



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

May 15, 2014

Memorial Day Display to Honor Vets

Purchase a geranium to honor a veteran on Memorial Day!

by Amanda Rall

As Memorial Day approaches, it is time to pause and consider the true meaning of this holiday.

Purchase a geranium to honor a veteran who has served our country! The plants will be on display in the main lobby from Monday, May 19, until after Memorial Day. The name of your honored loved one will be displayed with the geranium. The proceeds will benefit the Meadowlark Hills Veterans' Group.

For many Americans, the traditional observance of Memorial Day has faded. To help remind us of the true meaning of Memorial Day, the "National Moment of Remembrance"

resolution was passed in 2000 which asks that all Americans pause for one minute at 3 p.m. (local time) on Memorial Day, to remember and reflect on the sacrifices made by so many to provide freedom for all.

I would like to invite all residents, family members and staff to gather around the display of geraniums in the main lobby at 3 p.m. Monday, May 26, for a moment of silence and reflection.

A geranium may be purchased for \$10 at the Hospitality Desk. The amount may be paid by cash, check or added to your monthly statement. Your plant may be picked up after Memorial Day, May 26. All plants must be picked up by Wednesday, May 28.



Summerfest 2014

It's that time of year again to block off Meadowlark Road for the annual Summerfest event. **Remember not to park along the street or in visitor parking on Friday, June 6.** This event is fun for all ages! Enjoy inflatables, sno-kones, live music, great food and a beer garden! Each household will bring a summer-time game or booth. Be sure to dress for the occasion! Water balloons welcome!

Friday, June 6

Welcome, 4:45 p.m.

Cookout, 5:00 p.m.

Live band, 6:00 p.m.



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

Bill Thomas' Second Wind Tour

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.

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.

Community Bingo

Calling all Bingo players! Community Bingo will begin at 7 p.m. Monday, May 19, in the Community Room. Only \$1 to play; come join in the fun!

4-H Opportunity

Recently Riley County 4-H has partnered with representatives from Meadowlark Hills in Manhattan to discuss the possibilities of enlisting residents, staff and facilities to assist with the growth and scope of our programming. If you are interested in getting involved as a volunteer leader or know a parent looking to get their child enlisted in a wonderful program, please contact John Jobe at (785) 537-6353 or via email at jajobe@ksu.edu.

Anthropology Film Premier

For the past four months, Kansas State Anthropology students have been living at Meadowlark Hills. Now they are ready to share the documentary they have been working on all this time. Please join them at 7 p.m. Friday, May 16, in the Community Room to enjoy the show! Refreshments will be served and discussion will follow.

Doris Gaul's 90th Birthday Party

You're invited to celebrate with Doris Gaul at her 90th birthday bash, at 2 p.m. Saturday, May 24, in the Community Room! Refreshments will be served.

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, May 23, in the Community Room. All are welcome to attend.

Extended Trip Survey

Attention Meadowlark Hills Travelers! There is an extended trip survey available for interested persons to fill out to determine where the next destination will be for the Travelers. Please ask a member of the Hospitality Staff for a survey. Surveys need to be returned to the Hospitality Desk by Thursday, May 22.

General Support Group—New Time

The General Support Group has changed meeting times and date. The group will now meet on Wednesdays at 2:30 p.m. instead of Saturday afternoons. The General Support group will be led by the Social Service Leader, Kristen Martin. The General Support Group provides an opportunity to share and discuss various losses and to receive support and education about the bereavement process. Everyone is invited to attend.

Color Theory Class

The Color Theory class, led by Diane Dollar, will be canceled for the next two weeks and will resume on Saturday, May 31.

MLH Singers Performance

The Meadowlark Hills Singers, led by Jane Boys, will perform their Spring Fling performance at 7 p.m. Friday, May 23, in the Community Room. You're invited to come support your talented neighbors!

Alzheimer's Association Class

You are invited to a learning opportunity, entitled "Building Caregiver Confidence," for family caregivers and friends who care for individuals with Alzheimer's disease or a related dementia. The class will be from 2 to 4 p.m. Thursday, May 22, and Thursday, May 29, in the Community Room. Speakers from the Alzheimer's Association — Heart of America Chapter will present each topic.

Refreshments will be served. This is a free event however, pre-registration is requested. Register by calling Debbie Holroyd at (785) 271-1844 or emailing dholroyd@alz.org. You may also register through Amanda Rall at 323-3801 or Kristin Smith at 323-3800.

ANNOUNCEMENTS

Vespers Services Resume

On Sunday, June 1, Vespers will resume at Meadowlark Hills in the Community Room. Services will begin at 7 p.m. and last for approximately 30 minutes. We appreciate the work of the Vespers Steering Committee consisting of Meadowlark Hills residents with staff support from Chaplain Patty Brown-Barnett. Watch for additional details in the next edition of the *Meadowlark Hills Messenger*.

Register to Vote

Remember, if you move or change your name, you must re-register to vote! It is still very important that we let our voices be heard by voting. This year is a very important voting year. Meadowlark Hills is no longer a voting site. Although there will be shuttles to the fire station located at Denison Ave. and Kimball Ave. on voting day – there is another way to consider—registering for a permanent advance ballot. Our County Clerk's Office tells us:

- If you have moved to Meadowlark Hills since you voted last you must re-register
- If you have moved within Meadowlark Hills, such as from an outside duplex into the tower, you must re-register.
- The Clerk also urges you to apply for permanent advanced voting. This means a ballot will be mailed to you ahead of all elections, you can vote in your own quiet home, and you don't have to be sure you have the identification you'd need at the poll. ID is not required if you vote by permanent advance ballot.

The forms needed and answers to further questions are available by calling Tom or Lynette at the Hospitality Desk at 323-3847. When you have completed the paperwork, you can turn them into the Hospitality Desk and they will be delivered to the Clerk's office or you may mail them yourself. You may also call Jolene Keck, Election Supervisor at the County Clerk's Office, at 565-6201, for details or further clarification. Jolene can also tell you if you are registered at your current address and have previously applied for advanced voting privileges, if you are not sure of your voting status. In order to vote in the primary election this paperwork must be done as soon as possible.

Community Needs Assessment

The Riley County Seniors Services Center is coordinating a comprehensive community needs assessment for Riley and Pottawatomie Counties. The purpose of this assessment is to get YOUR input regarding the quality of life in our community and to identify our community's unmet needs.

It has been more than 20 years since the last community needs assessment was completed! The results of the survey will help community organizations decide where to direct their resources. The results of the survey will be available in the fall of 2014.

Your responses will be completely confidential and the survey takes about 30 minutes to complete.

Paper surveys are available at the Hospitality Desk. The survey can also be completed online by following this link: www.Riley-PottSurvey.com. The online survey will be available through Monday, May 26. Paper surveys can also be printed from the online version and turned into the Hospitality Desk or to Riley County Seniors Services Center at 301 N. 4th Street, Manhattan, Kansas. Paper surveys will be accepted through the end of May.

If you have questions, please contact the Riley County Seniors Services Center at (785) 537-4040 or rcseniorcenter@gmail.com.

Wroten House Celebration of Remembrance

Wroten House invites you to attend the Celebration of Remembrance to commemorate Memorial Day from 11:30 a.m. to 2 p.m. Friday, May 23, in the Bramlage/Wroten driveway. All are welcome to attend. Food and beverages will be served.

FOUNDATION NEWS

In Honor of people
April 2014

In Loving Memory
Bill Johnson
David Bringle
Joan McNeil

Donations were made to the Good Samaritan Fund and Parkinson's Program Fund.

RESIDENT COUNCIL MINUTES

April 7, 2014

Members present: Jean Beatty, Lincoln Diehl, Loren Alexander, Jo Call, Pat Vogt, Charles Deyoe, Don Rasmussen, Sandra Emley, Ivan Tompkins, Ed Skidmore, Sharon Smith, Betty Grubb, Bob Kruh and Polly Ferrell

Staff present: Lonnie Baker and Amanda Rall

Introductions: Polly Ferrell was introduced as the Fourth Floor Representative. Ed Skidmore was introduced as the Tuttle Creek Representative.

Updates:

IL Update: Lonnie Baker reported on the construction occurring on the second floor. Because two-bedroom/two-bathroom apartments have become very popular and are high in demand, the construction on the second floor will combine two apartments by tearing down the concrete wall between them. Lonnie reported that the Meadowlark Hills Sales Team has been very active. Meadowlark Hills has had 28 new residents move into Independent Living in the last year; however, 20 residents have moved out of Independent Living for a variety of reasons. There are currently six letters of intent for Independent Living apartments for the future, including the apartment that is being renovated on the second floor. Lonnie reported that Assisted Living census had three openings that were filled last week. The trend for Assisted Living is on the rise. Right now, the greatest struggle is with Transitional Care census. Lonnie reported that projects in the capital budget have been reviewed and prioritized. Anyone who has ideas for consideration in the capital budget expenditure, please speak with Lonnie. Meadowlark Road repair is currently on the priority list. Funds will be allocated to areas most in need of updating.

Board of Trustees Committees Update: Loren Alexander reported that CEO, Lonnie Baker, gave a great presentation on household living. Lonnie also provided financial updates. As the cost of everything increases throughout the year, there is need to see revenue increase.

Approval of March Minutes:

March minutes were approved by a unanimous vote.

New Business:

There were no items in New Business.

Old Business:

Election of Board of Trustee Member –Jean Beatty called for a Committee and requested that Loren Alexander act on the Committee as the Resident Board of Trustees Representative. Jo Call volunteered to be on the Committee.

Committee Structure/Organization – Material was provided that was written by the Ad Hoc Committee of Resident Council that was tasked with development of Policy and Procedures on Committees/Affiliations/Organized groups. The Council was asked read the draft and consider the content and scope of the document. Discussion can take place at the May Independent Living Resident Council Meeting.

Sidewalk Salt – Lonnie Baker stated that administration of the salt is based on many factors. Meadowlark Hills will continue to diligently evaluate the amount of salt needed. Meadowlark Hills' number one priority is to prevent slipping and falling.

Campaigning – Amanda Rall reported that the Campaigning Policy was printed in a recent Messenger. A letter is being drafted and will be sent to candidates informing them of Meadowlark Hills policy.

Questions and Concerns

Wind Gust – As a reminder, be very careful on windy days, especially when handling trash containers. Smaller trash containers are available through the Maintenance Team.

Tied Trash Bags – Tying the trash bags will prevent loose trash being picked up by the wind. A reminder will be placed in the Messenger.

RESIDENT COUNCIL MINUTES

Pond Committee – Construction was delayed for the pond, but it is expected to be restarted soon.

Meal prices - Will the costs of meals in Prairie Star increase with the new menu change? It was reported that the restaurant operates as an essential

service, but not necessarily a profitable service. There is currently a proposal for a catering menu and pricing for outside services.

Identification of Action Items

See Action Item Table.

Action Item	Brief Description	Action to be Taken	By:	Status:
1.	Trash	Place information about the trash in the Messenger.	Amanda Rall	In Progress
2.	Campaign Policy	The campaign policy will be placed in the Messenger.	Amanda Rall	In Progress
3.	Policy & Procedures	Review Committee Policy & Procedures at the next meeting.	All Council Members	In Progress

Adjourn

Submitted by: Amanda Rall

Independent Living Resident Council Members

The Resident Council consists of resident representatives who live on the respective floors or neighborhoods of Meadowlark Hills in which they represent. The Council meets monthly and representatives report on activities and identify problems if needed. Resident Board Members on the Independent Living Resident Council serve as a conduit from residents to the Board of Trustees.

The election for resident members to the Board of Trustees is currently underway. There will be two new members beginning July 1. An updated list of representatives will be published following this change.

<i>Current Resident Board Members include:</i>		
Sandra Emley	776-6547	
Don Rasmussen	537-8775	
Loren Alexander	537-7822	
<i>Resident Neighborhood/Floor Representatives include:</i>		
Chair	Jean Beatty	537-6808
1 st Floor	Ruth Wells	539-0264
2 nd Floor	Dorothy Horsch	537-7302
	Jo Call	539-4966
3 rd Floor	Betty Grubb	776-3373
4 th Floor	Polly Ferrell	537-0103
5 th Floor	Ed Lindly	539-2945
Tuttle Creek	Lincoln Deihl	539-1906
Meadowlark Circle	Bob Kruh	537-4566
Eastside	Ivan Tompkins	320-2148
Valley	Charles Deyoe	537-3519
Westside	Sharon Smith	776-0223
<i>Employee participants include:</i>		
Lonnie Baker	323-3878	
Amanda Rall	323-3801	

PRAIRIE★STAR

RESTAURANT

May 18 – May 24
Includes beverage, starter and dessert.

SUNDAY	May 18 ~ Lunch \$11	Dinner \$10
	Baked Chicken Ranch Roasted Reds Vegetable of the Day	Ham & Beans Cornbread Vegetable of the Day
MONDAY	May 19 ~ Lunch \$9	Dinner \$12
	Grilled Ham & Cheese Cream of Tomato Soup	Seared Salmon Roasted Golden & Red Buttered Beat Sauce, Duchess Potatoes Vegetable of the Day
TUESDAY	May 20 ~ Lunch \$6	Dinner \$11
	Taco Bar (does not include drink, starter or dessert)	Fettuccine with Grilled Chicken Sweet Peppers, Onions, Fresh Basil in Tomato Sauce Garlic Toast & Vegetable of the Day
WED.	May 21 ~ Lunch \$10	Dinner \$11
	Philly Sandwich Potato Salad Choice of Vegetable	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day
THURSDAY	May 22 ~ Lunch \$8	Dinner \$12
	Hamburger & Hot Dog Bar (does not include drink, starter or dessert)	Crab Cakes with Cajun Remoulade Cajun Rice Vegetable of the Day
FRIDAY	May 23 ~ Lunch \$10	Dinner \$12
	Shepherd's Pie Choice of Vegetable	Sautéed Pork Tenderloin Sherry Gravy Rissoto Vegetable of the Day
SATURDAY	May 24 ~ Lunch \$10	Dinner \$15
	Bacon & Spinach Quiche Choice of Vegetable	Steak Night 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, May 19 - Sunday, May 25

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

Monday, May 19 – The Pirates of Penzance (1983)

Frederick has fallen in love with sweet innocent Mabel. Yet his vocation is an impediment to their union. Perhaps the situation can be rectified by his old nurse, Ruth, who made a dreadful blunder years before.

Co-starring: Kevin Kline, Angela Lansbury, Linda Ronstadt

Rated G; 1 hr. 42 min.

Tuesday, May 20 - No Greater Love (2009)

Jeff and Heather Baker were lifelong sweethearts and happily married... for a time. But at her greatest moment of weakness, Heather abandons Jeff, forcing Jeff to raise their young son alone.

Co-starring: Anthony Tyler Quinn, Danielle Bisutti, Jay Underwood

Rated PG; 1 hr. 39 min.

Wednesday, May 21– 6 Guns (2010)

A young woman enlists the aid of a bounty hunter to teach her to be a gunfighter so she can hunt down the men who killed her family.

Co-starring: Barry Van Dyke, Sage Mears, Greg Evigan

Rated R; 1 hr. 35 min

Thursday, May 22 – The Legend of Baggar Vance (2000)

A down-and-out golfer attempts to recover his game and his life with help from a mystical caddy.

Co-starring: Will Smith, Matt Damon, Charlize Theron

Rated PG-13; 2 hrs. 6 min.

Friday, May 23 – The Book Thief (2013) **Resident Request*

While subjected to the horrors of World War II Germany, young Liesel finds solace by stealing books and sharing them with others. In the basement of her home, a Jewish refugee is being sheltered by her adoptive parents.

Co-starring: Sophie Nélisse, Geoffrey Rush, Emily Watson

Rated PG-13; 2 hrs. 11 min.

Saturday & Sunday, May 24 & 25 – The Secret Life of Walter Mitty (2013)

**Resident Request*

A day-dreamer escapes his anonymous life by disappearing into a world of fantasies filled with heroism, romance and action. When his job along with that of his co-worker are threatened, he takes action in the real world embarking on a global journey that turns into an adventure more extraordinary than anything he could have ever imagined.

Co-starring: Ben Stiller, Kristen Wiig, Jon Daly

Rated PG; 1 hr. 54 min.

This Week's Opportunities May 18 - May 24

SUNDAY • MAY 18

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

MONDAY • MAY 19

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.~ 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
3:00 p.m. ~ Meadowlark Singers Practice, CR
5:30 p.m.~ 5th Floor Supper, MR
7:00 p.m.~ Community Bingo, CR
7:00 p.m. ~ Game Time, GR

TUESDAY • MAY 20

7:30 a.m.~ 1st Presbyterian Men's Bible Study, MR
10:00 a.m.~ Biblical Story Telling, LR
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, LR
3:00 p.m. ~ Coffee Corner, CR
3:30 p.m. ~ Ambassador Committee Meeting, CON
4:00 p.m.~ Newspaper & Bible, LR
5:30 p.m. ~ 2nd Floor Supper, CR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • MAY 21

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. ~ Church Service, KSU CR
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
1 to 2 p.m. ~ Fitness Center Office Hour, FC
1:30 p.m. ~ Pitch, GR
2:30 p.m.~ General Support Group, CON
2:30 p.m. ~ Lutheran Communion, LR
3:00 p.m. ~ Call Hall Ice Cream, KR
7:00 p.m. ~ Game Time, GR

THURSDAY • MAY 22

9:00 a.m.~ Second Wind Tour Departure, VE
10:00 a.m. ~ Meadowlark Bible Study, LR
1:00 p.m. ~ Blood Pressure Clinic, GR
2:00 p.m. ~ Alzheimer's Assoc. Caregiver Class, CR
3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR
4:00 p.m. ~ St. Paul's Episcopal Church Service, LR
7:00 p.m. ~ IL Bingo, CR
7:00 p.m. ~ Woodwinds Anonymous Practice, LR

FRIDAY • MAY 23

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
1:30 p.m.~ Brain Booster, GR
3:00 p.m. ~ Service of Remembrance, CR
7:00 p.m. ~ MLH Singers Performance, CR

SATURDAY • MAY 24

1:00 p.m. ~ Movie, GC
2:00 p.m.~ Doris Gaul's 90th Birthday Party, CR
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



May 19 – 24

Gentleman Jack Whiskey

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

\$3.75