



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

July 3, 2014

MLH Foundation Hires Development Director

Becky Fitzgerald takes on new role at Meadowlark Hills!



above: Becky Fitzgerald, transitioned from a member of the Sales Team to Development Director of the Meadowlark Hills Foundation.

The Meadowlark Hills Foundation has named Becky Fitzgerald the new Development Director.

In her new role, Becky will be responsible for creating, fostering and maintaining relationships with donors, residents and staff. She will work to cultivate gifts and to provide the opportunity for individuals to give their time, talents and treasure to further the mission of Meadowlark Hills.

“My role for the past several years has been to help retirees find new homes at Meadowlark Hills,” Becky said. “I’ve been blessed to watch as they escape the burdens of home ownership and embrace safe and convenient lifestyles, making new acquaintances and discovering different interests. The people I serve also are my friends, and it’s a joy to spend so much of my time laughing with them and learning from them. I appreciate being a part of such a passionate and creative family of staff and residents.”

Lonnie Baker, Chief Executive Officer at Meadowlark Hills, looks forward to a bright future for the Meadowlark Hills Foundation with Becky as the new Development Director. “Becky’s dedication to Meadowlark Hills and her continued service and

support to the Manhattan community is one that is unmatched,” Lonnie said. “Her passion for the residents, their well-being and future progress is abundant. We are lucky to have her as a part of the team.”

Becky has been an employee at Meadowlark Hills since 2003 when she joined the team as the Community Relations Coordinator. She transitioned to the sales team in 2005, focusing on independent and assisted living. Becky graduated from Wellington High School in 1982. She earned a bachelor’s degree in journalism and mass communications at Kansas State University in 1985. Prior to joining the team at Meadowlark Hills, Becky was the Lifestyle editor at the Salina Journal and assistant editor of Powercat Illustrated. She has been a co-owner of Spirit Street Publishing since 1998.

Expected to fully transition into her new position by July 2014, Becky is excited to remain a part of Meadowlark Hills and continue having a positive impact on the organization. “I anticipate opportunities to share the organization’s mission with others and to help stakeholders find a way to benefit Meadowlark Hills as they are establishing their legacies.”

Becky’s new office will be located in Miller Place. Stop by and say hello!

Arts and Architecture Tour

Register today!

Registration has begun for the trip to Minneapolis, MN from Friday, Sept. 19, to Wednesday, Sept. 24, 2014! Registration forms are located in the Blue Book at the Hospitality Desk. Registration will conclude on Thursday, July 10, so get registered today!



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 artwork 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 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!

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 Municipal Band on Friday, July, 18 departing from the Village Entrance at 7:30 p.m.

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 at 9 a.m. Friday, July 11, 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.

The Haymakers

Dave Atchison and the Haymakers will perform live music at 7 p.m. Friday, July 11, in the Community Room. Please join us—this group always puts on a spectacular performance!

Vespers Services

The Vespers service, led by Mrs. Marie Amthauer, lay speaker from First United Methodist Church, will begin at 7 p.m. Sunday, July 6, in the Community Room. Everyone is invited to attend.

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.

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 fireworks display beginning at sundown in the west parking lot.

Red Hat Luncheon

Red Hat Ladies are invited to a luncheon at 12:30 p.m. Thursday, July 10, in the Manhattan Room. Hostesses, Judy Cattell and Frances Siegel, invite you to dine "By the Seashore" with your friends. Fish and chips will be served. Please, RSVP by signing up in the Blue Book located at the Hospitality Desk.

Miller Place Block Party

Miller Place is hosting a block party, complete with live music and tons of food from 11 a.m. to 3 p.m. Saturday, July 12, right outside of Miller Place in the employee parking lot. Come by and join the fun!

ANNOUNCEMENTS

Resident Services Leader update

Submitted by Sarah Duggan, Community Relations Director

It is my pleasure to announce that the Resident Services Leader role (currently occupied by Amanda Rall) has been filled! Darcy Reinbold-Olson, long-time Meadowlark Hills employee, has accepted the position. Darcy has worked for Meadowlark Hills for over 27 years and she has held various positions within the organization, including Food Services Leader and Household Operations Leader. Darcy's current role is Human Resources Leader.

A Manhattan native, Darcy graduated from Manhattan High School. She attended Washburn University and Highland Community College. Darcy lives in Manhattan with her two children, Chelsey and Evan.

Darcy will begin in her new role on Monday, July 28. In the meantime, I invite you to stop by the Human Resources office (across from Verna Belle's) and congratulate Darcy on her new position!

FOUNDATION NEWS

In Honor of Those Living & Passed June 2014

Allen Janke

C. Clyde & Midge Jones

Carole Green

Doris McManus

Ed & Donna Kuhlman

Mike Myers

My Family (recognized by Esther Headrick)

Roy & Joan Wilbur

Roy Smith

Sidney Jackson

*Donations were made to the Good Samaritan Fund,
Lyle House Fund and Transitional
Care Fund.*

ASK ANNIE!

Q: What are the Transportation Team's hours of operation and what do we do if we need transportation outside of these hours?

submitted by Annie Peace

Meadowlark Hills Transportation hours are Monday through Friday with services from 7:30 a.m. to 6 p.m. and office hours from 8 a.m. to 5 p.m., and Saturday and Sunday with services and office hours from 9 a.m. to 5 p.m. To schedule an appointment, you may call Transportation Services at 313-1039 during their office hours. The Transportation Team has an "On Call" phone which may be used after hours for emergency situations. However, if there is a medical emergency that needs urgent care or if the situation is life threatening, please call 911 and pull the nearest pull cord.

If you would like to use Transportation Services after their regularly scheduled hours, you may make special arrangements with the team with 24 hours advanced notice during the weekdays and by Friday afternoon for any special arrangements needed during the weekends.

Thanks for another great question and as always keep them coming!

OUTDOOR OPPORTUNITIES

Guess who's moved in?

The pond at Meadowlark Hills has been the home to three large snapping turtles (pictured below), with the largest weighing over 20 pounds! In the wild, snapping turtles are estimated to live up to 30 years. Snapping turtles are most vulnerable as hatchlings. Once they reach a certain size there are few natural predators of snapping turtles, though they are often hit by cars when searching for new ponds or nesting sites. In captivity, they can live up to 47 years. Since snapping turtles feed on fish, they will be relocated to a better suited home—the Tuttle Creek State Park!



PRAIRIE★STAR

RESTAURANT

July 6 – July 12

Includes beverage, starter and dessert.

SUNDAY	July 6 ~ Lunch \$11	Dinner \$10
	Braised Short Ribs Green Chili Mashed Vegetable of the Day	Enchiladas Mexican Rice Black Beans
MONDAY	July 7 ~ Lunch \$9	Dinner \$10
	Fish Sandwich Steak Fries Choice of Vegetable	Meatloaf Scalloped Potatoes Vegetable of the Day
TUESDAY	July 8 ~ Lunch \$8	Dinner \$11
	Fajita Bar (does not include drink, starter or dessert)	Blue Cheese & Bacon Stuffed Burgers Sweet potato Fries Vegetable of the Day
WED.	July 9 ~ Lunch \$10	Dinner \$11
	Philly Cheesesteak Waffle fries Choice of Vegetable	Seared Scallops Roasted Red Potatoes Vegetable of the Day
THURSDAY	July 10 ~ Lunch \$7	Dinner \$10
	Potato Bar (does not include drink, starter or dessert)	Spaghetti and Meatballs Garlic Bread Vegetable of the day
FRIDAY	July 11 ~ Lunch \$9	Dinner \$12
	Chicken and Cheesy Broccoli Choice of Vegetable	Peach Glazed Ham Mashed Potatoes & Gravy Vegetable of the Day
SATURDAY	July 12 ~ Lunch \$10	Dinner \$13
	BBQ wings Curly Fries Vegetable of the Day	White Lasagna Garlic Bread Vegetable of the Day

*You may substitute an extra vegetable for the starch on any special for no additional charge.

Grosh Cinema Movies

Monday, July 7 - Sunday, July 13

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

Monday, July 7– Cocoon (1985)

When a group of trespassing seniors swim in a pool containing alien cocoons, they find themselves energized with youthful vigor.

Co-starring: Don Ameche, Wilford Brimley & Hume Cronyn

Rated PG-13; 1 hr. 57 min.

Tuesday, July 8 - Bridesmaids (2011)

Competition between the maid of honor and a bridesmaid, over who is the bride's best friend, threatens to upend the life of an out-of-work pastry chef.

Co-starring: Kristen Wiig, Maya Rudolph & Rose Byrne

Rated R; 2 hrs. 5 min.

Wednesday, July 9 – Dawn Rider (2012)

After his father is killed, John Mason is willing to turn the world inside out to find the man responsible. What he doesn't know is the killer might be in his own house.

Co-starring: Christian Slater, Jill Hennessy & Donald Sutherland

Rated R; 1 hr. 34 min.

Thursday, July 10 – Harry Potter Deathly Hollow Part 2 (2011)

Harry, Ron and Hermione search for Voldemort's remaining Horcruxes in their effort to destroy the Dark Lord as the final battle rages on at Hogwarts.

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

Rated PG-13; 2 hrs. 10 min.

Friday, July 11– Identity Thief (2013) **Resident Request*

Mild-mannered businessman Sandy Patterson travels from Denver to Florida to confront the deceptively harmless-looking woman who has been living it up after stealing Sandy's identity.

Co-starring: Jason Bateman, Melissa McCarthy & John Cho

Rated R; 1 hr. 41 min.

Saturday & Sunday, July 12 & 13 – The Avengers (2012) **Resident Request*

Nick Fury of S.H.I.E.L.D. assembles a team of superheroes to save the planet from Loki and his army.

Co-starring: Robert Downey Jr., Chris Evans & Scarlett Johansson

Rated PG-13; 2 hrs. 23 min.

This Week's Opportunities July 6 - July 12

SUNDAY • JULY 6

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

MONDAY • JULY 7

Trash pick-up day

8:30 a.m. ~ IL Resident Council, KSU CR
9:30 a.m. ~ Town Meeting, CR
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
5:30 p.m. ~ Tuttle Creek Supper, MR
7:00 p.m.~ Community Bingo, CR
7:00 p.m. ~ Game Time, GR

TUESDAY • JULY 8

10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Seven Dolors Book Discussion, LR
3:00 p.m. ~ Coffee Corner, CR
5:30 p.m. ~ 4th Floor Supper, MR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • JULY 9

8:00 a.m. ~ Centering Prayer, TR
9:00 a.m. ~ New Perspectives, MR
9:00 a.m.~ Building and Grounds Meeting, LR
9:30 a.m. ~ Seated Strength, CR
10:00 a.m.~ Wal-Mart/Hy-Vee Shopping Trip, VE
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. ~ Brownbag Lecture, Mental Aerobics, KSU CR
12:00 p.m. ~ 2nd Men's Club Lunch, LR
12:00 p.m. ~ Northern Ireland (Cultural, History, and Conflict Resolution) Osher Class, CR
1 to 2 p.m. ~ Fitness Center Office Hour, FC
1:30 p.m. ~ Pitch, GR
2:30 a.m.~ General Support Group, CON
3:00 p.m. ~ Call Hall Ice Cream, KR
4:00 p.m.~ 3rd Floor Meeting, KSU CR
7:00 p.m. ~ Game Time, GR

THURSDAY • JULY 10

9:00 a.m. ~ Messenger Ladies, CON
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. ~ Blood Pressure Clinic, GR
3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR
7:00 p.m. ~ IL Bingo, CR

FRIDAY • JULY 11

9:00 a.m.~ Men's Coffee Group, MR
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 p.m. ~ The Haymakers, CR

SATURDAY • JULY 12

8:00 a.m. ~ Speedy PD Training, North Entrance to City Park
11 a.m. to 3 a.m. ~ Miller Place Block Party, Parking Lot
1:00 p.m. ~ Movie, GC
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



July 7 – 12
Tanqueray Rangpur Gin

Stop by the pub where drinks
made with the special
are only

\$3.75