



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

June 5, 2014

Blast From the Past Car Show *Classic Cars displayed by Prairie Star Patio*

by Amanda Rall

Attention car-lovers of all ages! An exciting event is planned for Friday, June 20, starting at 6 p.m. to display cars from past decades!

You're invited to view cars including a 1946 Hudson, 1971 Chevrolet pickup, 1963 Cadillac, 1927 T-Bucket, 1938 Chevrolet, 1958 Mercury, 1965 Mustang Fastback, 1966 Mustang Convertible, 1957 Thunderbird, 1967 Mustang and 1968 Charger—just to name a few! Also showcasing their wheels are Shawn and Stefani

Morris, Pizazz Salon Stylists and Trish Reichert, Wroten Household Nurse.

With music from the 1950s and 1960s by DJ Tom Heil, it will be a blast from the past!

Verna Belle's Café won't be missing out on the fun—they will be serving fresh-squeezed lemonades and limeades to help you beat the heat!

Don't miss out on this great event! Everyone is welcome, even if you're like me and know nothing about cars!



Dementia Caregiver Support Group 2.0

A new spin on support group for people diagnosed with forms of dementia and their caregivers!

by Amanda Rall

Currently, the Dementia Caregiver's Support Group, led by Kristen Martin, Social Services Leader and Amanda Rall, Resident Services Leader, meets every Thursday at 3:30 p.m. This group is taking on a new perspective. Once a month on every third Thursday, beginning June 19 in the KSU Classroom, we will be incorporating a Memory Support Group for the loved-ones of our group attendees.

This will be called the Dementia Caregiver Support Group 2.0. The meeting will start with everyone together for fellowship then the caregivers will continue on with their support group while their loved ones will participate in an engaging activity. This will be fun for everyone! Please try it out, even just once. We are excited to get started and hope to see you there. Support is waiting!

Special Resident Focus Group

An Independent Living Resident Focus Group, led by Lonnie Baker, has been scheduled for Thursday, June 12, from 1 to 3 p.m. in the Community Room. Attendance is limited to 40 people and residents are encouraged to sign up early. A sign-up sheet can be found in the Blue Book, located at the Hospitality Desk. Attendees will be divided into four groups and asked a series of questions related to the future of Meadowlark Hills. Residents' input is important in the decision making process. If registration requires, there will be another group scheduled.



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

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, please do not park along the street or in visitor parking on Friday, June 6.

Special Resident Council Meeting

The Independent Living Resident Council has called a special meeting at 8:30 a.m. Monday, June 9, in the KSU Classroom to discuss the nomination and election of Council Chair. This meeting is open to Resident Council Representatives and Resident Board of Trustee Members, only.

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.

General Support Group

The General Support Group provides an opportunity to share and discuss losses and to receive support and education about the bereavement process. The General Support Group meets weekly on Wednesdays at 2:30 p.m. Join the General Support group, led by the Social Service Leader, Kristen Martin, in the West Conference Room. Everyone is invited to attend.

Vespers Services

Vespers service, led by Pastor Patrick McLaughlin from First United Methodist Church, will begin at 7 p.m. Sunday, June 8, in the Community Room. Everyone is invited to attend.

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.

Speedy PD Art Class, MR

The sixth annual Speedy PD Race for Parkinson's Disease is rapidly approaching and we need help from the people with Parkinson's to make the artwork for the age group awards! The first place finishers in each age group for both the 5K and 10K race receive a framed piece of art work created by our very own VIPd group- Very Important (person with) Parkinson's disease! This is another feature that helps make the Speedy PD such a wonderful event.

No prior or current artistic ability is required! Come join Kathrine Schlegeck on June 11, 18, 25 and July 23 and 30 in the Manhattan Room from 1:30 to 2:30 p.m. Kathrine will provide the materials and help inspire you to create a one-of-a-kind piece of art!

Ladybugs will visit the Red Hat Ladies

submitted by Polly Ferrell

Red Hat Ladies, we have invited some special guests to join us for our luncheon at 12:30 p.m. Thursday, June 12, in the Manhattan Room. Yes, it is time to get up close and personal with our Ladybug friends. Hostesses, Pat Edwards and Polly Ferrell, invite you to dine on Ladybug salad and end our feast with a spectacular Ladybug dessert. Many countries consider Ladybugs to be an omen of good luck, so sign up in the Blue Book, put on your best summer Red Hat and come ready to be bugged by our beautiful Ladybug friends.

Meadowlark Hills Apparel

It is that time again to put in your order for Meadowlark Hills apparel! There are two **new** items that have been added to the apparel choices: Meadowlark Hills hats and a tumbler cup. The price for the tumbler cup is \$5. An additional color has been added to the polo shirt option, which now includes white.

You can place your order by visiting the Community Relations Office (next to Lonnie Baker's office and across from the Fitness Center). You can also put in your order by calling Sarah Duggan at 323-3860 or Pam Reding at 323-3890. The cut off for placing your order is Friday, June 13.

Orders can be paid for with cash or check. All orders must be paid for prior to pick up. Orders generally take about 15 business days to come in, so we expect this order to arrive at the end of June. Please see the Hospitality Desk for clothing options and pricing.

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

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 Hawk, Senator; Sydney Carlin, Representative; Tom Phillips, Representative; and Ron Highland, Representative.

Trip to Kansas City Royals Game

Attendees of the Royals game at Kauffman Stadium in Kansas City on Wednesday, June 11, are departing from the visitor parking near Prairie Star Patio at 8:30 a.m. Please arrive by 8 a.m. to load the bus. Cost of the event is \$30 per person and includes transportation, tailgate food and tickets to the baseball game. This will be added to your monthly statement.

Prairie Star offers new menu

Come by Prairie Star Restaurant to check out the new items and new menu available. If you would like a copy of the menu, please visit the Hospitality Desk.

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.

Symphony in the Flint Hills

The ninth annual Symphony in the Flint Hills, set for Saturday, June 14, offers an opportunity to explore Rosalia Ranch in Butler County. Passengers will depart from the Village Entrance at 1 p.m. Saturday, June 14. Expect to arrive home by 11:30 p.m. Total cost is \$144 per person, which includes ticket, \$15 meal tokens, reserved seating and transportation. For residents, this will be charged to your monthly statement. Checks can be made to Meadowlark Hills Retirement Community.

ASK ANNIE!

Q: Is there a different way to sound the alarm for tornados so we can hear it in the building? If not, why not?

submitted by Annie Peace

The tornado alarms are managed by the county and are only intended to warn those who may be outside. We have weather radios through the Households and around campus to keep us aware. Additionally, residents may sign up at the Hospitality Desk to receive IRIS Alerts from the county in the instance of severe weather. When signing up, you may choose to be called, texted and/or emailed in the instance of severe weather and may choose which circumstances you

would like to be contacted for (i.e. storm warning, tornado warning, ice storm warning, etc.). For those with smart phones, The Red Cross has put out an free application called "Tornado" the app will text you with any weather alerts in your area. In the instance of a tornado warning, the app will alarm in conjunction with the local sirens.

Thank you for the question, please keep them coming.



TOWN MEETING MINUTES

June 2, 2014

Welcome and Introduction of New Residents, Amanda Rall

No new residents were introduced.

Foundation Update, Tracy Musselman

Tracy reported that the search committee, led by the Foundation Board of Directors, have recommended and hired Becky Fitzgerald as the new Development Director. During the next thirty days Becky will be transitioning into her new position. An Independent Living Resident Focus Group, led by Lonnie Baker, has been scheduled for June 12. Attendance is limited to 40 people and residents are encouraged to sign up early. A sign-up sheet can be found in the Blue Book, located at the Hospitality Desk. If registration requires, there will be another group scheduled.

Board of Trustees Update, Loren Alexander

Loren Alexander reported the election of two Independent Living residents to the Board of Trustees. Jean Beatty and Orris Kelly were elected to serve on the Board of Trustees. We thank them for committing to such a large role at Meadowlark Hills. Loren Alexander will also continue to serve on the Board of Trustees for another year.

Food and Beverage Update, Matt Ruhnke

Matt had an exciting announcement from the food and beverage world. Starting today, June 2, Verna Belle's Café will be serving fresh squeezed lemonade and limeade. The price is \$3 for a large glass. Strawberry, raspberry and other flavors can be added. Another new item in the café will be milk shakes. Flavors will include chocolate, strawberry and vanilla. A no-sugar-added option will also be available. Both of these specials will last throughout the summer. Verna Belle's Café will have new hours for the next three months. The new hours will be as follows: Monday through Friday hours will remain the same; 8 a.m. to 5 p.m. On Saturdays and Sundays the café will open at 9 a.m. and close at 3 p.m. This will be a trial run to see if the new hours are beneficial to everyone. At the end of the summer the team will evaluate and decide whether or not to continue with the new hours and the specials. Prairie Star Restaurant has a new menu available. It in-

cludes new items and some items from the previous menu. Our cooks began training with the new menu last week and they are excited to roll it out. Prairie Star staff will be printing off extra copies. If you would like copy, please stop by and ask one of the servers or see the Hospitality Desk.

UFM Community Learning Center, Charlene Brownson

Guest speaker, Charlene Brownson, shared information regarding the wide variety of classes offered by the UFM. Many of these programs are in collaboration with K-State, KU and Meadowlark Hills. Osher programs are free to Meadowlark Hills residents. There is an additional charge for special events such as the bus trip to Union Station, Kansas City on July 18, to see the King Tut Exhibit. Registration is required. For more information, please contact Amanda Rall.

Social Services Update, Kristen Martin

Kristen Martin announced the addition of a new Dementia Caregiver Support Group 2.0, which incorporates family and loved ones. This group will begin meeting the third Thursday of every month, beginning on Thursday, June 19. Ryan Bonilla was introduced as a new Social Work intern at Meadowlark Hills. He will be visiting households and facilitating Brain Booster on Fridays.

Community Relations Update, Sarah Duggan

Sarah Duggan announced today, June 2, is the first day to order new Meadowlark Hills clothing and apparel. Several items are available for purchase including polos, t-shirts and jackets. Two new items were introduced, a hat and tumbler cup. A flyer with examples and prices is available at the Hospitality Desk. Anyone interested in making a purchase, please visit Sarah Duggan or Pam Reding in the Community Relations Office. Payment can be made by cash or check. The annual block party, Summerfest, is scheduled for Friday, June 6. Part of Meadowlark Road will be blocked off to make room to host the best block party in Manhattan. The event will begin at 4:45 p.m. with dinner starting at 5 p.m. We will be serving hamburgers, hot dogs, baked beans, chips and cookies.

TOWN MEETING MINUTES, con't

Community Relations Update, continued

There will be inflatables, water balloons, games, a dunk tank, live music and a beer garden. The event is free and everyone is invited. In the event of bad weather we will move the festivities indoors. The Sales Team did a fantastic job planning and organizing the open house on Sunday. It was a great success. Our current campus wide census is 95.5 percent. Let's give a hand to our amazing Sales Team!

IL Update

Amanda reminded everyone to sign up for the KC Royals trip departing at 8:30 a.m. Wednesday, June 11. The bus is almost packed full, with only 12 seats remaining. Don't miss out on the fun! Stop by the Hospitality Desk and sign up in the Blue Book. Symphony in the Flint Hills is scheduled for Saturday, June 14, in Butler County. Attendees will depart from the Village Entrance at 1 p.m. Meadowlark Hills is hosting a car show at 6 p.m. Friday, June 20, on Prairie Star Patio. Everyone is invited and refreshments will be served. To find out more about this exciting event, please contact Shawn Morris in the Pizazz Salon. Transportation to Arts in the Park is available by signing up in the Blue Book. These events are free and transportation will be provided for \$3 per person. We have concluded the survey for our extended trip in September. The results are in and we will be heading to Minneapolis, Minnesota! Confirmed dates will be announced at a later time. Do not worry; we made sure we did not schedule the trip during a home football game weekend! The pond should be ready for visitors before the next Town Meeting. Guest will be able to sit on benches and watch the construction. Loaner fishing equipment will be available at the dock so that everyone can have the opportunity to fish at our pond. Come spend the afternoon learning about the fish we have in the pond and the tricks for catching them.

Adjourn

Submitted by Angela Burton

FOUNDATION NEWS

In Honor of Those Living & Passed
May 2014

Allen Janke

Barb Pretzer

Bert & Martina Koch

Bill Johnson

Charlotte Van Valkenburgh

Clara Emily Ikard

Connie Mulholland

Dick Boydston

Doris McManus

H. Wayne Fink

Jack Thompson

Jane Kuhn

Jesus Christ

John & Lesta Vanier

John Lacy

John Vogt

John Wheat

Karen Filbert

Marie Bonebrake

Mary Jane Linderman

Meadowlark Hills Residents

Our Parents (recognized by Loren &

Donna Alexander)

Richard Jepsen

Tom Grubb

Tony Irvine

Verna Cassell

W. Max Howard

Donations were made to the Good Samaritan Fund.

PRAIRIE★STAR

RESTAURANT

June 8 – June 14

Includes beverage, starter and dessert.

SUNDAY	June 8 ~ Lunch \$12	Dinner \$10
	Roasted Pork Loin Cajun Cornbread Stuffing Vegetable of the Day	Fog City Mac and Cheese Vegetable of the Day
MONDAY	June 9 ~ Lunch \$10	Dinner \$11
	Grilled Pimento Cheese Sandwich Cole Slaw French Fries	Sautéed Chicken Breast with Brie Sauce Roasted Potatoes Vegetable of the Day
TUESDAY	June 10 ~ Lunch \$8	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Herb Crusted Pork Tenderloin with Red Zinfandel Vinaigrette Wild Rice Vegetable of the Day
WED.	June 11 ~ Lunch \$10	Dinner \$11
	Meatloaf Sandwich Potato Salad Choice of Vegetable	Beef Manicotti & Tomato Sauce Garlic Toast Vegetable of the Day
THURSDAY	June 12 ~ Lunch \$8	Dinner \$13
	Pizza Bar (does not include drink, starter or dessert)	Sautéed Orange Roughy in Lemon Thyme Butter Sauce Lemon Risotto Vegetable of the Day
FRIDAY	June 13 ~ Lunch \$10	Dinner \$12
	Fried Cod Filet with Tartar Sauce French Fries Choice of Vegetable	BBQ Shrimp Dirty Rice Vegetable of the Day
SATURDAY	June 14 ~ Lunch \$9	Dinner \$15
	Tater Tot Casserole 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, June 9 - Sunday, June 15

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

Monday, June 9 – The Body Guard (1992)

A former Secret Service agent takes on the job of bodyguard to a pop singer, whose lifestyle is most unlike a President's.

Co-starring: Kevin Costner, Whitney Houston, Gary Kemp

Rated R; 2 hrs. 9 min.

Tuesday, June 10 - The Naked Gun (1988)

Incompetent cop Frank Drebin has to foil an attempt to assassinate Queen Elizabeth II.

Co-starring: Leslie Nielsen, Priscilla Presley, O.J. Simpson

Rated PG-13; 1 hr. 25 min.

Wednesday, June 11– Palo Pinto Gold (2009)

A Texas Ranger turns bad and murders his partner for gold and greed and is hunted down by the son of the man he killed.

Co-starring: Trent Willmon, Roy Clark, Mel Tillis

Rated PG-13; 1 hr. 45 min.

Thursday, June 12 – Three Coins in the Fountain (1954)

American girls dream of finding romance in Rome, but there is none for secretaries, Anita tells her replacement at the USDA. But Maria soon meets Prince Dino Cessi at a party at her boss's home who invites her to fly to Venice in his private plane.

Co-Starring: Clifton Webb, Dorothy McGuire, Jean Peters

Rated NR; 1 hr. 42 min.

Friday, June 13 – Ted (2012) **Resident Request*

As the result of a childhood wish, John Bennett's teddy bear, Ted, came to life and has been by John's side ever since - a friendship that's tested when Lori, John's girlfriend of four years, wants more from their relationship.

Co-starring: Mark Wahlberg, Mila Kunis, Seth MacFarlane

Rated R; 1 hr. 46 min.

Saturday & Sunday, June 14 & 15 – Spaceballs (1987) **Resident Request*

Planet Spaceball's President Skroob sends Lord Dark Helmet to steal Planet Druidia's abundant supply of air to replenish their own, and only Lone Starr can stop them.

Co-starring: Mel Brooks, John Candy, Rick Moranis

Rated PG; 1 hr. 36min.

This Week's Opportunities June 8 – June 14

SUNDAY • JUNE 8

10:00 a.m.~ Church Service, CR
2:00 p.m. ~ Movie, GC
6:00 p.m. ~ Movie, GC
7:00 p.m.~ Vespers—Patrick McLaughlin, FUMC, CR

MONDAY • JUNE 9

Trash pick-up day.

Dental Hygiene Clinic – *Canceled until June 23*

8:30 a.m. ~ Special ILRC Meeting, KSU CR
9:30 a.m. ~ Seated Strength, CR
10:20 a.m. ~ Weights 101, CR
11:15 a.m. ~ Sit and Be Fit, CR
1130 a.m. ~ Meadowlark Valley Lunch, LR
12:00 p.m. ~ Beginner Tai Chi, CR
12:00 p.m. ~ 1st Presbyterian Men's Club, MR
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
1:30 p.m. ~ Hearing Aid Doctor, CON
3:00 p.m.~ Feeding the Threshers Osher Class, CR
7:00 p.m.~ Community Bingo, CR
7:00 p.m. ~ Game Time, GR

TUESDAY • JUNE 10

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. ~ 4th Floor Supper, MR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • JUNE 11

8:00 a.m. ~ Centering Prayer, TR
8:30 a.m.~ Departure to KC Royals Game, VE
9:00 a.m. ~ New Perspectives, MR
9:00 a.m. ~Building & Grounds Committee, LR
9:30 a.m. ~ Seated Strength, CR
10:00 a.m.~ Wal-Mart/Hy-Vee Shopping Trip
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 p.m.~ Integrative Approaches for Vitality and Longevity, KSU CR
12:00 p.m. ~ 2nd Men's Club Lunch, LR
12:00 p.m. ~ Beginner Tai Chi, CR
1 to 2 p.m. ~ Fitness Center Office Hour, FC
1:30 p.m.~ Pitch, GR

1:30 p.m.~ Speedy PD Art Class, MR
2:30 p.m.~ General Support Group, CON
3:00 p.m. ~ Call Hall Ice Cream, KR
7:00 p.m.~ LWV Board Meeting, CON
7:00 p.m. ~ Game Time, GR

THURSDAY • JUNE 12

10:00 a.m. ~ Great Decisions, LR
10:00 a.m. ~ Meadowlark Bible Study, MR
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:30 p.m. ~ Red Hat Luncheon, MR
1:00 p.m. ~ IL Special Resident Focus Group, CR
1:00 p.m. ~ Blood Pressure Clinic, GR
3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR
7:00 p.m. ~ IL Bingo, CR

FRIDAY • JUNE 13

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
7:30 p.m.~ Depart for Arts in the Park (Big Time Grain Company), VE

SATURDAY • JUNE 14

10:00 a.m. ~ Color Theory Class, MCR
1:00 p.m. ~ Depart for Symphony in the Flint Hills, VE
1:00, 4:00 & 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 9 – June 14

Seagram's Seven

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

\$3.75