



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

June 19, 2014



Celebrate the Fourth of July with a bang!

The smell of firecrackers is in the air and Meadowlark Hills is ready to celebrate Independence Day! Enjoy live music by the JPeGs on the Lyle House patio with extra seating in the parking area at 8:15 p.m. Friday, July 4. The JPeGs have a great variety of musical genres that they play, from classic rock from the fifties all the way to modern songs that you might hear on the radio today, vintage country

music to today's modern country, folk music and blues. Jonathan McBee and Dr. Peg Althoff first began collaborating musically in January 2011. On this night, they will incorporate music from the whole band!

Following the musical performance, stick around for the firework display beginning at 9 p.m. in the west parking lot.

Kansas State University *Alumni Association Reception*

Join the K-State Alumni Association for a reception and program for Meadowlark Hills residents at 2 p.m. Thursday, June 26, in the Community Room. Everyone is invited to attend!

The K-State Alumni Association President and CEO, Amy Button Renz, will provide a program beginning approximately 2:15 p.m.

Refreshments will be served and prize giveaways will be awarded to attendees. Hope to see you there!



Speedy PD Race for Parkinson's Disease

Attention runners and volunteers

The sixth annual Speedy PD Race for Parkinson's Disease will be held at Tuttle Creek State Park the morning of Aug. 23, 2014. This fundraiser helps support the Parkinson's Program of Manhattan through Meadowlark Hills, and volunteers are vital to helping make it a successful day. Each volunteer will receive a t-shirt and a raffle ticket for prize drawings! If you are interested in volunteering, sign up in the Blue Book located at the Hospitality Desk or contact Janalee Walter by emailing speedypdvunteers@gmail.com or calling (785) 323-3899. You can also sign up at runspeedypd.org. We would greatly appreciate your help!



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 & ANNOUNCEMENTS

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 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! Due to the amount of cars entered into the show, Meadowlark Road will be closed from the fork to the beginning of the circle drive at the main entrance from 4 to 7 p.m. Please remind visitors not to park in these visitor sections.

Art Committee Meeting

The Art Committee meeting that was scheduled for Friday, July 4, has been rescheduled for Friday, June 27, at 9 a.m. in the Living Room.

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 1st Infantry Division Band on Friday, June 27, departing from the Village Entrance at 7:30 p.m.

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!

Vespers Services

The Vespers service, led by Mrs. Marie Amthauer, lay speaker from First United Methodist Church, will begin at 7 p.m. Sunday, June 22, in the Community Room. Everyone is invited to attend.

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. Currently, we are waiting on quotes from bus companies, therefore, registration will begin contingent on selecting a bus company.

KSU Center on Aging Lecture

The KSU Center on Aging is hosting a lecture entitled, "Madagascar: A Summer Adventure" by Migette Kaup, Apparel, Textiles and Interior Design professor at K-State, at 4 p.m. Thursday, June 26, in the Community Room.

Card Making with Michelle

Join Michelle Lehmer in the Living Room at 2 p.m. Tuesday, June 24, to create patriotic cards for Independence Day!

ANNOUNCEMENTS

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, June 27, in the Community Room. All are welcome to attend.

Brain Booster

Brain Booster is a memory-support program that revolves around playing games, technology and trying new things. This specific combination of memory enhancing activities is designed to give the brain a dynamic boost. The group will meet every Friday from 1:30 to 3:30 p.m. in the Game Room. Hope to see you there!

Jane and the Boyz

We've seen Jane Boys in many roles around Meadowlark Hills—but never before have you seen her like this! *Jane and the Boyz* are a new musical group that plays a variety of gospel, country and folk music. See Jane and the Boyz perform at 7 p.m. Friday, June 27, in the Community Room.

Sofa Bed For Sale

Robin Higham has a gently used sofa with pull-out bed for sale. If interested, contact Robin at 537-0120.

Wheelchair For Sale

John Wileman is looking for a buyer of a used wheelchair that he no longer needs. If interested, contact John at 320-6860.

DRINK SPECIAL



June 23 – 28

Chambord Black Raspberry Liqueur

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

3.75

ASK ANNIE!

Q: What is the procedure for tornado warnings?

submitted by Annie Peace

Thank you for this question, it allows me to follow up from the previous question regarding tornado sirens. During a tornado warning, the safest place for those of us in the towers or the Community Center, is to head to the Community Center hallways on first floor. If anyone is unable to make it down to the first floor, as we are not to use the elevators, they should seek cover in one of the main hallways in the West Tower. If anyone is unable to make it out of their apartment or to the West Tower, they should close all curtains and doors in their apartment, take shelter in their bathroom and cover themselves with blankets and/or pillows. For residents living in cottages/duplexes with a safe room, seek shelter in your safe room during a tornado warning. For those living in the

cottages/duplexes without a safe room, move away from glass/windows, go to the innermost hallway or bathroom and cover yourself with blankets and/or pillows. All of the households have individual plans to follow in a tornado warning. Please keep the questions coming.



Joke of the Week

A doctor examined a woman, took the husband aside, and said, "I don't like the looks of your wife at all."

"Me neither, Doc," said the husband.
"But she's a great cook and really good with the kids."

PRAIRIE★STAR

RESTAURANT

June 22 - June 28

Includes beverage, starter and dessert.

SUNDAY	June 22 ~ Lunch \$11	Dinner \$11
	Fried Chicken Mashed Potatoes Choice of Vegetable	BBQ Pork Wings Macaroni & Cheese Vegetable of the Day
MONDAY	June 23 ~ Lunch \$10	Dinner \$11
	BLAT Tator Tots Choice of Vegetable	Beef Stroganoff Egg Noodles Vegetable of the Day
TUESDAY	June 24 ~ Lunch \$8	Dinner \$10
	Fajita Bar (does not include drink, starter or dessert)	Greek Penne & Chicken Vegetable of the Day
WED.	June 25 ~ Lunch \$10	Dinner \$12
	Turkey Burgers French Fries Choice of Vegetable	Cornbread & Andouille Sausage Stuffed Pork Roulades Scalloped Potatoes Vegetable of the Day
THURSDAY	June 26 ~ Lunch \$8	Dinner \$10
	Breakfast Bar (does not include drink, starter or dessert)	Sweet & Sour Chicken Lo Mein Choice of Vegetable
FRIDAY	June 27 ~ Lunch \$10	Dinner \$14
	Quiche Choice of Vegetable	Sesame Crusted Tuna Steaks Dutchess Potatoes Vegetable of the Day
SATURDAY	June 28 ~ Lunch \$10	Dinner \$15
	Fish Tacos Spanish Rice Black Beans	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 23 - Sunday, June 29

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

Monday, June 23 – You'll Never Get Rich (1941)

After his wife discovers a telltale diamond bracelet, impresario Martin Cortland tries to show he's not chasing after showgirl Sheila Winthrop. Choreographer Robert Curtis gets caught in the middle of the boss's scheme. Army conscription offers Robert the perfect escape from his troubles- or does it?

Co-starring: Fred Astaire, Rita Hayworth & Robert Benchley

Rated NR; 1 hr. 28 min.

Tuesday, June 24 - Flyboys (2006)

The adventures of the Lafayette Escadrille, young Americans who volunteered for the French military before the U.S. entered World War I, and became the country's first fighter pilots.

Co-starring: James Franco, Jean Reno & Jennifer Decker

Rated PG-13; 2 hrs. 20 min.

Wednesday, June 25 – Unforgiven (1992)

Retired Old West gunslinger William Munny reluctantly takes on one last job, with the help of his old partner and a young man.

Co-starring: Clint Eastwood, Gene Hackman & Morgan Freeman

Rated R; 2 hrs. 11 min.

Thursday, June 26 – From the Terrace (1960)

An ambitious young executive chooses a loveless marriage and an unfulfilling personal life in exchange for a successful Wall Street career.

Co-starring: Paul Newman, Joanne Woodward & Myrna Loy

Rated NR; 1 hr. 47 min.

Friday, June 27– Captain Phillips (2013) **Resident Request*

The true story of Captain Richard Phillips and the 2009 hijacking by Somali pirates of the US-flagged MV Maersk Alabama, the first American cargo ship to be hijacked in two hundred years.

Co-starring: Tom Hanks, Barkhad Abdi & Barkhad Abdirahman

Rated PG-13; 2 hrs. 14 min.

Saturday & Sunday, June 28 & 29 – The Hunger Games (2012) **Resident Request*

Katniss Everdeen voluntarily takes her younger sister's place in the Hunger Games, a televised fight to the death in which two teenagers from each of the twelve Districts of Panem are chosen at random to compete.

Co-starring: Jennifer Lawrence, Josh Hutcherson & Liam Hemsworth

Rated PG-13; 2 hrs. 22 min.

This Week's Opportunities June 22 - June 28

SUNDAY • JUNE 22

10:00 a.m.~ Church Service, CR
2:00 p.m.~ Movie, GC
6:00 p.m. ~ Movie, GC
7:00 p.m.~ Vespers—Mrs. Marie Amthauer, CR

MONDAY • JUNE 23

Trash pick-up day.

Dental Hygiene Clinic, IL # 406— *By Appointment Only*
9:30 a.m.~ Seated Strength, CR
10:00 a.m.~ History Committee, KSU CR
10:20 a.m.~ Weights 101, CR
11:15 a.m.~ Sit and Be Fit, CR
12:00 p.m. ~ 1st Pres. Men's Lunch, MR
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
7:00 p.m.~ Community Bingo, CR
7:00 p.m. ~ Game Time, GR

TUESDAY • JUNE 24

10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
11:30 a.m.~ Serendipity Club, MR
12:00 p.m. ~ Seven Dolors Book Discussion, LR
1:00 p.m. ~ Tai Chi, CR
2:00 p.m.~ Card Making with Michelle, LR
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 • JUNE 25

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, LR
10:00 a.m.~ Memory Support Group, CON
10:00 a.m.~ Wal-Mart/Hy-Vee Shopping Trip, VE
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
1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
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. ~ 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

THURSDAY • JUNE 26

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.~ Alumni Association Reception, CR
3:30 p.m. ~ Dementia Support Group, KSU CR
4:00 p.m.~ KSU Center on Aging Lecture, CR
7:00 p.m. ~ IL Bingo, CR

FRIDAY • JUNE 27

9:00 a.m.~ Art Committee, LR
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 Class, 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. ~ Jane and the Boyz, CR
7:30 p.m.~ Depart for Arts in the Park (1st Infantry Division Band), VE

SATURDAY • JUNE 28

8:00 a.m.~ Speedy PD Training (5k – 2 miles / 10k – 3 miles), North Entrance to City Park
1:00 p.m. ~ Movie, GC
4:00 p.m. ~ Movie, GC
7:00 p.m. ~ Movie, GC

• ROOM ABBREVIATIONS •

406, IL Apartment 406	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	