



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

May 1, 2014

## Take Me Out to the Ball Game!

*Join residents, staff and family members to attend baseball game in Kansas City, June 11*

by Amanda Rall

Residents, staff and family members are invited to Kansas City's Kauffman Baseball Stadium to watch the Royals take on the Cleveland Indians at 1:10 p.m. Wednesday, June 11. Transportation on a chartered, 56 passenger bus departs from the visitor parking area by Prairie Star Patio at 8:30 a.m. (please arrive by 8 a.m.). Upon arrival at the stadium, we will set up a tailgate catered by Prairie Star Restaurant, including sandwiches, fruit, chips, water and soda. Attendees should bring lawn chairs, coolers and other tailgating supplies! Adult beverages are allowed and can be transported in the storage area under the bus.

Registration for this event begins at 8 a.m. Monday, May 5, in the Blue Book located at the Hospitality Desk. Cost is \$30 per person and includes transportation, tailgate food and ticket for the baseball game. There are a limited amount of tickets available and registration will be on a first-come, first-served basis. Cancellations need to be made by May 28 for full reimbursement.

Departure from the stadium back home will be contingent on the end of the game, but we expect to return by 6:30 p.m. that evening.

Take me out to the ball game with Meadowlark Hills!

## Dr. Bill Thomas' Second Wind Tour

by Amanda Rall

Dr. Bill Thomas is an author, entrepreneur, musician, teacher, farmer and physician whose wide-ranging work explores the terrain of human aging. Best known for his health care system innovations, he is the founder of a global non-profit called the Eden Alternative, which works to improve the care provided to older people.

You're invited to the Second Wind Tour in Kansas City on Thursday, May 22, departing from the Village Entrance at 9 a.m. Our first destination will be the Bristol Seafood Grill for lunch, where we will order from the elegant seafood menu. Next we will depart for the Folly Theater for the main show at 1 p.m. The first act is intended to inform, educate and inspire the

audience with evidence-based approaches to growth, change, aging, health and wellness. After intermission, the second act will explore the insights gained in act one by a premiere of the award-winning documentary, "Alive Inside: A Story of Music & Memory," followed by a live musical performance by Musicians for World Harmony.

Registration is available in the Blue Book, located at the Hospitality Desk. Cost of the event is between \$50 and \$60 per person and includes transportation, lunch and the experience of the Second Wind Tour.



**above:** Aging expert, Dr. Bill Thomas.



*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 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.

### 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.

### Valerie Wright Lecture on Butterflies and Pollinators

Join Valerie Wright from the Konza Prairie in a lecture on Kansas butterflies and other pollinators at 7 p.m. Friday, May 9, 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.

### 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. Reserve your seat now by signing up in the Blue Book located at the Hospitality Desk. A menu is also listed in the Blue Book.

### Ambassador Committee

The Resident Ambassador Committee will be conducting a Learning Circle in the Miller Place Dining Room at 3:30 p.m. Tuesday, May 6. The Ambassadors can meet in the Community Room (during Coffee Corner) before the Learning Circle.

### Men's Coffee Group

Calling all Meadowlark Hills men! Lonnie Baker, CEO, and Garrett Lee, Health Services Director, will host a Men's Coffee Group starting at 9 a.m. Friday, May 9, in the Manhattan Room. This will be a time of fellowship and discussion among the residents of Meadowlark Hills with Garrett and Lonnie, while enjoying hot coffee! The Men's Coffee Group will meet once a month on Friday the first full week of the month. Lonnie and Garrett will take turns hosting. Please contact Kristin Smith at 323-3800 with any questions.

## ANNOUNCEMENTS

### Window Washing

Campus window washing of exterior windows 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.

This cleaning will be for the exterior of windows only. To make an appointment to have interior windows cleaned, please call Shirley Escamilla at 323-3831. This will be a charged item.

### May Jeans Days

On Saturday, June 7, the memory-support Households will be walking in the Alzheimer's Association Walk to End Alzheimer's to help raise money for the fight against Alzheimer's disease. On Tuesday, May 6, and Wednesday, May 21, employees are welcome to wear jeans to work with a minimum donation of \$1. The money received through these Jeans Days, along with the proceeds from the Walk are used to support Alzheimer care, support and research. For more information about the Walk, please visit [www.alz.org/walk](http://www.alz.org/walk) or contact one of the memory-support Households. Further donations can be made via the website listed above. Just select Donate, Donate to a Team, and enter "Forget Me Not" for the team name or there is a donation jar at Verna Belle's labeled specifically for the Alzheimer Walk.

### Resident Focus Group

Join Lonnie Baker, CEO, and Amanda Rall, Resident Services Leader, at 10 a.m. Thursday, May 8, in the KSU Classroom for a focus group. Sign up in the Blue Book, located at the Hospitality Desk.

### Meadowlark Hills Market

This year's Meadowlark Hills Market will be held Friday, Aug. 1, and Saturday, Aug. 2. On Monday, May 12, we will have a large furniture only pick-up day. If you have large furniture that you wish to donate that needs to be picked up, please contact Pam Reding at 323-3890 to schedule a time on May 12. Smaller items can be donated closer to the date of the Market.

### Development Director Interview

All applications have been reviewed and strong candidates have completed the first round of interviews with the search committee for the Development Director. All residents will have the opportunity to meet the candidates during moderated Town Hall style meetings. This process will be very similar to how residents met the CEO candidates as we went through that process. The first candidate interviewed on Wednesday, April 23. The second moderated Town Hall meeting will be held from 3:45 to 4:30 p.m. Friday, May 9, in the Community Room. Tracy Musselman is happy to answer any questions you may have about this process. Please don't hesitate to call her with questions at (785) 323-3878.

### Post Card Stamps

Are you taking a vacation this summer? Or do you just like to send post cards to friends and relatives? The Hospitality Desk has a good supply of post card stamps. They are 34 cents each. Come by and pick them up!

### Irma Fallon Memorial Service

Irma Jean Fallon passed away on April 19, 2014, at the age of 85, following an extended struggle with Alzheimer's disease. You are invited to join the family in a memorial service celebration of her loving life at 10:30 a.m. Saturday, May 24, at Peace Lutheran Church, 2500 Kimball Avenue. A reception will follow at the church. Memorials may be given to Peace Lutheran Church, Lutheran Campus Ministry or Donald J. and Erma J. Fallon Scholarship Fund at KSU Foundation. Memorials may be sent in the care of Yorgensen-Meloan-Lundeen Funeral Home, 1616 Poyntz Ave. Manhattan, KS 66502.

## UPCOMING EVENTS

### Center on Aging Lecture Series

Dr. Migette Kaup is a professor of interior design at Kansas State University. Migette Kaup and her husband, Steven Kaup, went on an adventure to Madagascar last summer. Migette will share their experiences with the culture, animals and how Madagascar compares to traveling in other African countries at the Center on Aging Lecture Series at 4 p.m. Thursday, May 8, in the Community Room. Migette will use her talents with design to help you experience Madagascar visually through images taken on their trip.

### Red Hat Luncheon

Red Hat hostesses, Velma Skidmore and Marcia Smies, invite you to the KSU Gardens for a picnic on Thursday, May 8, departing from the Village Entrance at 9:30 a.m. The group will pick up their boxed lunch from Arrow Coffee shop and then picnic in the gardens. Register by signing up in the Blue Book located at the Hospitality Desk. Cost of the meal is to-be-determined and transportation is \$3.

### Mock Defense

In preparation for her Master's study defense, Amanda Rall will present her material at a mock defense at 7 p.m. Wednesday, May 7, in the Community Room. The title of her Master's study is "Public Health Initiatives within a Continuum-care Facility." All are invited to attend and ask questions to help her prepare for the defense before her committee.

### Brain Booster

Brain Booster is a memory support program that revolves around playing games, technology and trying new things. This specific combination of memory enhancing activities is designed to give the brain a dynamic boost. Kansas State University students from the Gerontology Club will provide a featured activity and technology assistance every Friday from 1:30 to 3:30 p.m. in the Game Room. Hope to see you there!

### Spring 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.

### Prairie Star Kitchen Update

The Prairie Star kitchen will be updating their air conditioning and heating unit from Monday, May 12 through Wednesday, May 14. During this time, Prairie Star will offer a buffet-style lunch each day with the menu being closed. The restaurant will be open for dinner patrons with normal service and menu options.

### Research Subjects Needed

The Department of Kinesiology at Kansas State University is looking for research subjects, to complete a study on lung functioning as we age. The participants would need to visit the Kinesiology lab (in Ahearn Fieldhouse) for an initial visit, complete four weeks of in-home breathing exercises and finish with a final visit to the lab. The in-home breathing exercises would be done with a non-invasive handheld trainer, completing 60 breaths per day, inhaling against the trainer. The researchers are looking for interested individuals, who are 65 years or older, without pulmonary or cardiovascular disease. Please contact Fitness Leader, Jeff Heidbreder at, (785) 341-2995 to sign-up, or with any questions you may have.

### Spring Voice Recital

Genae Denver will be hosting her Spring Voice Recital in the Community Room at 3 p.m. Sunday, May 4. She invites everyone to attend.

## ASK ANNIE!

### Q: How do the libraries in the Community Center work and who maintains them?

*submitted by Annie Peace*

The library by the Living Room is maintained by the Library Committee whose members include Bea Rasmussen, Linda Ruhnke and Ruth Wells and supported by Turley Hays. Residents may check out books, audiobooks and DVDs by writing the title and date out on their library card. When returning an item, write the date that item is returned on the card noting that it has been returned. Returned books can be placed in the green basket by the fireplace and the Library Committee will restock your book. There are extra blank library cards in the front of the card catalog box for new residents or those who do not have cards. Library cards are stored alphabetically and residents may check out more than one book at a time with no due date, however the committee asks that the books be returned at some point. There is also a basket of paperback books that residents are able to borrow without checking out. Those are rotated out periodically. Residents may submit item requests to the Library Committee. The library is funded by donations. If you would

like to donate to the library, please contact the finance office. Bea Rasmussen is happy to answer any questions and she can be reached at 537-8775.

The Resource Library, located in the KSU Classroom, was developed for a student project. This library is monitored by staff and volunteers to help keep it organized. Recently, a volunteer, Jamie Long, dedicated time to spruce up the library and label the categories. The categories include media, magazine, aging, medical, business and miscellaneous. All material in this library has a pocket with a checkout card slipped inside. Please remove the card, place your name and checkout date on it and deposit this card in the black box (labeled *Checked Out Resources*) until you are able to return the material. When returning the material, find the checkout card in the black box and replace the book in the category it was found at.

Thank you for the great question, keep them coming!



## SAVE THE DATE

# SYMPHONY IN THE FLINT HILLS

Meadowlark Hills is able to secure a block of tickets to the ninth annual Symphony in the Flint Hills. This year's event is set for Saturday, June 14, at Rosalia Ranch in Butler County, near Eldorado, Kan.

With the increased price of tickets for 2014, the package price offered by Meadowlark Hills, which includes a concert ticket, reserved seat, meal and transportation, will be between \$145 and \$160 per person. Register for this event by signing up in the Blue Book located

at the Hospitality Desk.

Packages will be offered on a first-come, first-served basis. Residents, board members, Passport members, and their friends and families will have first priority.

A schedule of events and departure time will be announced as soon as the information is released. More details to come! If you have questions, please contact Becky Fitzgerald at 323-3802, or Amanda Rall at 323-3801.

# PRAIRIE★STAR

## RESTAURANT

# May 4 – May 10

Includes beverage, starter and dessert.

SUNDAY	May 4 ~ Lunch \$12	Dinner \$11
	Braised Beef Brisket Mashed Potatoes Vegetable of the Day	Baked Cod Roasted Red Potatoes Vegetable of the Day
MONDAY	May 5 ~ Lunch \$10	Dinner \$11
	Mac and Cheese with Ham Choice of Vegetable	Beef Burgundy Tips over Rice Vegetable of the Day
TUESDAY	May 6 ~ Lunch \$8	Dinner \$11
	Fajita Bar (does not include drink, starter or dessert)	Chicken Fettuccini Alfredo Garlic Toast Vegetable of the Day
WED.	May 7 ~ Lunch \$10	Dinner \$12
	Turkey Reuben's Potato Salad Choice of Vegetable	Roasted Pork Tenderloin with Balsamic Cherry Sauce Bleu Cheese Mashed Potatoes Vegetable of the Day
THURSDAY	May 8 ~ Lunch \$8	Dinner \$11
	Pizza Bar (does not include drink, starter or dessert)	Chicken Roulade with Wild Mushroom Wild Rice Vegetable of the Day
FRIDAY	May 9 ~ Lunch \$10	Dinner \$10
	Italian Sausage Lasagna Garlic Toast Choice of Vegetable	Meatloaf Mashed Potatoes Vegetable of the Day
SATURDAY	May 10 ~ Lunch \$10	Dinner \$11
	Chicken Fried Steak Sandwich Steak Fries Coleslaw	Roasted Turkey Dressing Vegetable of the Day

\*You may substitute an extra vegetable for the starch on any special for no additional charge.

## Grosh Cinema Movies

Monday, May 5 - Sunday, May 11

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

### **Monday, May 5 – Cry Baby (1990)**

In 1950s Baltimore, a bad-boy with a heart of gold wins the love of a good-girl, whose boyfriend sets out for revenge.

**Co-starring: Johnny Depp, Ricki Lake**

**Rated PG-13; 1 hr. 25 min.**

### **Tuesday, May 6 - Cinderella Man (2005)**

The story of James Braddock, a supposedly washed-up boxer who came back to become a champion and an inspiration in the 1930s.

**Co-starring: Russell Crowe, Renée Zellweger**

**Rated PG-13; 2 hrs. 24 min.**

### **Wednesday, May 7 – The Man from Snowy River (1982)**

Jim Craig has lived his first 18 years in the mountains of Australia on his father's farm. The death of his father forces him to go to the low lands to earn enough money to get the farm back on its feet.

**Co-starring: Kirk Douglas, Tom Burlinson, Terence Donovan**

**Rated PG; 1 hr. 42 min.**

### **Thursday, May 8 – Everybody's Fine (2009)**

A widower who realized his only connection to his family was through his wife sets off on an impromptu road trip to reunite with each of his grown children.

**Co-Starring: : Robert De Niro, Kate Beckinsale, Sam Rockwell**

**Rated PG-13; 1 hr. 39 min.**

### **Friday, May 9– Delivery Man (2013) *\*Resident Request***

An affable underachiever finds out he's fathered 533 children through anonymous donations to a fertility clinic 20 years ago. Now he must decide whether or not to come forward when 142 of them file a lawsuit to reveal his identity.

**Co-starring: Vince Vaughn & Chris Pratt**

**Rated PG; 1 hr. 20 min.**

### **Saturday & Sunday, May 10 & 11 – Forrest Gump (1994) *\*Resident Request***

Forrest Gump, while not intelligent has accidentally been present at many historic moments, but his true love, Jenny Curran, eludes him.

**Co-starring: Tom Hanks, Robin Wright, Gary Sinise**

**Rated PG-13; 2 hrs. 22 min.**



# This Week's Opportunities May 4 - May 10

## SUNDAY • MAY 4

10:00 a.m.~ Church Service, CR  
3:00 p.m.~ Spring Voice Recital of Genae Denver, CR  
2:00 p.m. ~ Movie, GC  
6:00 p.m. ~ Movie, GC

## MONDAY • MAY 5

*Trash pick-up day.*

Dental Hygiene Clinic, 207– *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  
3:00 p.m.. ~ Meadowlark Singers Practice, CR  
5:30 p.m. ~ Tuttle Creek Supper, MR  
7:00 p.m. ~ Game Time, GR

## TUESDAY • MAY 6

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  
12:00 p.m.~ Kimball Luncheon, MR  
1:00 p.m. ~ Tai Chi, CR  
2:00 p.m.~ Life Story, LR  
3:00 p.m. ~ Coffee Corner, CR  
3:30 p.m. ~ Ambassador Committee, CON  
4:00 p.m. ~ Newspaper & Bible, LR  
5:30 p.m. ~ Meadowlark Circle/Meadowlark East Supper, CR  
7:00 p.m. ~ Dominoes, GR

## WEDNESDAY • MAY 7

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  
10:20 a.m. ~ Weights 101, CR  
11:15 a.m. ~ Sit and Be Fit, CR  
12:00 a.m.~ 1st Men's Club, MR  
12:00 p.m. ~ Beginner Tai Chi, CR  
1 to 2 p.m. ~ Fitness Center Office Hour, FC  
1:15 p.m. ~ Dr. Tran Foot Clinic, CR  
1:30 p.m. ~ Pitch, GR  
3:00 p.m.. ~ Call Hall Ice Cream, KR  
7:00 p.m. ~ Game Time, GR  
7:00 p.m. ~ Mock Defense, CR

## THURSDAY • MAY 8

9:00 a.m. ~ Messenger Ladies, CON  
9:30 a.m.~ Red Hat Luncheon, depart from VE  
10:00 a.m. ~ Great Decisions, LR  
10:00 a.m. ~Resident Focus Group, KSU CR  
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  
2:30 p.m. ~ KSU Gerontology Class, CR  
3:30 p.m. ~ Dementia Caregiver Support Group, CON  
4:00 p.m. ~ Center on Aging Lecture Series, CR  
7:00 p.m.~ Woodwinds Anonymous Practice, LR  
7:00 p.m. ~ IL Bingo, CR

## FRIDAY • MAY 9

9:00 a.m.~ Men's Coffee Group, MR  
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.~ Cards Group, MR  
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  
1:30 p.m. ~ Brain Booster, GR  
3:45 p.m.~ Development Director Interview, CR  
7:00 p.m.~ Valerie Wright Lecture on Butterflies and Pollinators, CR

## SATURDAY • MAY 10

10:00 a.m. ~ Color Theory Class, MCR  
1:00 p.m.~ General Support Group, CON  
1:00 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



May 5 – 10

**Grand Marnier**

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

**\$3.75**