



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

April 24, 2014

Spring Clean-Up Set For May 3

Employees, residents, volunteers to beautify campus



by Amanda Rall

We may have seen it all this spring—wind, snow, rain, even our fair share of smoke in the air—but we're gearing up to start fresh with the 2014 Spring Clean-Up set for Saturday, May 3. The Spring Clean-Up will be outdoors, starting 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 or would like to request that your yard not be involved in the Spring Clean-Up, please call Ashley Green in the Support Services Office at 323-3868.

2 for Tea with Friends

Set for Sunday, April 27

A tea party, complete with a variety of teas as well as savory and sweet treats, is planned for 2 p.m. Sunday, April 27, in the Community Room. 2 for Tea with Friends is sponsored by the Friends of McCain Board of Directors and precedes the Moscow Festival Ballet's 4 p.m. performance of Romeo and Juliet at McCain Auditorium, which Meadowlark Hills is sponsoring. Residents, staff and Passport members are invited; please reserve your spot in the Blue Book. While this event is designed to create awareness of the McCain Performance Series and Friends of McCain, attendees DO NOT need to be a Friend of McCain or have tickets to the ballet in order to attend. All are welcome!

See 2 for Tea, page 3

Pig Out for Parkinson's!

Don't forget to eat at Cox Bros. BBQ today to support the Parkinson's Program!



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 & ANNOUNCEMENTS

Games with K-State Students

K-State students from the residence halls will be on the Meadowlark Hills campus at 3:30 p.m. Thursday, April 24, in the Community Room to play board games and they'd like to invite you! Stop by to meet these young college students and join in the fun!

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 19, in the West Conference Room. Groups are led by Roshanna Robinson, Social Services Intern at Meadowlark Hills.

First Friends on the First

"First Friends on the First" will hold the third quarterly social at 4 p.m. Thursday, May 1, in the Community Room. All members and friends of the 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. May Day decorations and goodies are on the schedule.

Thirty-four of the 55 Meadowlark Hills First Friends have attended at least one time. Please join us again or come for the first time. Coordinating committee is Kay Shanks, Polly Ferrell, Helen Fairbanks and Melody Cole. See you at 4 p.m. Thursday, May 1, in the Community Room.

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 at 3 p.m. Friday, April 25, in the Community Room. All are welcome to attend.

Photography Showcase Exhibit

Earlier this year, a K-State student requested photography subjects to complete her art exhibit for fulfillment of her degree. Photographer, Anahi Sosa, will have a special art display from 5 to 7 p.m. Friday, April 25, in the Game Room for everyone to enjoy the photography. Refreshments will be served.

Randi Dale Dancers

You're invited to see dance studio students, from Randi Dale's Dancers, perform dance routines in the Community Room at 7 p.m. Friday, April 25.

Greek Core at Game Night

Come enjoy students from the Greek Core associated with Kansas State University at Game Night at 7 p.m. Monday, April 28, in the Game Room.

MHS Barnyard Play

The Manhattan High School Drama students were selected as one of three Drama programs in the state of Kansas to present a play at the American High School Theatre Festival at Edinburgh Fringe Festival. You're invited to enjoy excerpts from "Barnyard," an original play by MHS Alum, Richard Broadhurst, at 7 p.m. Saturday, May 3, in the Community Room.

Tau Beta Sigma Musical Performance

You're invited to the Tau Beta Sigma instrumental performance at 7 p.m. Friday, May 2, in the Community Room. An ensemble of trombones and clarinets will each play a set of music. Tau Beta Sigma is a K-State Honorary Band Service Sorority. They serve the K-State Marching and Concert Bands by providing concert receptions and promoting instrumental music in college and our community.

First United Methodist Bell Choir

The First United Methodist Church will bring their bell choir to the Community Room for a special performance at 6:30 p.m. Tuesday, April 29. All are invited to attend.

Mother's Day Brunch

The Prairie Star Restaurant is proud to announce the second brunch of the season for Mother's Day. There will be two seating times available: 11 a.m. and 1 p.m. Sunday, May 11, in the Community Room. Cost is \$18 for adults and \$8 for children for the all-you-can eat buffet. The menu will be announced at a later date, but you can reserve your seat now by signing up in the Blue Book located at the Hospitality Desk.

Veterans Benefits ITV Class

You're invited to attend the free lecture in a virtual classroom at noon Wednesday, April 30, in the KSU Classroom to learn about issues in applying for Veterans benefits. Lawyer Steve Anderson will present information on the requirements to qualify for certain benefits and the issues that can be caused by arranging assets to qualify for benefits. Steve's area of emphasis is in Elder Law and Estate and Trust administration.

ANNOUNCEMENTS

2 for Tea, from page 1

Residents or employees with ballet tickets are especially invited, however, because the tea party promises to be an interesting complement to the performance. A featured guest 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.

Congratulations to IL resident Jean Beatty, who won two tickets to the ballet at the April Town Meeting. For questions about the event, please contact Becky Fitzgerald, a member of the Friends of McCain Board, at 323-3802.

A Special Thank-you

submitted by Wilma Haffenstein

I am very thankful for the wonderful birthday party my dear children gave for me and to all of you dear friends here at Meadowlark Hills who came with jokes and cards to share. Much love to each and every one of you.

Window Washing

Campus window washing has been contracted to an external company. From May 12 through May 14, the window cleaning company will be cleaning the duplex windows. Windows in the tower are scheduled to be cleaned from May 21 through May 23. The following week, beginning Sunday, May 27, they will finish any work that was not completed. Maintenance and Housekeeping staff will be working ahead of the window cleaners by removing screens where needed. They will also be escorting the window cleaners into apartments with balconies. Then they will return to reinstall the screens. All these dates are contingent on the weather and we hope to have everything completed in three weeks.

ASK ANNIE!

Q: Can you tell us about the ice sculptures we have been seeing more and more of at events?

submitted by Annie Peace

The ice sculptures at our events are actually done here, in house by Chef John Gasser. John came to Meadowlark Hills a couple years ago and has truly made a huge impact on our Food and Beverage team with his amazing abilities to organize events, teach and mentor staff, prepare delicious food, and most recently, sculpt some pretty incredible things out of ice.

John begins each sculpture with a 300 pound 20 by 40 inch block of ice. He uses a chainsaw to start out and then ice sculpting tools such as chisels, shavers and drills for the more detailed parts of his sculptures. His "easier" sculptures, such as the recent vase and



Easter Bunny, take him just a couple of hours, while his more difficult sculptures, such as two birds atop a heart that he

often does for weddings, take him about four or five hours to complete. Unfortunately, it often doesn't take much time for his sculptures to melt into something unrecognizable, especially if it is hot. He states that a sculpture placed in a setting that is room temperature will last about three hours before it really starts to lose its shape.

Thanks for the fun question and as always, keep them coming!

left: The Easter Bunny ice sculpture at the Easter Bunch on Sunday, April 20, 2014, by John Gasser.





Hours:
8 a.m. to 5 p.m.
Monday - Friday

8 a.m. to 1 p.m.

Saturday
323-3818

May Lunch Specials

| | | |
|---------|--|---------------|
| May 2- | Cheese Quesadilla | \$3.00 |
| | Chicken Quesadilla | \$4.00 |
| | Steak Quesadilla | \$5.00 |
| May 5- | Turkey Avocado Sandwich with Soup or Chips | \$3.75/\$5.50 |
| May 7- | Stuffed Peppers with Mexican-Style Corn | \$5.50 |
| May 9- | BBQ Pork Sandwich with Soup or Chips | \$3.75/\$5.50 |
| May 12- | Tuna Melt with Soup or Chips | \$3.75/\$5.50 |
| May 14- | Chicken Fajita Wrap with Soup or Chips | \$3.75/\$5.50 |
| May 16- | Bacon Cheddar Burger with Soup or Chips | \$5.50 |
| May 19- | Grilled Cheese with Tomato Soup | \$3.75/\$5.50 |
| May 21- | Swedish Meatballs with Pasta | \$3.75/\$5.50 |
| May 23- | Hot Dog with Potato Salad | \$5.50 |
| May 26- | Chili with Sweet Cornbread Muffin | \$3.75/\$5.50 |
| May 28- | Pesto Chicken Sandwich with Soup or Chips | \$3.75/\$5.50 |
| May 30- | Kabobs with Wild Rice | |
| | Vegetable | \$5.00 |
| | Chicken | \$6.00 |
| | Steak | \$7.00 |

May BIRTHDAYS

Residents

Health Care

| | |
|------|------------------|
| 5/1 | Louise Area |
| 5/1 | Judy Phelps |
| 5/8 | Mary Peterson |
| 5/20 | Barbara Wilson |
| 5/22 | Eleanor Collier |
| 5/22 | Lillian Rothfuss |
| 5/27 | Bea Mullin |
| 5/29 | Wy Johnson |
| 5/30 | Barbara Higham |

Assisted Living

| | |
|------|------------------|
| 5/3 | Phyllis Eyestone |
| 5/8 | Ella Parsons |
| 5/26 | Betty Calhoun |

Independent Living

| | |
|-------------|-------------------|
| 5/11 | Max Brecheisen |
| 5/11 | Jim Shanteau |
| 5/12 | Lawrence Buatte |
| 5/14 | Sharon Smith |
| 5/16 | Nathan Bolls |
| 5/20 | Ellen Hoover |
| 5/22 | Doris Gaul |
| 5/22 | Mary Smith |
| 5/22 | Ramona Woodhouse |
| 5/26 | Marla Bugbee |

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

Employees

| | |
|------|-----------------------|
| 5/2 | Marcy Erb |
| 5/3 | Vanessa Leach |
| 5/6 | Kathy Wunder |
| 5/6 | Alexandria Merrill |
| 5/6 | Sarah Manosh |
| 5/6 | Sydnee Stegman |
| 5/7 | Daveda Johnston |
| 5/7 | Michelle Lehmer |
| 5/7 | Megan Spradlin |
| 5/7 | Nicholas Haverkamp |
| 5/7 | Amber Field |
| 5/8 | Angel Blackwell |
| 5/9 | Megan Fryberger |
| 5/9 | Katie Gray |
| 5/12 | Bonnie Gilligan |
| 5/12 | Katrina Leisner |
| 5/12 | Tami Sparks |
| 5/12 | Janelle Cumro-Sultzer |
| 5/12 | Morgan Shepherd |
| 5/12 | LaTisha Jones |

| | |
|------|---------------------|
| 5/14 | Jennifer Fronce |
| 5/14 | Abigail Lechtenberg |
| 5/15 | Janae Hekele |
| 5/16 | Christina Boos |
| 5/16 | Emily Etcher |
| 5/17 | Britton Brownrigg |
| 5/18 | Kelsi Lamer |
| 5/19 | Alyssa Chabrier |
| 5/19 | Caitlynn Lundberg |
| 5/20 | Alexis Romero |
| 5/21 | Marsha Miller |
| 5/21 | Blake Samskey |
| 5/22 | Michaela Harris |
| 5/23 | Brad Olson |
| 5/25 | Jeff Heidbreder |
| 5/25 | Maria Idarraga |
| 5/25 | Jacob Boggs |
| 5/27 | Lynette Ford |
| 5/29 | David Kahler |
| 5/29 | Kimberly Thomas |
| 5/31 | Bethany Skocny |
| 5/31 | Brooke Garst |

PRAIRIE★STAR

RESTAURANT

April 27 – May 3

Includes beverage, starter and dessert.

| | | |
|----------|--|---|
| SUNDAY | April 27 ~ Lunch \$11 | Dinner \$10 |
| | Fried Chicken Mashed Potatoes and Gravy Vegetable of the Day | Shepherd's Pie Vegetable of the Day |
| MONDAY | April 28 ~ Lunch \$10 | Dinner \$12 |
| | Philly Cheesesteak Sandwich Waffle Fries Choice of Vegetable | BBQ Ribs Baked Beans Coleslaw |
| TUESDAY | April 29 ~ Lunch \$6 | Dinner \$11 |
| | Taco Bar (does not include drink, starter or dessert) | Grilled Pesto Chicken Herbed Risotto Vegetable of the Day |
| WED. | April 30 ~ Lunch \$10 | Dinner \$11 |
| | Open Faced Turkey Sandwich Mashed Potatoes and Gravy Choice of Vegetable | Apricot Glazed Ham Scalloped Potatoes Vegetable of the Day |
| THURSDAY | May 1 ~ Lunch \$6 | Dinner \$14 |
| | Salad Bar (does not include drink, starter or dessert) | Seared Scallops Wild Rice Vegetable of the Day |
| FRIDAY | May 2 ~ Lunch \$10 | Dinner \$11 |
| | Chicken Kabobs Steamed Rice Choice of Vegetable | Swedish Meatballs Buttered Egg Noodles Vegetable of the Day |
| SATURDAY | May 3 ~ Lunch \$10 | Dinner \$15 |
| | Steak Quesadillas Black Beans Spanish Rice | Roasted Beef Tenderloin Baked Potato 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 28 - Sunday, May 4

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

Monday, April 28 – Some Like It Hot (1959)

When musicians Jerry and Joe accidentally witness the St. Valentine's Day Massacre, they get out of town the only way they know how -- dressed as women. But things heat up on the road when they meet a curvy blonde who plays the ukulele.

Starring: Marilyn Monroe

Rated NR; 1 hr. 45 min.

Tuesday, April 29 – Regarding Henry (1991)

A cold-hearted lawyer undergoes a complete metamorphosis after he's shot in the head during a robbery and must endure a slow and grueling recovery.

Starring: Harrison Ford

Rated PG-13; 1 hr. 47 min.

Wednesday, April 30 – Meek's Cutoff (2011)

Set in 1845, this drama follows a group of settlers as they embark on a punishing journey along the Oregon Trail. When their guide leads them astray, the expedition is forced to contend with the unforgiving conditions of the high plain desert.

Co-starring: Michelle Williams & Bruce Greenwood

Rated PG; 1 hr. 43 min.

Thursday, May 1 – Made in Heaven (1952)

A pair of devoted newlyweds entered in a contest to find the village's happiest couple are threatened by the arrival of a luscious Hungarian maid.

Starring: David Tomlinson

Rated PG; 1 hr. 20 min.

Friday, May 2 – Saving Mr. Banks (2013) **Resident Request*

When Walt Disney sets his sights on obtaining the rights to the children's classic "Mary Poppins," he reaches out to the book's author, P.L. Travers, only to find that she proves a tough nut to crack.

Co-starring: Tom Hanks & Emma Thompson

Rated PG-13; 2 hrs. 5 min.

Saturday, May 3 – Wild, Wild West (1999)

Following the Civil War, President Ulysses Grant dispatches two top-notch government agents to track down a diabolical former Confederate scientist in this futuristic Western set in the 1860s.

Co-starring: Will Smith & Kevin Kline

Rated PG-13; 1 hr. 45 min.

Sunday, May 4 - Bright Eyes (1934) **Resident Request*

Bright Eyes helped make Shirley Temple a box-office star and features her most famous song: "On the Good Ship Lollipop." The little darling of a group of aviators, Shirley splits her time between her pilot godfather (James Dunn) and her long-suffering mother (Lois Wilson), housemaid for a selfish, wealthy family. When an accident leaves Shirley orphaned, Loop sets out to adopt Shirley but soon learns he's not the only one determined to keep her.

Starring: Shirley Temple

Rated: NA; 1 hr. 20 min.

This Week's Opportunities April 27- May 3

SUNDAY • APRIL 27

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

MONDAY • APRIL 28

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
12:00 p.m. ~ Beginners Tai Chi, CR
12:00 p.m. ~ 1st Presbyterian Men's Luncheon, MR
1:00 p.m. ~ Blood Pressure Clinic, GR
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:30 p.m ~ Ladies Pool Time, BP
2:00 p.m. ~ Parkinson's Voice Class, KSU CR
3:00 p.m. ~ Meadowlark Singers Practice, CR
3:00 p.m. ~ History Committee, CON
7:00 p.m. ~ Greek Core at Game Night, GR

TUESDAY • APRIL 29

10:30 a.m. ~ Steady Yourself, CR
11:15 p.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 and Bible, LR
6:30 p.m. ~ First United Methodist Bell Choir, CR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • APRIL 30

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. ~ KSU Student Presentation, LR
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. ~ Veterans Benefits Brownbag Series, KSU 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
2:50 p.m. ~ Call Hall Ice Cream, KR
5:30 p.m. ~ Unitarian Universalist Book Club, MR

THURSDAY • MAY 1

9:00 a.m. ~ Messenger Ladies, CON
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. ~ Parkinson's Education Group, CR
3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR
4:00 p.m. ~ Frist Friends on the First, CR
5:30 p.m.~ Meadowlark Circle Dinner, MR
7:00 p.m. ~ Bingo, CR
7:00 p.m. ~ Woodwinds Anonymous Practice, LR

FRIDAY • MAY 2

9:30 a.m. ~ Seated Strength, CR
9:30 a.m.~ Art Committee, LR
10:20 a.m. ~ Weights 101, CR
11:15 a.m. ~ Sit and Be Fit, CR
12:30 a.m. ~ Mending Angel, GR
1:00 p.m. ~ Hand and Foot Card Games, GR
1:30 p.m. ~ Brain Booster, GR
1:15 p.m. ~ Parkinson's Exercise Class, CR
3:30 p.m. ~ Catholic Mass, CR
7:00 p.m.~ Tau Beta Sigma Musical Performance, CR

SATURDAY • MAY 3

9:00 a.m. ~ Spring Clean-Up Event, MR
10:00 a.m.~ Color Theory Class, MCR
1:00 p.m.~ Movie, GC
1:00 p.m. ~ General Support Group, CON
4:00 p.m. ~ Movie, GC
7:00 p.m.. ~ MHS Barnyard Play, CR

• 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



April 28 – May 3
Appleton Estate
Jamaican Rum

Stop by the pub this week where
any drink made with the
special is only
\$3.75