



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

April 10, 2014

Parkinson's Program

Pig Out for Parkinson's event on April 24

by Michelle Haub

April is Parkinson's Disease Awareness month! Nearly 60,000 Americans are diagnosed with Parkinson's disease (PD) every single year, causing the number of Americans living with PD to reach over one million. With our population living longer, the rate of diagnosis will continue to grow as the risk for this progressive neurological disease increases with age. Men have a greater prevalence of PD than women, however this statistic is not always reflected in our community. The cause of PD is still being researched, however, the best evidence currently suggests that there is both a genetic and an environmental component involved. This means that an individual may have the genetic predisposition for the disease, but unless they are exposed to a toxin (i.e., pesticides) the disease will not become active.

The hallmarks of the disease are rigidity (stiff muscles), postural instability, bradykinesia (slow movements) and resting tremor (although not present in the majority of individuals). Other common features present in PD includes depression, quiet voice and sleep disturbances.

One of the things many people do not understand about PD is that much can be done to help decrease the progression of the disease. With the right medications, therapy and exercise, individuals can regain some control and confidence in their daily



living skills. This is where the Parkinson's Program of Manhattan at Meadowlark Hills becomes so important for individuals affected by the disease in the Flint Hills region. The Program offers biweekly exercise classes, weekly voice classes, bimonthly caregiver support groups, monthly education group meetings, a lending library of books, CDs and equipment and other outreach and educational opportunities. All of these services are provided to individuals free of charge.

Please join us on Thursday, April 24, at Cox Brothers BBQ for our Pig Out for Parkinson's to help celebrate National Parkinson's Disease Awareness month and raise awareness for PD. Coach Bill Snyder will be present at noon to sign autographs and take pictures. With a minimum donation of \$10 to the Parkinson's Program, you may have a bottle of Cox Brothers BBQ sauce signed by Coach Snyder! Prize drawings for an autographed K-State football and basketball will also take place.

If you have questions about the Parkinson's Program please contact Michelle Haub, Parkinson's Program Leader, at 323-3899 or 317-0743.

See you at Cox Brothers BBQ to...Pig Out for Parkinson's!!



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

General Support Group

The General Support Group provides an opportunity to share and discuss various losses and to receive support and education about the bereavement process. You're invited to attend the General Support Group at 1 p.m. on Saturdays, beginning Saturday, April 13, in the West Conference Room. Groups are led by Roshanna Robinson, Social Services Intern at Meadowlark Hills.

Brain Gain Brownbag Series

You're invited to attend the free lecture series in a virtual classroom setting at noon Wednesday, April 16, in the KSU Classroom. The topic of this lecture is strategies and techniques an individual can use to help keep or improve memory, led by Myra Hyatt, Social Worker and Stephanie McGuire, Social Work Intern.

Veterans Group

Veterans are encouraged to attend the monthly Veterans Group on the third Friday of every month. This month's meeting will be at 10 a.m. Friday, April 18, in the Grosh Cinema.

Community-wide Easter Egg Hunt

Meadowlark Hills is hosting an Easter egg hunt, led by the Honstead House Life Enhancement Team from 1:30 to 3:30 p.m. Saturday, April 19. Check-in for the Easter Egg Hunt in the Community Room at 1:30 p.m. Two courtyards will be used for the Easter Egg Hunt: Stolzer House and Collins House Courtyard, and Honstead House and Sloan House Courtyard. Refreshments, face painting, prize drawings and pictures with the Easter Bunny will take place in the Community Room, following the Easter Egg Hunt!

Party on the Prairie Star Patio

Doug Chapman's his name and boogieing is his game! You're invited to a patio party at 7 p.m. Friday, April 18, on the Prairie Star Patio with live music by Chappie!

Good Friday Church Service

Rev. Cam McConnell, from the 1st Presbyterian Church is holding a Good Friday service at 4 p.m. Friday, April 18, in the Living Room. All are invited.

Anthropology student Focus Group

The anthropology students want to discuss the generation gap between students and residents. Carol Ford and Alex Thomen are holding a Focus Group at 7 p.m. Wednesday, April 16, in the Living Room. We will be discussing questions based on surveys, values and lifestyles across generations.

Wilma Hafenstein's Birthday Party

You're invited to a birthday celebration by Wilma Hafenstein's family from 2 to 4 p.m. Saturday, April 12, in the Community Room. Cake and refreshments will be served. Wilma is requesting no gifts—just bring a good joke to share.

Color Theory Class

During the interim of the water color art class, Tips and Techniques, Diane Dollar will teach a class on color theory. Join Diane on Saturdays from 10 a.m. to noon, now being hosted in the Miller Craft Room. If you have any art supplies, please bring them with you to the class.

Wildflower Presentation

Attend the Wildflower Presentation by Jill Haukos at 7 p.m. Friday, April 11, in the Community Room. Jill will dedicate her presentation to native wildflowers, many of which you can experience right here on the Meadowlark Hills campus!

Chocolate & Tea 2014

Tickets are now available for the 11th Annual Chocolate and Tea event! This event benefits the Manhattan Area Habitat for Humanity.

Chocolate and Tea is from 2 to 4:30 p.m. Sunday, April 13, at the Houston Street Ballroom (427 Houston Street, Manhattan). Enjoy an afternoon of fun, including: silent and live auctions, chocolate fountain, coffee, tea, treats and musical entertainment.

Tickets are \$15 and may be purchased in advance in the Community Relations office at Meadowlark Hills, by calling Carol Bredesen at (785) 539-9390 or at the door. Don't miss out on this great annual event! If you have questions, please call Sarah Duggan, Community Relations Director, at (785) 323-3890.

ASK ANNIE!

Q: After Kinzie Jo's energetic performance at Town Meeting, some of us were wondering—what does she eat for breakfast?

submitted by Annie Peace

What a fun question and after her energizing and award-winning performance at Town Meeting I am also curious. Here is what Kinzie wanted to share about what she eats for breakfast and how she is always so full of energy.

“A lot of people ask me how I have so much energy! To answer the latest rumors: No, I am not on drugs! No, I do not plug myself into the wall every night and recharge my battery pack. No, I am not a robot. YES! I ADORE COFFEE! But I only allow myself two cups a day. I think I may go on overload and explode if I had any more than that! So, the real answer is that I drink a cup of coffee, eat a fig bar and take a multi-vitamin. Then I try to exercise for about 45 minutes around 5:30 a.m. But that isn't

what gives me the energy that I have! Do you know what makes me tick? YOU! Yes, I get my energy from people, believe it or not. When I sell, when I get to have a conversation, when I get to listen to your stories and tell one of my own, or share a talent, that is what gives me energy. It gives me pure energy and joy to share my love with others. And yes, I like to be loved, too. Thanks for your wonderful question and for all of the joy and energy you bring me on a daily basis! I am going to go plug myself back into the wall now...!”

Thank you for another great question, and Kinzie, congratulations on your well-deserved award and thank you for sharing!



UPCOMING EVENT

Friends of McCain brewing with hospitali-tea

Question: What do star-crossed lovers and small sandwiches have in common? **Answer:** 2 for Tea with Friends! The Friends of McCain Auditorium Board of Directors invite you to an afternoon tea party at Meadowlark Hills prior to the Moscow Festival Ballet's performance of *Romeo and Juliet* at McCain Auditorium. The event is set for 2 p.m. Sunday, April 27, in the Community Room. All Meadowlark Hills residents, Passport members, Board members and employees are invited, but please register in the Blue Book to reserve your seat.

For resident with tickets to the ballet, the party promises to be a fun introduction to what you'll experience at McCain. If you don't have tickets, please don't let that stop you from enjoying soothing music, tasty fare and a discussion of Shakespeare's tragic tale. McCain Board members and other volunteers will serve party-goers as they enjoy a variety of hot teas, bite-size sandwiches, scones and petit fours.

Also set to attend the tea party is Jennifer Vellenga, head of Acting and Directing in the School of Music Theatre and Dance at Kansas State University. Vellenga plans a short presentation titled “The Enduring Nature of *Romeo and Juliet*.” *Romeo and Juliet*, published in the late 16th century, was adapted from a poem. Over the past 400 years, the tragedy of the star-crossed lovers has inspired

multiple art forms: film, opera, art, musical theatre, comedy, and dance. Structured in perfect balance to keep us in suspense until the bitter end, the story of *Romeo and Juliet* promises audiences a passionate journey of romance, family obligation, economics, race and religion. Vellenga will share some of the reasons why *Romeo & Juliet* continues to endure.

Becky Fitzgerald, a member of the Meadowlark Hills Sales Team, also serves on the McCain Board, and announced this event at the April Town Meeting. Residents there had the opportunity to take home a door prize of two tickets to see the ballet, with Jean Beatty winning those tickets. McCain Auditorium has generously donated more *Romeo and Juliet* tickets for the Friends of McCain to give away. If you would like to have an opportunity to win tickets but were not present at Town Meeting, please stop by Becky's office to register.

Two buses have been scheduled to transport ticket-holders to McCain. If you win tickets and would like to use Meadowlark transportation, please register in the Blue Book.



above: Jennifer Vellenga, head of Acting and Directing in the School of Music Theatre and Dance at Kansas State University

ANNOUNCEMENTS

Floor & Neighborhood Suppers

Prairie Star Restaurant is devoted to preparing and serving quality neighborhood and floor meals. To help ensure quality service, please remember to sign up at least one day in advance in the Blue Book, located at the Hospitality Desk. Late sign-ups may not be guaranteed the same menu. We appreciate your attention to this matter.

Blood Pressure Clinic Canceled

The Blood Pressure Clinic has been canceled for Monday, April 14, and will resume Thursday, April 17. Staff apologizes for any inconvenience.

Sidewalk Installations

The Maintenance Team would like to announce the installation of new sidewalks beginning this week on Friday, April 11, contingent on weather. Areas of campus that will be affected are in front of Bramlage House and east toward Tuttle Creek Blvd on Meadowlark Road.

Center on Aging Lecture Canceled

submitted by Laci Cornelison

The Center on Aging lecture series speaker for Thursday, April 10, has canceled so there will not be a lecture series this month. The Center on Aging apologizes for the late notice.

Easter Sunday Church Service

The Easter Sunday Church Service will be held in the KSU Classroom at 10 a.m. Sunday, April 20.

Hail to the Chief: Osher Class

Hail to the Chief: The American Presidency from George Washington to offers a special treat, the chance to view the instructor's collection of objects and memorabilia associated with political campaigns and personalities from the 1820s to the present. During the first two sessions, we'll discuss what shaped America and the presidency from 1789 to 1877, the evolution of political principles and the events that transformed the country and the office. The class meets Tuesdays, April 22 and 29, May 6, from 2 to 4 p.m. at the First Baptist Church, 2121 Blue Hills Road, Manhattan.

PRAIRIE STAR RESTAURANT

Easter Day Brunch Buffet

Sunday, April 20

Make your reservations by signing up in the Blue Book located at the Hospitality Desk.

Two available seating times:
11 a.m. & 1 p.m.

Cost: \$18 adults, \$8 children

DRINK SPECIAL



**April 14 – 19
501 Blue**

1 1/2 oz. Blue Curacao
1 1/2 oz. Blueberry Schnapps
1/2 oz. Vodka
Sour Mix
Sprit to fill
\$3.75

Joke of the Week

When is the best time to see the dentist?
At "Tooth-Hurty."

TOWN MEETING MINUTES

Welcome and Introduction of New Residents, Amanda Rall

Anna Walsh and Janice Parsons were introduced as new independent living residents. Angie Burton was introduced as the new full-time receptionist.

Campus Update, Lonnie Baker

Lonnie reported the Sales Team has been doing an excellent job selling apartments. Twenty nine new independent living residents have moved in since last year and there are six Letters of Intent for the future. With the renovations of the recently sold apartments, there has been noise, however we have experienced the worst of it and the noise should be minimal for the remainder of the construction.

Independent Living Resident Council, Jean Beatty

Jean Beatty reported on behalf of the Independent Living Resident Council (ILRC), as Council chair. The ILRC will be taking nominations for the Board of Trustees members, to represent the ILRC. The current ILRC Board Members are Sandra Emely, Don Rasmussen and Loren Alexander. Sandra will be completing her first three year term and has elected not to run for Board of Trustees for another term. Don is in his second term and has decided to step down as a Board Member. The council will need to elect two people for Board of Trustees. One person will be selected to serve a three year term and another will be selected to complete Don's term. Ballots will be sent to residents soon. Residents will have the opportunity to nominate one person. Before nominations, please contact the person being nominated to ensure they want to serve. Ballots should be turned in to the ballot box, which will be located at the Hospitality Desk. Nominees will be introduced at the May Town Meeting.

Health Services Update, Garrett Lee

Garrett reported renovations are being made to the Collins House and Stolzer House kitchen and the Honstead House spa. The Resident Wellness Committee has decided to cancel meetings until further notice. Kristen Martin was introduced as the new Social Services Leader, starting April 22. Vespers will begin meeting again the first week of June. Questions can be directed to Patty Brown-Barnett, Chaplain.

Support Services Update, Annie Peace

Annie requested no glass be placed in the recycle bins. Instead, glass should be taken to Howie's Trash Service or thrown away in the provided glass bins in each trash room or duplex residents can throw glass in their trash bins. She reminded everyone not to tie their bags when recycling.

There will be a Spring Clean-up on Saturday, May 3. If anyone wishes to volunteer, they need to sign up in the Blue Book by Friday, April 11. Volunteers, who are signed up by this date, will receive a free T-shirt. Lunch will be provided.

2 for Tea with Friends

As a member of McCain Board of Directors Audience Development Committee, Becky Fitzgerald announced a tea party will be held at 2 p.m. Sunday, April 27, before the Romeo and Juliet Ballet. The tea party will be located in the Community Room and will catered by Prairie Star. Everyone is invited. A speaker from K-State will be attending to speak about *Romeo and Juliet*. Jean Beatty won a drawing for a pair of tickets, to see Romeo and Juliet. There will be additional opportunities to win tickets. Please see Becky in the Sales Office to register to win.

Parkinson's Program Update, Michelle Haub

Michelle reported on the Parkinson's Program of Manhattan at Meadowlark Hills. This program offers help free of charge. Their mission is to help cope and stop the progression of Parkinson's disease. April is national Parkinson's Disease Awareness Month. Cox Bros. BBQ is hosting Pig Out for Parkinson's on Thursday, April 24. The event will last all day and a portion of the proceeds will benefit the Parkinson's Program. Shirts for the event can be purchased for \$10 from the Community Relations Office. Those who wish to attend the event can sign up for transportation in the Blue Book, located at the Hospitality Desk. The bus will depart at 11:30 a.m. from the Village Entrance.

IL Update/Upcoming Events, Amanda Rall

Meadowlark Hills Travelers will be departing at 8 a.m. to Branson, Missouri on Thursday, April 10. Those who are traveling should arrive by 7:30 a.m. The Billiards Tournament begins Tuesday, April 8. Today is the last day to sign up for the tournament. Coach Bill Snyder will attend Coffee Corner at 2 p.m. Tuesday, April 22, in the Community Room. There will be a Patio Party at 7 p.m. Friday, April 18, on the Prairie Star Patio. Live music will be provided by Chappie (Doug Chapman). Meadowlark Hills will be hosting an Easter Egg Hunt, led by Honstead House Life Enhancement Team, on Saturday, April 19, from 1:30 p.m. to 3:30 p.m. There will be several activities after the Easter Egg Hunt, including pictures with the Easter Bunny and face painting.

Adjourn

Submitted by Angela Burton

PRAIRIE★STAR

RESTAURANT

April 13 - April 19
Includes beverage, starter, and dessert.

SUNDAY	April 13 ~ Lunch \$12	Dinner \$10
	Braised Short Ribs Potato Pancakes Vegetable of the Day	Ham and Beans Homemade Cornbread Vegetable of the Day
MONDAY	April 14 ~ Lunch \$10	Dinner \$11
	Fried Bologna Sandwich Waffle Fries Choice of Vegetable	Chicken Milanese Angel Hair Pasta Vegetable of the Day
TUESDAY	April 15 ~ Lunch \$6	Dinner \$11
	Taco Tuesday (does not include drink, starter, or dessert)	Lasagna Garlic Toast Vegetable of the Day
WED.	April 16 ~ Lunch \$10	Dinner \$12
	Hot Chicken Salad Choice of Vegetable	Shrimp Creole Red Beans & Rice Vegetable of the Day
THURSDAY	April 17 ~ Lunch \$7	Dinner \$11
	Breakfast Bar (does not include drink, starter or dessert)	Baked Chicken Smoked Gouda Scalloped Potatoes Vegetable of the Day
FRIDAY	April 18 ~ Lunch \$10	Dinner \$12
	Catfish Po' Boy Coleslaw Choice of Vegetable	Seared Salmon Red Pepper Risotto Vegetable of the Day
SATURDAY	April 19 ~ Lunch \$10	Dinner \$12
	Meatball Sandwich Steak Fries Choice of Vegetable	Roasted Pork Tenderloin Roasted Red 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, April 14 - Sunday, April 20

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

Monday, April 14- It Happened One Night (1934)

Runaway socialite Ellie Andrews (Claudette Colbert) is en route to the Big Apple to elope with a fortune-hunting flyboy. Along the way she meets a crusty newspaperman (Clark Gable), who's just been sacked and -- unbeknownst to Ellie -- plans to sell her story to get his job back. But a string of zany misadventures leads them to realize they're madly -- if reluctantly -- in love. It Happened One Night swept every major Academy Award.

Co-starring: Clark Gable & Claudette Colbert

Rated NR; 1 hr. 45 min.

Tuesday, April 15 - Mermaids (1990)

This is the story of Mrs. Flax (Cher), an eccentric single mother, and her two children, Charlotte (Winona Ryder) and Kate (Christina Ricci). Charlotte is ashamed of her mother's theatrical behavior and strives to become the best Catholic possible -- even though her family is Jewish. Kate, meanwhile, has her sights set on being the world's greatest swimmer. When Mrs. Flax moves the clan to New England, the trio learns the true meaning of family.

Co-starring: Cher & Bob Hoskins

Rated PG-13; 2 hr. 1 min.

Wednesday, April 16 – A Fist Full of Dollars (1964)

Clint Eastwood stars as a world-weary gunman who agrees to work for warring gangs, ultimately pitting the two factions against each other.

Starring: Clint Eastwood

Rated R; 1 hr. 40 min.

Thursday, April 17 – License to Wed (2007)

Ben and Sadie encounter a roadblock to their trip down the aisle when her pastor insists they go through a preup course before he'll marry them. The two agree to the marital boot camp -- but find it puts their relationship through some challenges.

Co-Starring: Robin Williams, Mandy Moore, & John Krasinski

Rated PG-13; 1 hr. 31 min.

Friday, April 18 – The Lone Ranger (2013) **Resident Requested*

In this reboot of the 1950s television series, Native American warrior Tonto rescues wounded lawman John Reid and restores him to health, thus creating an often-contentious but effective partnership as they attempt to rid the Old West of corruption.

Co-starring: Johnny Depp & Armie Hammer

Rated PG-13; 2 hr. 29 min.

Saturday & Sunday, April 19 & 20 – Frozen (2013)

After her kingdom is doomed to suffer from eternal winter, intrepid Anna goes on a quest to find her reclusive sister, the Snow Queen, and break the curse. Along the way, Anna teams with eccentric mountaineer Kristoff and his comic reindeer, Sven.

Starring: Kristen Bell

Rated PG; 1 hr. 28 min.

This Week's Opportunities April 13 – April 19

SUNDAY • APRIL 13

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

MONDAY • APRIL 14

Trash pick-up day.

Dental Hygiene Clinic, 207– *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. ~ Beginner Tai Chi, CR
12:00 p.m. ~ 1st Presbyterian Men's Club, MR
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 • APRIL 15

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. ~ 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
5:30 p.m. ~ Eastside Supper, MR
5:30 p.m. ~ 2nd Floor Supper, CR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • APRIL 16

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. ~ Church Service, KSU CR
10:00 a.m. ~ Wal-Mart/Hyvee Shopping Trip, VE
10:20 a.m. ~ Weights 101, CR
11:15 a.m. ~ Sit and Be Fit, CR
12:00 p.m. ~ Brain Gain Brownbag Series, KSU CR
12:00 p.m. ~ Beginner Tai Chi, CR
1 to 2 p.m. ~ Fitness Center Office Hour, FC
1:30 p.m. ~ Pitch, GR

2:00 p.m. ~ IKE: Kansan, Soldier, President
Osher Class, CR
2:30 ~ Lutheran Communion, LR
3:00 p.m. ~ Call Hall Ice Cream, KR
7:00 p.m. ~ Game Time, GR

THURSDAY • APRIL 17

10:00 a.m. ~ Meadowlark Bible Study, LR
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. ~ Low Vision Support Group, KSU 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
7:30 p.m. ~ Sons of the American Revolution, CON

FRIDAY • APRIL 18

9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Veterans Group, GR
10:20 a.m. ~ Weights 101, CR
11:15 a.m. ~ Sit and Be Fit, CR
12:00 p.m. ~ Mending Angel, GR
1:00 p.m. ~ Hand and Foot Card Games, GR
1:15 p.m. ~ Parkinson's Exercise Group, CR
1:30 p.m. ~ Brain Booster, GR
3:30 p.m. ~ Catholic Rosary, CR
4:00 p.m. ~ 1st Presbyterian Good Friday Service, LR
7:00 p.m. ~ Doug "Chappie" Chapman on the Patio,
PS Patio

SATURDAY • APRIL 19

10:00 a.m. ~ Color Theory Class, MCR
1:00 p.m. ~ Movie, GC
1:00 p.m. ~ General Support Group, CON
1:30 p.m. ~ Community-wide Easter Egg Hunt & Event, CR
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