



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

May 22, 2014

2014 Legacy Banquet

Meadowlark Hills Foundation Legacy Society Hosts Annual Recognition Banquet

by Sarah Duggan

John Mann received the Manhattan Legacy Award on Monday, May 19, at the Meadowlark Hills Legacy Banquet.

Coach Bill Snyder, head coach for the Kansas State University football program, was the speaker for the evening. "Manhattan, Kansas is a special community," Coach Snyder said. "All of us here chose to stay and the value of Manhattan is its people; people who genuinely care."

Mann was presented with his award, a jade glass circle with a burgundy base, by Meadowlark Hills Foundation Chair, Dr. Ralph Richardson. "Early in

below: Mary Ann McCoy (center) holds The Good Samaritan Award accompanied by Dr. Ralph Richardson (left) and Lonnie Baker (right).



above: John Mann (center) holds Manhattan Legacy Award accompanied by Dr. Ralph Richardson (left) and Lonnie Baker (right).

life, John realized the importance of elderly care," Dr. Richardson said. "He watched his mother care for his grandmother and then for his father. He witnessed first-hand how caregiving can take a toll both physically and emotionally."

John Mann is a

long-time Meadowlark Hills supporter and current resident. Mann was recognized for his long-standing history, dedication and support of Meadowlark Hills.

Coach Snyder spoke about the importance of people for individual and community success, "Surround yourself with people who want to make your life better and who genuinely care about you."

Two other awards were given at the banquet: The Good Samaritan Award and the Johanna Lyle

Excellence in Service Award. Mary Ann McCoy, Meadowlark Hills resident, received the Good Samaritan Award, which is given to individuals for donating their time, talent and resources to Meadowlark Hills and for support of the Good Samaritan Fund. Kim Ensley, current Meadowlark Hills employee, received the Johanna Lyle Excellence in Service award in recognition of her many years running the recycling program at Meadowlark Hills on a voluntary basis.

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right: Kim Ensley receives the Johanna Lyle Excellence in Service Award from Dr. Ralph Richardson.



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

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.

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.

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!

Moment of Silence

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. Residents, family members and staff are invited 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.

Forza Femina String Quartet

The Forza Femina String Quartet, representing the Gold's Orchestra, will perform at 7 p.m. Friday, May 30, in the Community Room. The performance will feature pieces that range from classical to romantic to modern.

Bake Sale

Stop by the Game Room on Thursday, May 29, to purchase some goodies while supporting a good cause! 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. A bake sale will be held on Thursday, May 29, in the Game Room from 10 a.m. to 1 p.m. to help raise money for their team's registration. The money received, along with the proceeds from the Walk are used to support Alzheimer care, support and research.

Vespers Services

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. Our first service will be led by Chaplain Patty Brown-Barnett from Meadowlark Hills, and our pianist will be Linda Frey, a former Director of Nursing at Meadowlark Hills.

National Senior Health and Fitness Day

In celebration of National Senior Health and Fitness Day we are planning a morning of activities! From 9 to 10 a.m. Wednesday, May 28, fitness testing will be conducted in the Community Room. Completion of the testing should take 15 to 20 minutes and participants will begin in a first come, first served manner. There will be six stations testing muscular strength, endurance, flexibility and agility. Each test can be modified or skipped if necessary. Following the fitness testing, stick around for a showing of the documentary "Age of Champions" at 10:30 a.m. in the Community Room. The documentary follows senior athletes as they prepare for and compete in the Senior Olympics. Snacks and beverages will be provided during the film. Please contact Fitness Leader, Jeff Heidbreder at (785) 341-2995, with any questions. The entire event is open to all residents and Passport members, so mark your calendars to join us for the celebration of National Senior Health and Fitness Day!

ANNOUNCEMENTS

Osher Class Registration

The enrollment for the summer Osher Lifelong Learning classes has started. There are multiple ways to register, either by visiting their webpage at www.osher.ku.edu or calling toll-free at (877) 404-5823. There will also be two special opportunities to register at Meadowlark Hills:

- Friday, May 30, 10 a.m. in the Living Room
- Following the June Town Meeting on Monday, June 2, in the Living Room

This program offers enrichment short courses and special events specially developed for individuals 50 and over. It's about learning for the joy of it!

Check out these amazing opportunities:

Feeding the Threshers:

Women's Role in the Kansas Wheat Harvest

Mondays, June 2, 9 & 16; 3 to 5 p.m.

Community Room

Speaker: Roy Bird

Peace & Conflict in Northern Ireland:

Wednesdays, July 2, 9 & 16; 2 to 4 p.m.

Community Room

Speaker: Terrie McCants

History of Rock and Roll:

Mondays, July 14, 21 & 28; 3 to 5 p.m.

Community Room

Speaker: Steven Maxwell

Ukraine & Our Current Situation in Eastern Europe:

Wednesdays, July 23, 30 & Aug. 6; 7 to 9 p.m.

Community Room

Speaker: Waldemar Biniecki

Special Event: Charter coach to the King Tut exhibit at Union Station in Kansas City on Friday, July 18, departing from Meadowlark Hills at 8 a.m.

Fee: \$55 includes transportation, admissions and lunch

Color Theory Class

The Color Theory class, led by Diane Dollar, will be canceled on Saturday, May 24, and will resume on Saturday, May 31.

Road Repair

The Maintenance Team has announced that road repair will be conducted north of the Park Entrance (entrance by Honstead House and Sloan House) starting next week, weather permitting. The two handicapped parking stalls are being replaced and will not be usable for duration of the construction. Staff apologizes for any inconvenience.

Memorial Day Hours

The following service areas have irregular hours due to observance of Memorial Day on Monday, May 26:

- Information Services (I.T.)—*closed*
- Finance Office—*closed*
- Physician Office—*closed*
- Community Relations Office—*closed*
- Human Resources Office—*closed*
- Maintenance Team—*on-call service*
- Hospitality Desk—*closed at 5 p.m.*
- Fitness classes and office hours—*canceled*
- Blood Pressure Clinic—*canceled*
- Pizazz Salon—*closed at noon*
- Trash Service—*picked up on Tuesday*

Remember, there is always a staff member available as resource on holidays for any concerns or needs. Contact the staff member by calling 313-3620.

Records Review

Social Service Leader, Kristen Martin, and Social Work Intern, Ryan Bonilla, have initiated records review for independent living residents. They will be contacting residents to review items in their file including Durable Powers of Attorney and other Advanced Directives, as well as to verify you have completed all the necessary paperwork during the move-in process.

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-serve 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.

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.

**You're
Invited!**

Royals

vs.



Wednesday, June 11

Departing from Meadowlark Hills at 8:30 a.m. from the Prairie Star Patio
Please arrive by 8 a.m.

Sign up in the Blue Book today!

Cost is only \$30! Includes tailgate food, ticket and transportation!

**Kansas City Royals Game at
Kauffman Stadium**

What to bring: lawn chairs, coolers with beverages other than water or soda including alcohol, tailgating games, cash for food or drinks inside the game, sunscreen and snacks for the ride home

Arts in the Park

Transportation Schedule

Sign up in the Blue Book today!
Cost: \$3 per person
Departure from the Village Entrance.

Briar

Friday, May 30 – Depart at 7:30 p.m.
Pick up at 8:45 p.m.

Big Time Grain Company

Friday, June 13 Depart at 7:30 p.m.
Pick up at 8:45 p.m.

First Infantry Division Band

Friday, June 27 Depart at 7:30 p.m.
Pick up at 8:45 p.m.

Manhattan Municipal Band

Friday, July 18 Depart at 7 p.m.
Pick up at 8:30 p.m.

Run Boy Run

Friday, August 1 Depart at 7:30 p.m.
Pick up at 8:45 p.m.

Trampled Under Foot

Friday, August 15 Depart at 7:30 p.m.
Pick up at 8:45 p.m.

** Note – the concerts actually end at 10 p.m.*

ASK ANNIE!

Q: What specific plastics can we recycle?

By Annie Peace

Great question, as our recycling service has recently changed their practice.

Howie's Recycling Service accepts #1—7 plastics, which is actually all recyclable plastics including Styrofoam. These numbers can be found on your containers with three arrows in the shape of a triangle around it. There are very few plastic items that don't fall within this range as #7 includes everything that doesn't fall into categories 1-6. The only exceptions to this that Howie's does not accept are plastic bags and Styrofoam plates. So other than those items all plastics may be recycled.

Thanks for the great questions. Keep them coming.



Legacy Banquet, from page 1

The Legacy Society is a group of individuals who have included Meadowlark Hills as a recipient of charitable support through their estate planning efforts. In planning for their future with contributions, Meadowlark Hills is able to better plan for its future.

Previous Manhattan Legacy Award recipients include Burke and Margery Bayer, Barbara Wilson, Margaret Wheat, Arthur Loub, Dennis and Sally von Waaden, Joye Ansdell, Steve Shields, Phil Howe and Jack Goldstein.

The banquet was located at Hilton Garden Inn, 410 S. Third Street.

right: Coach Bill Snyder (right) congratulates John Mann (left) on receiving the Manhattan Legacy Award.



PRAIRIE★STAR

RESTAURANT

May 25 – May 31
Includes beverage, starter and dessert.

SUNDAY	May 25 ~ Lunch \$11	Dinner \$11
	Fried Chicken Mashed Potatoes and Gravy Vegetable of the Day	Turkey Pot Pie Vegetable of the Day
MONDAY	May 26 ~ Lunch \$10	Dinner \$12
	BBQ Pulled Pork Sandwich Waffle Fries Choice of Vegetable	Beef Brisket Roasted Red Potatoes Vegetable of the Day
TUESDAY	May 27 ~ Lunch \$8	Dinner \$11
	Fajita Bar (does not include drink, starter or dessert)	Sweet and Sour Chicken Fried Rice Stir Fried Vegetables
WED.	May 28 ~ Lunch \$9	Dinner \$11
	Avocado BLT Potato Salad Choice of Vegetable	Fried Catfish Hushpuppies Coleslaw & Baked Beans
THURSDAY	May 29 ~ Lunch \$7	Dinner \$11
	Potato Bar (does not include drink, starter or dessert)	Peach Glazed Ham Au gratin Potatoes Vegetable of the Day
FRIDAY	May 30 ~ Lunch \$9	Dinner \$12
	Sloppy Joes Steak Fries Choice of Vegetable	Shrimp Scampi Angel Hair Pasta Vegetable of the Day
SATURDAY	May 31 ~ Lunch \$9	Dinner \$11
	Ham Salad Sandwich Tater Tots Choice of Vegetable	Meatloaf Twice 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 26 - Sunday, June 1

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

Monday, May 26 – Footloose (1984)

A city teenager moves to a small town where rock music and dancing have been banned, and his rebellious spirit shakes up the populace.

Co-starring: Kevin Bacon, Lori Singer, John Lithgow

Rated R; 1 hr. 47 min.

Tuesday, May 27 - The Lady Eve (1941)

A trio of classy card sharks targets the socially awkward heir to brewery millions for his money, till one of them falls in love with him.

Co-starring: Barbara Stanwyck, Henry Fonda, Charles Coburn

Rated NR; 1 hr. 34 min.

Wednesday, May 28 – Angel and the Badman (1947)

Quirt Evans, an all round bad guy, is nursed back to health and sought after by Penelope Worth a Quaker girl. He eventually finds himself having to choose between his world and the world Penelope lives in.

Co-starring: John Wayne, Gail Russell, Harry Carey

Rated NR; 1 hr. 40 min.

Thursday, May 29 – Pulling Strings (2013)

After a night of drinking, Rachel, a diplomat working in Mexico City finds her world turned upside down after she's saved by Alejandro, a Mariachi singer whose visa was rejected the day before - by Rachel.

Co-Starring: Laura Ramsey, Jaime Camil, Omar Chaparro

Rated PG; 1 hr. 51 min.

Friday, May 30 – 12 Years a Slave (2013) **Resident Request*

In the antebellum United States, Solomon Northup, a free black man from upstate New York, is abducted and sold into slavery.

Co-starring: Chiwetel Ejiofor, Michael K. Williams, Michael Fassbender

Rated R; 2 hrs. 14 min.

Saturday & Sunday, May 31 & June 1 – Morning Glory (2010)

**Resident Request*

An upstart television producer accepts the challenge of reviving a struggling morning show program with warring co-hosts.

Co-starring: Rachel McAdams, Harrison Ford, Diane Keaton

Rated PG-13; 1 hr. 47 min.

This Week's Opportunities May 25 - May 31

SUNDAY • MAY 25

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

MONDAY • MAY 26

Happy Memorial Day!

Trash pick-up day has moved to Tuesday.

12:00 p.m.. ~ 1st Pres. Men's Lunch, MR
1:30 p.m. ~ Ladies Pool Table Time, BP
3:00 p.m. ~ Moment of Silence, Lobby
7:00 p.m.~ Community Bingo, CR
7:00 p.m. ~ Game Time, GR

TUESDAY • MAY 27

Trash pick-up day .

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
4:00 p.m. ~ Newspaper & Bible, LR
5:30 p.m. ~ 3rd Floor Supper, CR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • MAY 28

8:00 a.m. ~ Centering Prayer, TR
9:00 a.m. ~ New Perspectives, MR
9:00 a.m. ~ National Senior Health & Fitness Day, CR
10:00 a.m. ~ Church Service, LR
10:00 a.m.~ Memory Support Group, CON
10:00 a.m.~ Wal-Mart/Hy-Vee Shopping Trip, VE
1 to 2 p.m. ~ Fitness Center Office Hour, FC
1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
1:30 p.m. ~ Pitch, GR
2:30 p.m.~ General Support Group, CON
3:00 p.m. ~ Unitarian Universalist Fellowship, MR
3:00 p.m. ~ Call Hall Ice Cream, KR
5:30 p.m. ~ 1st Floor Supper, MR
7:00 p.m. ~ Game Time, GR

Joke of the Week

What's red and bad for
your teeth?
A brick.

THURSDAY • MAY 29

10:00 a.m. ~ Meadowlark Bible Study, LR
10 a.m. to 1 p.m. Bake Sale Fundraiser, GR
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. ~ Alzheimer's Education Class, CR
3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR
7:00 p.m. ~ IL Bingo, CR
7:00 p.m. ~ Woodwinds Anonymous Practice, LR

FRIDAY • MAY 30

9:30 a.m. ~ Seated Strength, CR
10:00 a.m.~ Osher Class Registration, LR
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
1:30 p.m.~ Brain Booster, GR
7:00 p.m. ~ Forza Femina String Quartet, CR
7:30 p.m. ~ Departure for Arts in the Park, VE

SATURDAY • MAY 31

1:00 p.m. ~ Movie, GC
4:00 p.m. ~ Movie, GC
7:00 p.m. ~ Movie, GC

• ROOM ABBREVIATIONS •

207, Apartment 207	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 26 – 31

Dekuyper's Red or Sour Apple Schnapps

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