



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

June 12, 2014

The Doctor Is In!

Get to know Dr. Matt!

Dr. Matthew Floersch, MD, is the Medical Director for Meadowlark Hills Retirement Community and operates the on-campus primary care clinic, Meadowlark Hills Medical Professionals. Dr. Matt also serves as Medical Director for both Meadowlark Hills Home Health and the Parkinson's Program of Manhattan at Meadowlark Hills.

A doctor of internal medicine with a focus geared toward the aging adult, Dr. Matt specializes in assisting patients, their families and caregivers in navigating through and understanding their health. With his focus on adult care, he is able to evaluate and answer questions regarding disease processes (such as diabetes, Parkinson's disease, Alzheimer's and other memory concerns), aging in place and maintaining independence.

Dr. Matt attended the University of Missouri at Kansas City where he received his Doctor of Medicine degree. He completed an Internal Medicine residency from 2002 to 2005 at John-Hopkins, where he received honors as the Division of Geriatrics' Resident of the Year.

Since completing his residency, Dr. Matt has been a solo practitioner. In addition to serving in the above capacities for Meadowlark Hills, he maintains his private practice in Manhattan and previously served as a PACE Provider for Midland Care in Topeka, KS.

Dr. Matt is a fellow of the American College of Physicians and a member of both the Kansas and Riley County Medical Societies.

Dr. Matt married his wife, Karlene, in 2000. She is a Registered Nurse and was instrumental in the opening of Dr. Matt's private practice in Manhattan, Kan. She now stays home and is a full-time mom to their five children. Dr. Matt is originally from Clay Center, Kan. and now the Floersch family makes their home in Manhattan.



above: Dr. Matthew Floersch, Meadowlark Hills Medical Professionals

Joke of the Week

An older couple was lying in bed one night. The husband was falling asleep but the wife was in a romantic mood and wanted to talk.

She said, "You used to hold my hand when we were courting."

Wearily he reached across, held her hand for a second and tried to get back to sleep.

A few moments later she said, "And when we were first married, you used to lay close

to me."

Mildly irritated, he scoots closer and settled down to sleep.

Thirty seconds later she said, "And when we were younger you used to nibble my ear."

Abruptly, he threw back the covers and got out of bed.

"Where are you going?" she asked.

"To get my teeth."



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

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.

Speedy PD Art Class

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 18 and 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!

Blast from the Past Car Show!

Attention car-lovers of all ages! You're invited to a car show on Friday, June 20, starting at 6 p.m. to display cars from past decades! 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!

Dementia Caregiver Support Group 2.0

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 and 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!

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. The following is an upcoming opportunity on Wednesday, June 18: *Advanced Directives and the Decision-making Process* by Gloria Soendker, BSN/Palliative Home Care Team Manager

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 a 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.

UPCOMING EVENTS & ANNOUNCEMENTS

Speedy P.D. Training

It's that time of year to start training for the Speedy PD Race for Parkinson's Disease, scheduled for Saturday, Aug. 23. The training runs are a chance to meet once a week as race day approaches. All levels of walkers and runners are welcome to join and feel free to invite your family and friends! Training will begin at 8 a.m. Saturday, June 14, meeting at the North entrance to City Park. We will meet each Saturday morning (weather permitting) for eight Saturday's leading up to the Speedy PD. The group will not meet on Saturday, July 5, because of the Independence Day holiday weekend nor Saturday, Aug. 9, because of a kid's triathlon being held at City Park. Please contact Fitness Leader, Jeff Heidbreder, at (785) 341-2995 with any questions regarding the Speedy PD training.

Training Schedule

**mileage is suggested, lesser amounts can be completed!*

- June 14 – 2 miles
- June 21 – 2 or 3 miles
- June 28 – 2 or 3 miles
- July 5 – OFF
- July 12 – 2 or 4 miles
- July 19 – 2 or 4 miles
- July 26 – 2 or 5 miles
- Aug. 2 – 3 or 5 miles
- Aug. 9 – OFF
- Aug. 16 – 3 or 6 miles
- Aug. 23 – Speedy PD Race for Parkinson's Disease

Minneapolis, MN Trip

For all you eager travelers—the trip to Minneapolis has been scheduled from Friday, Sept. 19, to Wednesday, Sept. 24, 2014! More details are soon to come. Registration will begin next week.

Sing-a-long with the Kahlers!

Warm up those singing voices—it's time to sing-a-long! Join the Kahlers' for a sing-a-long at 7 p.m. Friday, June 13, in the Community Room.

Voter Registration

Don't forget to stop by the Hospitality Desk to pick up a voter registration form if you have recently moved to Meadowlark Hills. You also need to complete this form if your address within Meadowlark Hills has changed. There are also forms available at the Hospitality Desk for Permanent Advanced Voting Status. This would put you on a list to always receive a ballot to vote by mail. The next election in Manhattan is a primary on Tuesday, Aug. 5. The general election is scheduled for Tuesday, Nov. 4. Return your completed forms to the Hospitality Desk by Monday, June 30, and they will be delivered to the County Clerk's office!

With Thanks

submitted by Jane Boys

Thank you all for the tremendous support you show for Meadowlark Singers! We love preparing and performing for you and hope some of you will choose to join us in August to start on our new program!

Special Thanks

submitted by Kay Shanks

Thank you staff of Meadowlark Hills for your tremendous efforts in keeping our campus beautiful, clean and functional. In particular, the window washing and addition of sidewalks throughout campus has been a great improvement!

Vespers Services

Vespers service, led by retired Pastor Jim Reed, will begin at 7 p.m. Sunday, June 15, in the Community Room. Everyone is invited to attend.

RESIDENT COUNCIL MINUTES

May 5, 2014 **New Business:**

Members present: Jean Beatty, Loren Alexander, Jo Call, Charles Deyoe, Don Rasmussen, Ed Lindly, Ivan Tompkins, Ed Skidmore, Sharon Smith, Betty Grubb, Bob Kruh, Dorothy Horsch and Polly Ferrell

Staff present: Lonnie Baker and Amanda Rall

Introductions: Dorothy Horsch was introduced as the Second Floor Representative.

Updates:

1. **IL Update:** Lonnie Baker reviewed the last year at Meadowlark Hills. It has been one year since the change in structure and organizational design. Compared to prior years, we've seen a reduction in employee turnover in key areas, including the Household Coordinator position. Prior to one year ago, the average tenure of a Household Coordinator was less than 12 months. Since then, all but one Household Coordinator has been employed in that capacity for at least one year. This position provides stability to our households especially when it is hard to solve the issue of high direct-care provider turnover, for example CNAs and CMAs. Wages for these high-turnover positions are competitive at Meadowlark Hills but the turnover is due to having many part-time workers that do not see this position as a long-term career choice. In the last year, policy and procedure work has been conducted and will soon be sent to the Board of Trustees for final approval. Lonnie reported that resident focus groups will be taking place to gauge the views of residents on the future of Independent Living. Please refer to the Messenger for more information on scheduling of these meetings.

2. **Board of Trustees Committees Update:** Don Rasmussen provided financial updates. Revenue is below budget but that is offset by a decrease in expenses. The Board has accepted the good-standing financial performance report.

Approval of April Minutes:

April minutes were approved by a unanimous vote.

1. **Nomination and Election of ILRC Chair** – Jean Beatty reported she will be stepping down as chair of the Resident Council. The nomination and election process was described. The Council was asked to contemplate who they would like to nominate as chair and contact the person to verify they would be willing to accept this role. At the June ILRC meeting, nominations will be made and the vote will be taken by the Council to elect the new chair.

2. **Board of Trustee Terms** – Loren Alexander reported that the Board of Trustees has changed the amount of time a resident member is eligible to sit consecutively on the Board. The time has been reduced from three, three-year terms to two, three year terms.

Old Business:

1. **Election of Board of Trustee Member** –Loren Alexander reported that there were two endorsed nominations for the Board of Trustees. These two candidates will run for the positions that will be open at the end of June, when two of the resident members step down. The person with the most votes will assume Sandra Emley's membership and will be eligible for two full, three year terms. The person receiving the second most votes will assume Don Rasmussen's membership. Since Don is stepping down midterm, this person will be eligible for the remainder of Don's term, plus one additional full term, for a total of five years of eligibility. Ballots will be distributed on Friday, May 9 and will conclude Wednesday, May 21.

2. **Resident Affiliations Policy** – Material was reviewed 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 had no changes on the policy and it was approved to be sent on to the Board for final approval.

RESIDENT COUNCIL MINUTES, con't

3. **Trash Procedure** – Amanda Rall reported that the Trash Procedure was printed in a recent Messenger to clarify how to properly dispose of trash and recycling.

Questions and Concerns

1. **Members of the Council** – A new Council Member suggested it would be beneficial to have a list of representatives and their associated neighborhood or floor. Amanda will distribute this.

2. **Speed Bump Replacement** – A Council Member commented on the speed bumps on campus. Many have not been replaced from the damage during the winter months; however, there is a plan to replace them. The only portion that will not be replaced is the west half of the speed bump located closest to

Kimball Ave. to allow emergency vehicles to exit the grounds without having to drive over the speed bump.

3. **Fliers** – There was a concern brought up about the quantity of the flyers in elevators. There are too many to read at a given time. The procedure currently states that flyers will only be displayed for a week. This procedure will be reviewed by the Hospitality Team.

Identification of Action Items

see table 1

Adjourn

Submitted by: Amanda Rall

Table 1	Brief Description	Action to be Taken	By:	Status:
1.	ILRC Member List	Amanda will distribute an updated list	Amanda Rall	In Progress
2.	Update material	The Council will update their printed material.	All Council Members	In Progress

ASK ANNIE!

Q: We have varied ideas on how the Prairie Star menu is priced, could you please provide a chart with slightly more explanation on this?

submitted by Annie Peace

When ordering a special, you may elect to have a full special with regular-sized portions or a small special with smaller portions. You may also elect to have a starter, a dessert, both a starter and dessert or neither a starter, nor dessert. The pricing on the specials are based on these two factors and are outlined in the chart below. Two people may also

elect to split a full special, however when splitting a full special all sides, starters and desserts must be the same for both people. Prices also vary based upon the special being served and are listed on the menu printed weekly in the Messenger.

Thanks for another great question!



PRICES FOR A \$12 SPECIAL		
	Full Special	Small Special
Both Starter and Dessert	\$12	\$10
One Starter or Dessert	\$11	\$9
No Starter or Dessert	\$10	\$8

PRAIRIE★STAR

RESTAURANT

June 15 – June 21

Includes beverage, starter and dessert.

SUNDAY	June 15 ~ Lunch \$12	Dinner \$10
	Pot Roast New Potatoes Carrots, Celery & Onions	White Chili Corn Bread Vegetable of the Day
MONDAY	June 16 ~ Lunch \$9	Dinner \$11
	Ham & Cheese Sandwich Tomato Soup	Chicken Fairmont in Hunters Sauce Anna Potatoes Vegetable of the Day
TUESDAY	June 17 ~ Lunch \$6	Dinner \$12
	Taco Tuesday (does not include drink, starter or dessert)	Seafood Alfredo Garlic Bread Vegetable of the Day
WED.	June 18 ~ Lunch \$11	Dinner \$11
	Buffalo Burger Sweet Potato Fries Choice of Vegetable	Pork Stir Fry Fried Rice
THURSDAY	June 19 ~ Lunch \$7	Dinner \$11
	Pasta Bar (does not include drink, starter or dessert)	Chicken Cordon Bleu Roasted Red Potatoes Vegetable of the Day
FRIDAY	June 20 ~ Lunch \$10	Dinner \$12
	Cubans Steak Fries Choice of Vegetable	Turkey Loaf Mashed Potatoes Vegetable of the Day
SATURDAY	June 21 ~ Lunch \$10	Dinner \$12
	Ham Salad Sandwich Cole Slaw Potato Chips	London Broil Mushroom Risotto 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 16 - Sunday, June 22

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

Monday, June 16 – West Side Story (1961)

Musical about two youngsters from rival NYC gangs who fall in love.

Co-starring: Natalie Wood, George Chakiris & Richard Beymer

Rated UR; 2 hrs. 32 min.

Tuesday, June 17 – She Done Him Wrong (1933)

New York singer and nightclub owner Lady Lou has more men friends than you can imagine, unfortunately one of them is a vicious criminal who's escaped and is on the way to see "his" girl, not realizing she hasn't exactly been faithful in his absence. Help is at hand in the form of young Captain Cummings, a local temperance league leader, though.

Co-starring: Mae West, Cary Grant & Owen Moore

Rated NR; 1 hr. 6 min.

Wednesday, June 18 – Open Range (2003)

A former gunslinger is forced to take up arms again when he and his cattle crew are threatened by a corrupt lawman.

Co-starring: Kevin Costner, Robert Duvall & Diego Luna

Rated R; 2 hrs. 19 min.

Thursday, June 19 – A Good Woman (2004)

While retaining her secret identity, the illustrious Mrs. Eryllynne (Hunt) saves Lady Windemere (Johansson) from making a grand social faux-pas with the scoundrelly Lord Darlington (Moore).

Co-Starring: Helen Hunt, Scarlett Johansson & Tom Wilkinson

Rated PG; 1 hr. 33 min.

Friday, June 20 – Monuments Men (2014) **Resident Request*

An unlikely World War II platoon is tasked to rescue art masterpieces from Nazi thieves and return them to their owners.

Co-starring: George Clooney, Matt Damon & Bill Murray

Rated PG-13; 1 hr. 58 min.

Saturday & Sunday, June 21 & 22 – Nebraska (2013) **Resident Request*

An aging, booze-addled father makes the trip from Montana to Nebraska with his estranged son in order to claim a million-dollar Mega Sweepstakes Marketing prize.

Starring: Bruce Dern, Will Forte & June Squibb

Rated R; 1 hr. 45 min.

This Week's Opportunities June 15 - June 21

SUNDAY • JUNE 15

10:00 a.m.~ Church Service, CR
2:00 p.m. ~ Movie, GC
6:00 p.m.. ~ Movie, GC
7:00 p.m.~ Vespers—retired pastor, Jim Reed, CR

MONDAY • JUNE 16

Trash pick-up day.

Dental Hygiene Clinic – *Canceled until June 23*

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.~ Feeding the Threshers Osher Class, CR
5:30 p.m.~ 5th Floor Supper, MR
7:00 p.m.~ Community Bingo, CR
7:00 p.m. ~ Game Time, GR

TUESDAY • JUNE 17

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
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, KSU CR
4:00 p.m.~ Newspaper & Bible, LR
5:30 p.m.. ~ 2nd Floor Supper, CR
5:30 p.m.~ Eastside Supper, MR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • JUNE 18

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. ~ 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.~ Advanced Directives and the Decision-making Process, KSU CR
12:00 p.m.~ Beginner Tai Chi, *Canceled for the day*
1:30 p.m.~ Speedy PD Art Class, MR
1 to 2 p.m. ~ Fitness Center Office Hours, 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 • JUNE 19

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
2:00 p.m. ~ Low Vision Support Group, CON
3:30 p.m.~ Dementia Caregiver Support Group 2.0, KSU CR
5:30 p.m. ~ Meadowlark Circle Supper, MR
7:00 p.m. ~ IL Bingo, CR
7:30 p.m.~ Sons of the American Revolution, CON

FRIDAY • JUNE 20

9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Veterans Group, GC
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 Rosary, CR
6:00 p.m.~ Car Show, MR and PS Patio

SATURDAY • JUNE 21

8:00 a.m. ~ Speedy PD Training, North Entrance to City Park
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 16 – June 21
Woodbridge Wines

Stop by the pub this week where
the special is only

\$3.75