



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

May 29, 2014

The Who's Who in Clovia Alumna Award *Marla Bugbee Honored by Clovia 4-H House*

by Polly Ferrell

Marla Bugbee was recently awarded the Who's Who in Clovia Alumna award. Clovia 4-H House was established by former 4-H girls at Kansas State University in 1931. It holds the distinction of KSU's first cooperative living house. Today Clovia 4-H House continues to provide the most affordable housing for women students at KSU. Former 4-H women live together in a cooperative manner, sharing an average of five hours per week of housework and food preparation. The Kansas 4-H Foundation serves as the landlord for the Clovia house.

At the April 26 Clovia Celebration, Marla was honored for her outstanding lifetime achievements at home and in her community. Marla Pendergraft Bugbee embraces all of the best qualities of a Clovia woman. She entered Kansas State University in the fall of 1938 and was a member of Clovia for three semesters, until she returned home after the 1939 fall semester. She cherishes that short time at the Clovia house and the lasting friendships made there. Marla says, "If you are a Clovia you are my friend." She worked several jobs during those three semesters to keep herself in school — cooking meals for 90 college men at a dining facility in Aggieville and later



above: Marla Bugbee, on the day of her award presentation, standing in front a painting of the 303 N. 16th Clovia house where she lived.

preparing and serving meals for a family near the 303 North 16th Clovia house.

Marla lived much of her life in rural Lyon county. At age 10 she joined a 4-H club and as the years progressed, served in many positions including President of her local club and President of the Lyon County 4-H Council. While in college, Marla was a member of the K-State Collegiate 4-H Club and later helped organize the Emporia State

Collegiate 4-H Club. As an adult she was a volunteer 4-H leader for over 30 years. She was co-owner of M & M Fabrics Unique in Emporia. As a professional seamstress, she made wedding dresses, men's suits and a wide variety of other items. Even today, she is sought out to alter clothing for friends living near her at Meadowlark Hills.

Other Clovia's who have lived or currently live at Meadowlark Hills include Mary Elsie Border, Winona Starkey, Peggy Wood, Betty Overley, Polly Ferrell and Mary Lou Gibbs. Marla is a beautiful woman and most deserving of the Who's Who in Clovia Alumna award.



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

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.

Vespers Focus Group

submitted by Chaplain Patty Brown-Barnett

You are invited to a Focus Group for Vespers at Meadowlark Hills at 2 p.m. Friday, May 30, in the Living Room. As we prepare for our first service (June 1) under new leadership, beginning on June 1, the Vespers Steering Committee and I are eager to make sure we have heard from everyone who has an opinion about this Sunday evening service. There have been some changes both in staffing and leadership, so this is a good time to make sure we are hearing what residents have to say. If you are unable to attend the Focus Group on Friday, please take time to talk to me at another time. Thank you, in advance, for sharing your thoughts and feelings about Vespers!

Summerfest 2014

It's that time of year again to block off Meadowlark Road for the annual Summerfest event on Friday, June 6. Dinner will start at 5 p.m. 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! Remember not to park along the street or in visitor parking on Friday, June 6.

Marathon Bridge

Summer marathon bridge will begin in June. New members are welcome. If you would like to play, please call Betty Grubb at 776-3373 by June 8.

Arts in the Park

You're invited out for a relaxing summer evening at the Larry Norvell Band Shell at City Park listening to the sounds of great music! Grab your blankets, lawn chairs or even a picnic dinner. Be sure and check out the Blue Book to register to attend the concert series, "Arts in the Park." Transportation is \$3 but admission is free! See the Big Time Grain Company, on Friday, June 13, departing from the Village Entrance at 7:30 p.m.

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!

Feeding the Threshers Osher Class

"You're cookin' enough to feed a harvest crew!" That old saying is part of harvest traditions in Kansas. Explore the rich history of Kansas harvesters, with a special interest in the role of women, from the pioneer era through the mechanization of the 19th and 20th centuries, to the wireless technology of harvesting today at the Osher class scheduled for Mondays, June 2, 9 and 16, from 3 to 5 p.m. in the Community Room. *See above for enrollment opportunities.*

Tai Chi Cancelations

The Tai Chi instructor will be gone a few dates in June, therefore we will not be having class on the following dates:

- Tuesday, June 3 - Advanced Tai Chi
- Wednesday, June 18 - Beginner Tai Chi

ASK ANNIE!

Q: I've noticed a subscription of the Manhattan Mercury available to read in Verna Belle's Café. Would it be possible to also have a copy available in the Library?

submitted by Annie Peace

Yes, Verna Belle's Café has the Manhattan Mercury delivered for the use of its patrons. We will be subscribing to an additional paper for the use of the Library visitors. So now we will have a copy for everyone's use in both Verna Belle's and the Library.

Thank you for the question and please keep the questions coming!

UPCOMING EVENTS & ANNOUNCEMENTS

Brownbag Lunch Lecture Series

The Brownbag Lunch Series is sponsored by the Landon Center on Aging and offers a series on topics of interest to seniors at the Theo and Alfred M. Landon Center on Aging Building from noon to 1 p.m., as well as remotely on the Meadowlark Hills campus via telecommunications to the KSU Classroom. Bring a lunch and listen to the presentation. Upcoming opportunities are as follows:

Integrative Approaches for Vitality and Longevity

by Emily Curran, Advanced Practice Registered Nurse, KUMC, Wednesday, June 11

Advanced Directives and the Decision-making Process

by Gloria Soendker, BSN/Palliative Home care Team Manager, Wednesday, June 18

Mental Aerobics

by Alicia Scott, Gerontologist, Wednesday, July 9

Hypertension/Cholesterol

by Dr. Melvin McFarlin Wednesday, July 23

Thomas Hart Benton: An Artist in Kansas City

by Steve Sitton, Historic Site Administration, Wednesday, July 30

Sound Advice for Hearing Your Best

by Dana Jacobson, Senior Audiologist Wednesday, Aug. 6

Graffiti Identification and Deciphering

by Officer Jeff Brownlee Wednesday, Aug. 20

What, Me Angry?

by Chaplain Bill Bridgewater Wednesday, Aug. 27

LWV Public Program

hosted by Enell Forester

Mark your calendars for the League of Women Voters Legislative Wrap-up! Coffee and donuts will be served at 9:30 a.m. and the program will begin at 10 a.m. Saturday, June 7, in the Community Room. Speakers include Tom Halk, Senator; Sydney Carlin, Representative; Tom Phillips, Representative; and Ron Highland, Representative.

Ambassador Committee

The Resident Ambassador Committee will meet in the Community Room at 3:30 p.m. Tuesday, June 2, then attend a Learning Circle in Tinklin Pointe.

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, June 6, 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.

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.

Open House

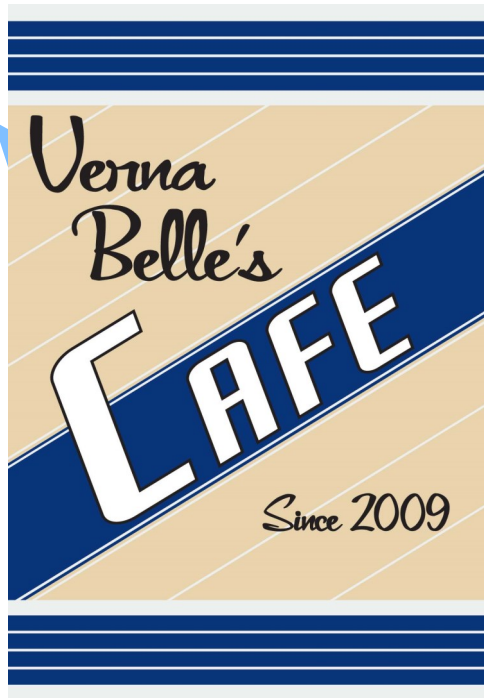
Meadowlark Hills will be hosting an open house for Manhattan and the surrounding communities this Sunday, June 1, from 1:30 to 3:30 p.m. Two cottages and one garden apartment will be open to tour at your convenience. A Sales Team representative will be in each location to give a brief guided tour and answer any questions about Meadowlark Hills. Cottages to be toured include: 2241 Meadowlark Rd and 1113 Meadowlark Circle. Garden apartment 2003 #5 will also be available to show. This is an excellent opportunity to invite friends and show off our beautiful Meadowlark Hills!

Jeans Day Beneficiary

For the month of June, the Jeans Days will benefit the Good Samaritan Fund. On Tuesday, June 10, and Wednesday, June 18, employees are welcome to wear jeans to work with a minimum donation of \$1. If you wish to donate to the cause, see Christina Strange in the Human Resources office, across from Verna Belle's Café.

Notice for Duplex and Cottage Residents

The Fire Extinguisher company will be doing walk-throughs to inspect fire extinguishers on Monday, June 2, in the Duplex and Cottage apartments. Pest control will be joining to reduce amount of disturbance.



Hours:

8 a.m. to 5 p.m.

Monday - Friday

8 a.m. to 1 p.m.

Saturday

323-3818

June Lunch Specials

June 2-	Philly Cheese Steak with Soup or Chips	\$3.75/\$5.50
June 4-	Smothered Chicken with Mashed Potatoes and Gravy	\$5.50
June 6-	Bratwurst with Baked Beans	\$5.50
June 9-	Quesadillas	
	Cheese	\$3.00
	Chicken	\$4.00
	Steak	\$5.00
June 11-	Portobello Mushroom Lasagna with Side Salad	\$3.75/\$5.50
June 13-	Hawaiian Pork with Grilled Pineapple	\$5.50
June 16-	Turkey Club Panini with Soup or Chips	\$3.75/\$5.50
June 18-	Fish Enchiladas with Green Beans	\$3.75/\$5.50
June 20-	Cheeseburger with Pasta Salad	\$5.50
June 23-	Grilled Cheese with Tomato Soup	\$3.75/\$5.50
June 25-	Bierocks with Buttered Corn	\$5.50
June 27-	Grilled Chicken Sandwich with Mac and Cheese	\$5.50
June 30-	Veggie Wrapini with Soup or Chips	\$3.75/\$5.50

June BIRTHDAYS

Residents

Health Care

6/4	Ralph Miller
6/9	Freida Hawthorne
6/11	Dora Karsmizki
6/24	Joanne Michel
6/24	M S Ram
6/30	Lila Stites

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

Assisted Living

6/23	Lois Kennedy
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Independent Living

6/4	Jean Brecheisen
6/6	Faith Roach
6/14	Kay Shanks
6/14	Pat Miksch
6/15	Bob Kruh
6/17	June Myers
6/17	Shirley Stone
6/18	Charles Hall
6/20	Robin Higham
6/21	Jane Westfall
6/25	Kenneth Gowdy
6/25	Evelyn Hawley
6/26	Ted Ferguson
6/26	Helen Roser
6/28	Mary Roberts

Employees

6/1	Kaila Trombley		
6/2	Kevin Foster		
6/2	Sara Hillard	6/14	Lonnie Baker
6/2	Katherine Altendorfer	6/15	Kayla Ewers
6/2	Gina Leon	6/16	Vivian Dane
6/3	Charla Steere	6/16	Chris Nelson
6/3	Cailyn Chelemedos	6/19	Bailey Buer
6/3	Hannah Stewart	6/21	Rebecca Kensa-Pilarski
6/4	Ariel Cowley	6/21	Emily Gracia
6/4	Elizabeth White	6/22	Josef Smith
6/4	Teri Awbrey	6/22	Kelcie Badgerow
6/5	Michelle Haub	6/23	Addison Van Zutphen
6/9	Melina Sprague	6/23	Kathryn Sigman
6/10	Janalee Walter	6/24	Shaylon Lindeman
6/10	Ashley Freed	6/28	Emily Hermreck-Cassel
6/10	Teresa Wells	6/28	Myranda Richardson
6/11	Joshua Conner	6/30	Asheln Ellison
6/12	Anna Cooper		
6/14	Barbara Schesser		

PRAIRIE★STAR

RESTAURANT

June 1 – June 8

Includes beverage, starter and dessert.

SUNDAY	June 1 ~ Lunch \$12	Dinner \$10
	Pot Roast Roasted Potatoes Carrots, Celery & Onions	Chicken Enchiladas Black Beans Spanish Rice
MONDAY	June 2 ~ Lunch \$10	Dinner \$12
	Meatball Subs Waffle Fries Choice of Vegetable	Cornish Game Hens Wild Rice Vegetable of the Day
TUESDAY	June 3 ~ Lunch \$6	Dinner \$11
	Taco Bar (does not include drink, starter or dessert)	Swiss Steak Mashed Potatoes & Gravy Vegetable of the Day
WED.	June 4 ~ Lunch \$10	Dinner \$10
	Salmon BLT Coleslaw Choice of Vegetable	Spaghetti & Meatballs Garlic Toast Vegetable of the Day
THURSDAY	June 5 ~ Lunch \$7	Dinner \$12
	Soup & Salad Bar (does not include drink, starter or dessert)	Pecan Crusted Chicken Red Potatoes Vegetable of the Day
FRIDAY	June 6 ~ Lunch \$10	Dinner
	Pork Tenderloin Sandwich Tater Tots Choice of Vegetable	Prairie Star Closed for Summerfest <i>Staff apologizes for any inconveniences.</i>
SATURDAY	June 7 ~ Lunch \$10	Dinner \$15
	Tuna Noodle Casserole Choice of Vegetable	Honey Glazed Pork Chops Homemade Apple Sauce 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, June 2 - Sunday, June 8

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

Monday, June 2– Shall We Dance (2004)

A romantic comedy where a bored, overworked Estate Lawyer, upon first sight of a beautiful instructor, signs up for ballroom dancing lessons.

Co-starring: Richard Gere, Jennifer Lopez, Susan Sarandon

Rated PG-13; 1 hr. 46 min.

Tuesday, June 3 - Something's Gotta Give (2003)

A swinger on the cusp of being a senior citizen with a taste for young women falls in love with an accomplished woman closer to his age

Co-starring: Jack Nicholson, Diane Keaton, Keanu Reeves

Rated PG-13; 2 hrs. 8 min.

Wednesday, June 4– The Shadow Riders (1982)

Tom Selleck and Sam Elliot star as brothers who battled on opposing sides of the Civil War only to return home to discover that their family, including younger brother and one of the brothers fiancés, have been kidnapped by a marauding band of rebel gorillas who refuse to accept the defeat of the Confederacy.

Co-starring: Tom Selleck, Sam Elliott, Dominique Dunne

Rated NR; 1 hr. 40 min.

Thursday, June 5 – The Artist (2011)

A silent movie star meets a young dancer, but the arrival of talking pictures sends their careers in opposite directions.

Co-Starring: Jean Dujardin, Bérénice Bejo, John Goodman

Rated PG-13; 1 hr. 40 min.

Friday, June 6– Philomena (2013) **Resident Request*

A world-weary political journalist picks up the story of a woman's search for her son, who was taken away from her decades ago after she became pregnant and was forced to live in a convent.

Co-starring: Judi Dench, Steve Coogan, Sophie Kennedy Clark

Rated PG-13; 1 hr. 18 min.

Saturday & Sunday, June 7 & 8 – Baby Boom (1987) **Resident Request*

The life of super-yuppie J.C. is thrown into turmoil when she inherits a baby from a distant relative.

Co-starring: Lily Tomlin, Meryl Streep, Woody Harrelson, Diane Keaton, Sam Shepard, Harold Ramis

Rated PG; 1 hr. 50 min.

This Week's Opportunities June 1 - June 7

SUNDAY • JUNE 1

10:00 a.m.~ Church Service, CR
1:30 p.m.~ Open House, Duplex and Cottages
2:00 p.m. ~ Movie, GC
6:00 p.m.~ Movie, GC
7:00 p.m.~ Vespers, CR

MONDAY • JUNE 2

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
10:00 a.m.~ Osher Registration, LR
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. ~ Feeding the Threshers Osher Class, CR
5:30 p.m. ~ Tuttle Creek Supper, MR
7:00 p.m. ~ Game Time, GR
7:00 p.m.~ Community Bingo, CR

TUESDAY • JUNE 3

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
2:00 p.m.~ Life Story, LR
3:00 p.m. ~ Coffee Corner, CR
3:30 p.m. ~ Ambassador Committee, meet in CR
4:00 p.m. ~ Newspaper & Bible, LR
7:00 p.m.~ Dominoes, GR

WEDNESDAY • JUNE 4

8:00 a.m. ~ Centering Prayer, TR
9:00 a.m. ~ New Perspectives, MR
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
11:30 p.m. ~ 1st Men's Club Lunch, LR
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
2:30 p.m.~ General Support Group, CON
3:00 p.m.. ~ Call Hall Ice Cream, KR
7:00 p.m. ~ Game Time, GR

THURSDAY • JUNE 5

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
1:00 p.m.~ Manhattan Thursdays Bridge Club, MR
2:00 p.m.~ Parkinson's Education Group, CR
3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR
5:30 p.m.~ Meadowlark Circle Dinner, MR
7:00 p.m. ~ Bingo, CR

FRIDAY • JUNE 6

9:00 a.m.~ Men's Coffee Group, MR
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
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 Mass, CR
4:45 p.m.~ Summerfest, PS Patio

SATURDAY • JUNE 7

9:30 a.m. ~ LWV Public Program, CR
10:00 a.m.~ Color Theory Class, MCR
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

DRINK SPECIAL



June 2 – June 7

Dekuyper's Rootbeer

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

\$3.75