*Children on the Move: The Orphan Train
Era, 1854-1929*

by Amanda Wahlmeier

Wed, Mar 19, 26 & Apr 2 • 7 to 9 p.m.

Meadowlark Hills

Ike: Kansan, Soldier, President

by Roy Bird

Wed, Apr 9, 16 & 30 • 2 to 4 p.m.

Meadowlark Hills

*Please see Osher registration form, located
at the Hospitality Desk, for more classes!*

UPCOMING EVENTS

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.

League of Women Voters Public Meeting on Fracking

The League of Women Voters invites you to learn more about fracking in Kansas. Is Kansas a major site for producing petroleum products? How much water is needed for fracking? Will the process of fracking or the by-products of fracking pollute our ground or surface water? Who approves and oversees this process in Kansas? Join speaker, Shane Lyle, from the Kansas Geological Survey at 10 a.m. Saturday, Feb. 15, (or at 9:30 a.m. for coffee and doughnuts) in the Community Room to learn more about these questions.

Meadowlark Singers Performance

The best programs of the year are in February. Join the Meadowlark Singers and their love for music at 7 p.m. Friday, Feb. 14, in the Community Room as they sing classic love songs! The first half hour will be the Meadowlark Singers concert and renditions of Aura Lee, Somewhere My Love and Unchained Love. Following the concert, the Kahlers will lead a Sing-a-long of favorite love songs! What fun it will be!

KSU Center on Aging Lecture

Attend the KSU Center for Aging lecture by Charan Ganta, Anatomic Pathology, DVM, on stem cell therapy for treating cancers and autoimmune disorders at 4 p.m. Thursday, Feb. 13, in the Community Room.

Valentines Day Cards with Sigma Kappa

Join a group of volunteer ladies from Sigma Kappa Sorority, at 3 p.m. Sunday, Feb. 9, in the Community Room to construct Valentines!

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.

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, in 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.

The Wonderful Wizard of Oz Osher Class

The Wonderful World of Oz, written by L. Frank Baum and illustrated by W.W. Denslow, was published in 1900 and has been inextricably linked with our culture ever since. The book gave rise to a series containing 40 novels. The story was soon produced on the stage and then by the movie industry beginning with silent films. Learn about the author, the series of books, the 1939 MGM film and its stars, and how the classic fairy tale has impacted our lives today at the Osher class on Wednesdays, Feb. 12, 19 and 26, from 2 to 4 p.m., in the Community Room. This class is free to Meadowlark Hills residents, but registration is required. Please fill out the registration form, located at the Hospitality Desk or call (877) 404-5823.

ANNOUNCEMENTS

Vespers

Meadowlark Hills staff members are working diligently on the organizational support for the Vespers program, as it is important to many people. A date has not been set for the program to start up again, but staff is hopeful that the services will return in the coming months. Please watch future Messengers for new details regarding Vespers and feel free to contact Patty Brown-Barnett or Garrett Lee with questions.

Valentines from years gone by

Check out the antique Valentine display in the library, courtesy of Pat Murray. They are beautiful renditions of Valentines from years gone by!

Parkinson's Voice Class

Do people ask you to repeat yourself more often? Is it challenging to be understood on the telephone? Come, join our fun and interactive group in voice and speech exercises to improve your communication with family and friends! The class meets from 2 to 2:15 p.m. in the Community Room, then from 2:15 to 3 p.m. in the KSU Classroom each Monday, starting now! Exercises are geared for individuals with Parkinson's Disease but anyone who is having difficulties communicating is welcome to attend. The classes are led by a LSVT Certified Voice Clinician and KSU Graduate Students in Speech-Language Pathology. For more information, contact Michelle Haub at (785) 317-0743.

ASK ANNIE!

Q. What is the history of Groundhog Day and how accurate has this prediction been in the past?

submitted by Annie Peace

With all of the hype around the Super Bowl, many of us had forgotten about Groundhog Day this past Sunday. With the recent accumulations of snow it should come with no surprise that Punxsutawney Phil saw his shadow and we are in store for another six weeks of winter!

Rumor has it that Groundhog Day in the United States comes from the European Holiday of Candlemas Day. Candlemas Day was the first to claim Feb. 2 as its holiday and essentially held the same superstition as Groundhog Day. The legend goes "If Candlemas be fair and bright, come, winter, have another flight; If Candlemas brings clouds and rain, go winter, come not again." The Germans began using hedgehogs on this day to predict bad weather or the coming of and early spring. When the Germans settled Pennsylvania they continued this tradition with groundhogs as it most closely resembled a hedgehog. In 1886, the first official

Groundhog Day was held in Punxsutawney, Pennsylvania. A year later many trekked to Gobbler's Knob to see

Punxsutawney Phil predict six more weeks of winter, and thus the tradition began.

So how accurate has Punxsutawney Phil been for the past 128 years? According to the official record, about nine times out of ten Phil sees his shadow with the occasional year where he doesn't make an appearance or makes his appearance before sunrise. So generally we can expect winter to last into March. Last year, however, Phil gave us all hope of an early spring. Needless to say these hopes were shattered as we were still seeing snow and ice into early May. So as far as researching predictions about the upcoming seasons, I will most likely be sticking to the Farmers' Almanac before relying on Punxsutawney Phil!

Thanks for the fun question this week and keep them coming!



LETTER TO THE MESSENGER

To the residents and staff at Meadowlark Hills

submitted by Cecilia Russell, LSCSW

I wanted to thank everyone at Meadowlark Hills for giving me wonderful experiences over the last year. I have truly enjoyed getting to know everyone and feel that my life has been enhanced by the time I was able to enjoy with you. Because of the relationships that I have developed at Meadowlark Hills, the decision to switch jobs did not come easily.

Even though I will miss everyone here, my colleagues and Meadowlark Hills in general, I am looking forward to taking on a new challenge and starting a new phase of my career.

Thank you again for all of your kind wishes and delightful memories.

FOUNDATION NEWS

January 2014 In Loving Memory

Mel Short

Ellen Sickenberger

Laura Erickson

Genny Matthews

Pat Born

Charlotte Van Valkenbergh

John Vogt

Margie Larsen

In Honor

LaVonne Greene

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

GIVING OPPORTUNITIES

Gifting to the Outdoor Opportunity Project

This project has generated strong interest during its conception, definition and development. Several individuals have offered largely unsolicited financial support during a quiet phase of funding. The total project cost is forecast at just over \$70K. The Board has budgeted \$40K during the fiscal year 2013-2014. Individual gifting offers now total \$25K, approaching the minimum of \$30K needed to complete the project this year. This notice is to alert you to the opportunity to recognize your support with a gift during an open phase in the month of February. Your gift is tax deductible and can be made by personal check to "Meadowlark Hills Foundation" noted to the Outdoor Opportunities Project. Please direct to Chris Nelson. Gifts of any size, from staff as well as residents, are welcome. Those who appreciate greater access to nature, now and for years to come, thank you.

DRINK SPECIAL



Feb. 10 – 15

Bloody Mary

2 oz. Vodka

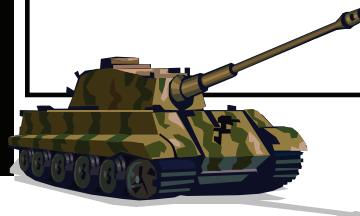
4 oz. Noel's Bloody Mary Mix
Served with a celery stalk, olives
and pickle spear

\$3.75

Joke of the Week

There were two fish in a tank.

One asks the other fish,
"How do you drive this thing?"



TOWN MEETING MINUTES

Feb. 3, 2014

Welcome and Introduction of New Residents, Amanda Rall

There were several of the Anthropology students present that were introduced. The students are currently occupying apartments 301, 302, 306 and 406.

UFM Community Learning Center, Charlene Brownson

Charlene Brownson was a guest speaker from the Osher Institute and UFM Community Learning Center. Charlene reported on Osher classes held in conjunction with KU. These classes are organized by the UFM and held at various locations each semester. There are generally several classes held at Meadowlark Hills and are free of charge to Meadowlark Hills' residents (special events require extra usage fee). To register for an Osher class, see the Hospitality Desk for a registration form.

Campus Update, Lonnie Baker

Lonnie reported that the first round of the policy and procedure project is almost complete. The nursing policies and procedures are projected to be completed by the end of February, which will conclude the first round of policy and procedure writing and updating. Lonnie reported that all bids for the pond project have been received and work should be started soon, weather permitting.

Health Services Update, Garrett Lee

Garrett announced that Bramlage House guests will be listed in the Game Room, provided they give consent to be listed. Garrett announced the Social Services Leader, Cece Russell has left to pursue other career opportunities. The process to fill this position is already underway and should be filled shortly. Garrett introduced Skyler Schmidt. Skyler is interning at Meadowlark Hills for social work and Administrator in Training (AIT). He is currently working to launch a brain fitness program, "Brain Booster" in March, per request of the Resident Wellness Committee. Garrett reported that the need for continuing the Vespers church service, held on Sunday evenings, has been heard. However, the services are currently canceled until staff transitions to provide support to the program.

Support Services Update, Annie Peace

Annie introduced the new Information Services Leader, Will Gold. His first day was Jan. 27. Annie reported that the Spring Clean-Up Day is being organized for the Meadowlark Hills campus and will be held on Saturday, May 3.

IL Update/Upcoming Events, Amanda Rall

Amanda reported that there are currently 21 people registered for the Branson, MO trip, but they will still be able to receive the same quoted price. The last day to drop out of the trip for a 75% refund is Feb. 14. Amanda also spoke about the Ambassador Committee and how they are trying to become more active in the Healthcare Households by participating in Community Circles. Committee sign-ups are still in the Blue Book for people to sign-up. The deadline for writing submissions to the Culture Story Contest is Friday, Feb. 14, to Tracy Musselman.

Adjourn

Submitted by Elizabeth Birk

PRAIRIE★STAR

RESTAURANT

Feb. 9– Feb. 15

Includes beverage, starter and dessert.

SUNDAY	Feb. 9 ~ Lunch \$12	Dinner \$10
	Pot Roast Carrots, Celery, Onions & Potatoes	Shepherd's Pie Vegetable of the Day
MONDAY	Feb. 10 ~ Lunch \$10	Dinner \$11
	Meatball Hero Sandwich Potato Salad Choice of Vegetable	Chicken Parmesan Spaghetti Noodles, Garlic Toast Vegetable of the Day
TUESDAY	Feb. 11 ~ Lunch \$8	Dinner \$10
	Fajita Bar (does not include drink, starter or dessert)	Beef Stew Vegetable of the Day
WED.	Feb. 12 ~ Lunch \$10	Dinner \$12
	Fried Catfish with Tartar Sauce Steak Fries Cole Slaw	Roasted Cornish Game Hen Garlic White Cheddar Mashed Potatoes Vegetable of the Day
THURSDAY	Feb. 13 ~ Lunch \$7	Dinner \$12
	Salad Bar (does not include drink, starter or dessert)	Herb Roasted Pork Tenderloin with Red Wine Vinaigrette Potato Gratin Vegetable of the Day
FRIDAY	Feb. 14 ~ Lunch \$10	Dinner \$13
	BBQ Pork Chop Sandwich French Fries Choice of Vegetable	Pecan Crusted Trout with Orange Rosemary Butter Sauce Zucchini Pancake Vegetable of the Day
SATURDAY	Feb. 15 ~ Lunch \$10	Dinner \$15
	Linguini with White Clam Sauce Garlic Toast 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, February 10 - Sunday, February 16

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

Monday, February 10 – It's a Pleasure (1945)

Figure skating star Chris Linden and ice hockey champ Don Martin make a passionate pair. When her beau's bad-boy behavior gets him booted from hockey, Chris lands him a spot in an ice show. But a battle with booze -- and the allure of another woman -- may put Don on thin ice.

Starring: Sonja Henie

Rated NR; 1 hr. 30 min.

Tuesday, February 11 – Take Shelter (2011)

Rated R for language.

Michael Shannon stars in this thriller as a small-town family man who, determined to protect his wife and deaf daughter from impending disaster, builds an impenetrable storm shelter in the safety of his own backyard.

Starring: Jessica Chastain

Rated R; 2 hrs. 1 min.

Wednesday, February 12 – High Noon (1952)

Retiring Marshal Will Kane insists on defending his town from a gang of hooligans who are due on the noon train -- but he faces the task alone as the cowardly townspeople flee like rats from a sinking ship.

Starring: Gary Cooper

Rated NR; 1 hr. 24 min.

Thursday, February 13 – Autumn in New York (2000) **Resident Request*

Will Keane is a middle-aged playboy working the Big Apple who experiences true love for the first time when he falls under the spell of Charlotte Fielding, a young, vibrant woman harboring a tragic secret.

Co-starring: Richard Gere & Winona Ryder

Rated PG-13; 1 hr. 45 min.

Friday, February 14 – The Spectacular Now (2013)

Rated R for alcohol use, language and some sexuality - all involving teens.

When high school loner Aimee Finecky finds her classmate Sutter Keely passed-out drunk on a lawn, it marks the start of an unlikely friendship. After deciding to help Aimee raise her social confidence, Sutter finds himself falling for his creation.

Starring: Shailene Woodley

Rated R; 1 hr. 39 min.

Saturday & Sunday, February 15 & 16 – The Legend of Zorro (2005) **Resident Request*

After being persuaded by his resentful wife to hang up his alter ego's sword, Don Alejandro de la Vega returns to action as the masked avenger Zorro when he gets wind of a scheme to sabotage California's bid for statehood.

Co-starring: Antonio Banderas & Catherine Zeta-Jones

Rated PG; 2 hrs. 10 min.

This Week's Opportunities February 9 - February 15

SUNDAY • FEBRUARY 9

10:00 a.m. ~ Church Service, CR
2:00 p.m. ~ Movie, GC
3:00 p.m. ~ Valentines Day Cards with Sigma Kappa, CR
6:00 p.m. ~ Movie, GC

MONDAY • FEBRUARY 10

Trash pick-up day.

Dental Hygiene Clinic, 201- *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
11:30 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
7:00 p.m. ~ Game Time, GR

TUESDAY • FEBRUARY 11

10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Seven Dolors Book Discussion, LR
1:00 p.m. ~ Tai Chi, CR
3:00 p.m. ~ Coffee Corner, CR
3:30 p.m. ~ Ambassador Committee Meeting, KSU CR
4:00 p.m. ~ Newspaper & Bible, LR
5:30 p.m. ~ 4th Floor Supper, MR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • FEBRUARY 12

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. ~ 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
1:00 p.m. ~ History Committee Meeting, MR
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. ~ The Wonderful Wizard of Oz
Osher Class, CR
3:00 p.m. ~ Call Hall Ice Cream, KR
7:00 p.m. ~ Game Time, GR

THURSDAY • FEBRUARY 13

10:00 a.m. ~ Meadowlark Bible Study, MR
10:00 a.m. ~ Great Decisions, LR
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:30 p.m. ~ Red Hat Luncheon, MR
1:00 p.m. ~ Blood Pressure Clinic, GR
2:30 p.m. ~ KSU Gerontology Class, CR
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 • FEBRUARY 14

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
3:00 p.m. ~ All Campus Valentine's Day Party, CR
7:00 p.m. ~ Meadowlark Singers Performance, CR

SATURDAY • FEBRUARY 15

8:30 a.m. ~ United Commercial Travelers Meeting, MR
9:30 a.m. ~ Water Color Painting Art Class, KSU CR
10:00 a.m. ~ League of Women Voters Public Meeting on
Fracking, CR
1:00 p.m. ~ Movie, GC
4:00 p.m. ~ Movie, GC
6:00 p.m. ~ KSU Men's Basketball Watch Party, GR
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	