



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

June 26, 2014

Arts and Architecture Tour

Immerse yourself in the culture of the Twin Cities!

By Amanda Rall

Hop on board, as we tour the Twin Cities and much, much more! A near endless parade of Victorian-era mansions and classically-styled homes with magnificent architecture and the great domes of the Saint Paul Cathedral and State Capitol are just a few attractions that await the Meadowlark



above: The largest home on historic Summit Street in St. Paul—the home of railroad Baron James J. Hill.

Hills Travelers as we journey to Minnesota in September 2014! Of course, we won't forget about Mother Nature on our tour—as Minneapolis and St. Paul offer the majesty of the still-youthful Mississippi River that runs through these two spectacular, forested cities.

Tour dates are set for Friday, Sept. 19, through Wednesday, Sept. 24.

After a long day of traveling, we will check into the Best Western Plus Normandy Inn in Minneapolis, MN for our four-night stay. Hotel amenities include a restaurant and bar, indoor pool, hot tub and it's located within walking distance to shopping areas.

Wake up refreshed on Sept. 20, to visit the Mill City Museum. Built into the ruins of what was once the

world's largest flour mill, Mill City Museum is located on the historic Mississippi Riverfront. Here, we will learn about the intertwined histories of the flour industry, the river and the city of Minneapolis.

Then, tour the Mississippi River by boat aboard the Minneapolis Queen. Feel free to grab a hot dog or other snack food at the full-service cash concession stand!

After lunch, explore the Minneapolis Institute of Arts (MIA). The MIA inspires wonder with extraordinary exhibitions and one of the finest, wide-ranging art collections in the country. From Monet to Matisse, Asian to African, 40,000-year-old artifacts to world-famous masterpieces, the MIA links the past to the present.

Following dinner that same evening, the Plymouth Playhouse Theatre presents 'Ring of Fire' featuring the life and music of Johnny Cash. The entire cast performs his music and tells his story.

We'll start day three, Sept. 21, with a guided tour of the Twin Cities spotlighting the unique architecture of the area, including Summit

Avenue's mansions and the St. Paul Cathedral.

After lunch, see the home of Railroad Baron James J. Hill, the largest home on historic Summit Street in St. Paul. Hill was the builder of the Great Northern Railway which heavily influenced Minneapolis' role in being the largest producer of flour in the world and that is how Minneapolis got it's nickname, Mill City! Guides lead guests through four floors of the 1891 house, providing a glimpse into life in a 19th century mansion, the impact Hill had on the economic transformation of this region, and a social system that included family members, servants, workers and guests.

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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

Special IL Focus Group

Thank you to all those who attended the Special IL Focus Group on Thursday, June 12! There was a fantastic turn out and a lot of great discussion. All feedback from the residents who attended has been recorded and will be used during the Board of Trustees' long-range planning process.

Brownbag Lunch Lecture Series

Bring a lunch and listen to the presentation, Mental Aerobics, by Alicia Scott, Gerontologist, at noon Wednesday, July 9, in the KSU Classroom. No registration necessary.

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.

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

Vespers Services

Vespers service, led by Pastor Troy Bowers, will begin at 7 p.m. Sunday, June 29, in the Community Room. Everyone is invited to attend.

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.

Newspaper & Bible

Newspaper and Bible will not be meeting in July (July 1, 8, 15, 22 or 29). The class will resume Tuesday, Aug. 5.

Independence Day Celebration

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: classic rock, to the fifties, modern songs, vintage country music, today's modern country, folk music and blues.

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

Tai Chi cancelations

Due to the Tai Chi instructor being out of town from July 1 through 14, the following classes have been canceled:

- July 1 – Advanced Tai Chi
- July 2 – Beginner Tai Chi
- July 8 – Advanced Tai Chi
- July 9 – Beginner Tai Chi
- July 14 – Beginner Tai Chi

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.

Fourth of July cancelations and closings

The following are changes due to the observance of the Fourth of July holiday:

- Finance office—*closed*
- Information Services offices—*closed*
- Maintenance—*emergency on-call staff*
- Housekeeping—*limited staff on campus*
- Transportation—*limited staff on campus*
- Physician office—*closed*
- Verna Belle's Café—*closing at 3 p.m.*
- Prairie Star Restaurant—*normal business hours*
- Exercise classes—*canceled*
- Hospitality Desk—*closing at 5 p.m.*
- Human Resource office—*closed*
- CEO office—*closed*

ANNOUNCEMENTS

Upcoming staff transition

*Submitted by Sarah Duggan,
Community Relations Director*

Congratulations are in order – our very own Amanda Rall has been hired as the new Stolzer Household Coordinator! Amanda began her career at Meadowlark Hills as a caregiver in Special Care before becoming the Resident Services Leader in October 2012. During her time as the Resident Services Leader, Amanda has provided awesome leadership to the Hospitality team and been a fantastic resource for independent living residents and guests. I am extremely proud of Amanda and wish her the best of luck in her new role with Meadowlark Hills as she continues to feed her passion of serving others.

The hiring process for the Resident Services Leader began June 24, and you will be updated as it progresses. Amanda's transition timeline has not been finalized, so please continue to take your independent living questions and concerns to her. If you have additional questions, please contact me at (785) 323-3860 or via e-mail at sarah.duggan@meadowlark.org.

Verna Belle's Café update

The staff in Verna Belle's café are excited for new drink options, just in time for summer! They are now offering chocolate, vanilla or strawberry milkshakes for \$3.50 and fresh squeezed lemonades and limeades for \$3. Flavor shots are even available in raspberry, cherry and strawberry, at no extra charge! Another new feature is omelets made-to-order on Saturday and Sunday.

Lastly, Verna Belle's Café is trying out seasonal hours for the summer. They are open Monday through Friday, from 8 a.m. to 5 p.m. and Saturday and Sunday, from 9 a.m. to 3 p.m. Make sure to stop by and see all the friendly faces and yummy treats waiting for you at Verna Belle's!

Minnesota Arts and Architecture Tour, from page 1

Later that evening, we will attend the Chanhassen Dinner Theater to feast on your choice of entrée, while the show begins on the main stage—Hello Dolly! Dolly Levi is a delightfully scheming busybody who makes her living as a matchmaker in glamorous New York City. Dolly masterfully orchestrates romance and adventure in a glittering mixed-up night on the town.

It wouldn't be a trip to Minneapolis unless we visited

the Mall of America! On day four of our tour, there will be time allotted for shopping and lunch at the mall. Don't forget to grab a coupon book on your way in!

On day five, we will depart for home with a few stops along the way! In Austin, MN, the travelers will tour the Hormel Historic House, built in 1871. The Hormel Historic Home strives to preserve the history and legacy of the George A. and Lillian Hormel Family.

Our next stop is Jasper Winery in Des Moines, IA, to enjoy a tour and taste of the winery. After dinner, settle in for the last night of the tour at the Stoney Creek Inn and Conference Center.

On our final day of the tour, we will travel to Leavenworth, KS. Following lunch, our last attraction will be a guided tour the Victorian Carroll Mansion. Step back in time in this 1867 Victorian house featuring elaborate handcrafted woodwork, beautiful stained glass windows and elegant antiques from the Victorian age era to the early 20th century.

The cost of the September tour will include five nights' hotel accommodations, breakfasts each morning, four lunches, four dinners, all cost associated with attractions and transportation plus worry-free travel.

Cost is \$1225 per person based on double occupancy. The rate for single occupancy is \$1650. A minimum of 25 paid travelers are required to obtain the quoted price.

Registration forms are available in the Blue Book, located at the Hospitality Desk. Please return completed forms to Amanda Rall by Thursday, July 10. Following registration for residents only, a 25-percent non-refundable deposit will be charged to your Meadowlark Hills finance statement for July. The remaining balance will be charged to your Meadowlark Hills finance statement for August.

Passport members, family members, Board members or community members may request a registration form by contacting Amanda Rall at 323-3801. If no answer, please leave your name and home address. For any registered persons, excluding residents, a 25-percent non-refundable deposit is due by Thursday, July 10, to the Meadowlark Hills Finance office. The remaining balance will be due by Friday, July 25, to the Meadowlark Hills Finance office. Questions regarding payment can be directed to Nick Lundeen at 323-3819.



Hours:

8 a.m. to 5 p.m.

Monday - Friday

9 a.m. to 3 p.m.

Saturday - Sunday

323-3818

July Lunch Specials

July 2 – Sesame Chicken and White Rice	\$3.75/\$5.50
July 4 – Bratwurst with Fruit Salad	\$5.50
July 7 – Quesadillas	
Cheese	\$3.00
Chicken	\$4.00
Steak	\$5.00
July 9 – Salmon Wrapini with Cucumber and Onion Salad	\$3.75/\$5.50
July 11 – BBQ Chicken with Cheesy Potatoes	\$5.50
July 14 – Reuben with Soup and Chips	\$3.75/\$5.50
July 16 – Grilled Margherita Sandwich with Soup or Chips	\$3.75/\$5.50
July 18 – Kabobs with Wild Rice	
Vegetable	\$5.00
Chicken	\$6.00
Steak	\$7.00
July 21 – Garlic Chicken Pizza	\$3.75/\$5.50
July 23 – Upside-down Sheppard's Pie	\$5.50
July 25 – Mush room Swiss Burger with Soup or Chips	\$5.50
July 28 – Tuna Melt with Cottage Cheese or Fruit	\$3.75/\$5.50
July 30 – Cuban Sandwich with Soup or Chips	\$3.75/\$5.50

July BIRTHDAYS

Residents

Health Care



7/4	JoAnn Horton
7/11	Marie Dellen
7/14	Lillian Pagenkopf
7/16	Arnold Levenson
7/17	Eber Abney
7/18	Dorothy Slimmer
7/20	Dixie Everson
7/22	Jean Simmons
7/23	Lea Bunker
7/24	Nanette Kaup
7/29	Dorothy Whitson

Assisted Living

7/1	Theda Campbell
7/30	James Mitchell

Independent Living

7/5	Charlotte Kelly
7/9	Pat Edwards
7/14	Dorothy Horsch
7/19	June Benedict
7/25	Virginia Bartley
7/26	Enell Foerster
7/27	Jan Kruh
7/27	Roger Shanks
7/28	Orris Kelly

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

Employees

7/1	Ashley Green	7/11	Matt Ruhnke
7/1	Lori Manbeck	7/12	Rachel Dillard
7/2	Joshua Allen	7/13	Paige McMahon
7/2	Mike Davis	7/13	Katie Wilcox
7/5	John Mies	7/16	Haley Booker
7/5	Rebecca Randesi	7/16	Kyra Dettmer
7/6	Karin Sol	7/16	Amanda Rickstrew
7/6	Kelley Sol	7/17	Coleen Brown
7/6	Billy Nguyen	7/17	Jessica Zander
7/6	Trisha Reichert	7/18	Marguerite Carr
7/7	Elissa Crain	7/19	Cade Beckner
7/7	Jessica Kurtz	7/21	Caroline Leis
7/7	David Zerfas	7/22	Kayla Hambleton
7/8	Kimberly Friedrichs	7/23	Kristin Bribiesca
7/8	Anna Laughlin	7/26	Megan Warren
7/8	Maria McHenry	7/27	Natalie Hendricks
7/10	Kade Pulliam	7/27	Rachel Selland
7/10	Victoria Grabau	7/28	Patty Garibay
7/11	Gina Fitzgibbon	7/28	Linda Wilson
7/11	Margaret Frost	7/29	Kellie Jornov

PRAIRIE★STAR

RESTAURANT

June 29– July 5

Includes beverage, starter and dessert.

SUNDAY	June 29 ~ Lunch \$12	Dinner \$10
	Country Fried Steak Mashed Potatoes & Gravy Vegetable of the Day	Ham & Beans Cornbread Vegetable of the Day
MONDAY	June 30 ~ Lunch \$10	Dinner \$11
	Turkey Rubens Steak Fries Choice of Vegetable	Swiss Steaks Garlic Toast Vegetable of the Day
TUESDAY	July 1 ~ Lunch \$6	Dinner \$12
	Taco Tuesday (does not include drink, starter or dessert)	Shrimp Scampi Linguini Vegetable of the Day
WED.	July 2 ~ Lunch \$10	Dinner \$11
	Carolina Pulled Pork Sandwich Curly Fries Choice of Vegetable	Chicken A la Orange Wild Rice Vegetable of the Day
THURSDAY	July 3 ~ Lunch \$7	Dinner \$12
	Deli Bar (does not include drink, starter or dessert)	Crab Cakes Roasted Red Potatoes Vegetable of the Day
FRIDAY	July 4 ~ Lunch \$10	Dinner \$12
	Turkey Loaf Sandwich French Fries Vegetable of the Day	Bourbon Glazed Pork Chop Mashed Potatoes Vegetable of the Day
SATURDAY	July 5 ~ Lunch \$10	Dinner \$11
	Fish & Chips Coleslaw	Chicken Alfredo Garlic Toast 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 30 - Sunday, July 6

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

2 and 6 p.m., Sunday

Monday, June 30 – Grand Piano (2013)

Moments before his comeback performance, a concert pianist who suffers from stage fright, learns that a sniper will shoot him and his wife if he plays just one wrong note.

Co-starring: Elijah Wood, John Cusack & Kerry Bishé

Rated R; 1 hr. 30 min.

Tuesday, July 1 - Safe Haven (2013)

A young woman with a mysterious past lands in Southport, North Carolina where her bond with a widower forces her to confront the dark secret that haunts her.

Co-starring: Julianne Hough, Josh Duhamel & Cobie Smulders

Rated PG-13; 1 hr. 55 min.

Wednesday, July 2 – Maverick (1984)

Bret Maverick, needing money for a poker tournament, faces various comic mishaps and challenges, including a charming woman thief.

Co-starring: Mel Gibson, Jodie Foster & James Garner

Rated R; 2 hrs. 11 min.

Thursday, July 3 – Devil Wears Prada (2006)

A naive young woman comes to New York and scores a job as the assistant to one of the city's biggest magazine editors, the ruthless and cynical Miranda Priestly.

Co-starring: Anne Hathaway, Meryl Streep & Adrian Grenier

Rated PG-13; 1 hr. 49 min.

Friday, July 4 – Heat (1995) **Resident Request*

A group of professional bank robbers start to feel the heat from police when they unknowingly leave a clue at their latest heist.

Co-starring: Al Pacino, Robert De Niro & Val Kilmer

Rated R; 2 hrs. 50 min.

Saturday & Sunday, July 5 & 6 – Harry Potter and the Deathly Hollows Part 1 (2010) **Resident Request*

As Harry races against time and evil to destroy the Horcruxes, he uncovers the existence of three most powerful objects in the wizarding world: the Deathly Hallows.

Co-starring: Daniel Radcliffe, Emma Watson & Rupert Grint

Rated PG-13; 2 hrs. 22 min.

This Week's Opportunities June 29 - July 5

SUNDAY • JUNE 29

10:00 a.m.~ Church Service, CR
2:00 p.m. ~ Movie, GC
6:00 p.m. ~ Movie, GC
7:00 p.m.~ Vespers—Troy Bowers, CR

MONDAY • JUNE 30

Trash pick-up day.

9:30 a.m. ~ Seated Strength
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
7:00 p.m.~ Community Bingo, CR
7:00 p.m. ~ Game Time, GR

TUESDAY • JULY 1

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 Meeting, CON
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • JULY 2

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.~ 1st Men's Club, MR
1 to 2 p.m. ~ Fitness Center Office Hour, FC
1:30 p.m. ~ Pitch, GR
2:00 p.m. ~ Northern Ireland, Cultural, History and Conflict Resolution - Osher Class, CR
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 • JULY 3

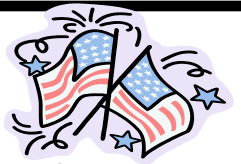
9:00 a.m.~ Messenger Ladies, CON
10:00 a.m. ~ Meadowlark Bible Study, LR
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
1:00 p.m.~ Manhattan Thursday's Bridge Club, MR
1:00 p.m. ~ Blood Pressure Clinic, GR
2:00 p.m.~ Parkinson's Education Group, PS Patio & CR
3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR
5:30 p.m.~ Meadowlark Circle Dinner, MR
7:00 p.m. ~ IL Bingo, CR

FRIDAY • JULY 4

Happy 4th of July!

No Exercise Classes

1:00 p.m. ~ Hand and Foot Card Games, GR
1:30 p.m.~ Brain Booster, GR
8:15 p.m. ~ JPegs Musical Performance, Lyle Patio
Sundown ~ Firework Display, Lyle Patio



SATURDAY • JULY 5

No Speedy PD Training

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

• ROOM ABBREVIATIONS •

406, 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	

DRINK SPECIAL



June 30 – July 5
Hypnotiq

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

\$3.75