



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

July 10, 2014

MLH Prepares for Annual Market

Stop by the Meadowlark Hills Market—Aug. 1 and 2

By Becky Fitzgerald

Our storage unit is stacked to the ceiling, and boxes and totes have been squirreled away in residents' apartments and homes in Manhattan in anticipation of the upcoming Meadowlark Hills Market! All year round, we have been accumulating gently used and long-loved items that will be featured at this annual rummage sale set for Friday, Aug. 1, and Saturday, Aug. 2, in the Community Room, Living Room and Game Room. Residents, employees and Passport members exclusively may shop from 3 to 6 p.m. Friday, Aug. 1. The next morning, the sale is available to the general public from 7 to 11 a.m. Saturday, Aug. 2.

In conjunction with Meadowlark Hills Market, a bake sale also is planned for both days. Satisfy your sweet tooth by visiting tables laden with edible goodies near the Hospitality Desk.

Donations to the Market will be accepted the week of the sale from both Meadowlark Hills residents and employees. Items accepted include fur-

***Lamps, foot stools, a few pans, some pots
Golf clubs, linens, sofas and whatnots
Chairs, a hall tree, book cases and frames
Dishes, decor and treasures too
numerous to name***

niture (no mattresses), vintage clothing (anything dated before 1980), children's clothing, small appliances, home décor, crafts, holiday décor and more. If you would like to donate to the Meadowlark Hills Market, please refer to the schedule (on page 2) for dates and times that items will be accepted.

There are scheduled times in which small items can be dropped off in apartment 305, while large items will be accepted in the Community Room beginning Thursday, July 31. If you have a large item you wish to donate that needs to be picked up, please contact the Hospitality Desk to arrange a time by calling, 323-3847.

***So spread the word about this popular sale.
We need YOU, whether woman or male
To volunteer when items are going fast,
Let's make this Market better than the last!***

Volunteers are needed to help sort, organize, price and act as greeters for the sale. To volunteer, please sign up in the Blue Book by Wednesday, July 23. Volunteer times are listed under each job

category. Please feel free to sign up for as many duties as you would like! You may also donate items to the bake sale such as homemade brownies, cookies, pies and cakes. These items can be dropped off Friday, Aug. 1, before noon to Pam Reding in the Community Relations office right next to the KSU Classroom. Please make sure that your baked goods are pre-packaged and can be easily transported in a vehicle.

Only volunteers will be allowed in the Community Room and Living Room until the doors open at 3 p.m. on Friday, Aug. 1 for the sale. We are also asking all individuals to donate their plastic bags and boxes by dropping them off

during one of the donation drop-off times in apartment 305.

Proceeds from this year's Market will benefit the Good Samaritan Fund.



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 Municipal Band on Friday, July, 18. We will depart 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!

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!

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.

Vespers Services

Vespers service, led by Diana Chapel with Ogden United Methodist Church, will begin at 7 p.m. Sunday, July 13, in the Community Room. Everyone is invited to attend.

Donation and Market Schedule

Monday, July 28

- 10 a.m. to 2 p.m.—*Small item drop off at apt. 305*

Tuesday, July 29

- noon to 4 p.m.—*Small item drop off at apt. 305*

Wednesday, July 30

- 2 to 6 p.m.—*Small item drop off at apt. 305*

Thursday, July 31

- noon until complete—*Pricing and organizing*
- noon to 4 p.m.—*large item drop off*
Community Room

Friday, Aug. 1

- 3 to 6 p.m.—*Open to staff, residents and*
Passport Members

Saturday, Aug. 2

- 7 to 11 a.m.—*Open to the public*

Jazz Music Performance

You're invited to a jazz music performance at 7 p.m. Friday, July 18, in the Community Room, featuring Richard Smith and Dr. Wayne Goins, Director of Jazz at Kansas State University.

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 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!

DRINK SPECIAL



July 14 – July 19

X-Rated Fusion Liqueur

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

\$3.75

ANNOUNCEMENTS

Dementia Caregiver Support Group 2.0

Currently, the Dementia Caregiver's Support Group led by Kristen Martin, Social 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, we will be incorporating a Memory Support Group for the loved-ones of our group attendees. Dementia Caregiver Support Group 2.0 is scheduled for 3:30 p.m. Thursday, July 17, in the KSU Classroom. 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!

The History of Rock 'n' Roll

The History of Rock 'n' Roll Osher class scheduled for Mondays, July 14, 21 and 28, from 3 to 5 p.m. will look at rock 'n' roll from its origins, focusing on the development of rock styles from its roots in blues, folk, country and pop. The focus of the course will be music from the 1950s, 1960s and 1970s. The class will be led by Dr. Steven Maxwell, Associate Professor of Music at Kansas State University.

Ben Wilson Reception

hosted by Max and Sue Bayer

You're invited to come learn about Ben Wilson, candidate for Riley County Commission at 3 p.m. Saturday, July 19, in the Community Room. Ben and his family will also showcase their musical talent.

Tickets – get your tickets!

McCain Auditorium Performance Series tickets will be on sale at Meadowlark Hills for your convenience. Stop by the Living Room at 1 p.m. Thursday, July 17, to meet with a McCain representative. Have in mind an idea of what you would like to purchase and bring along your credit card information.

Osher Bus Departs for Union Station

You're invited on an Osher Special Event, to Kansas City Union Station to see the exhibit, "The Discovery of King Tut." The exhibit recreates the awe and marvel of the moment of archaeologist Howard Carter's discovery of an overwhelming treasure trove and the window it opened into a bygone era. Afterwards, enjoy an elegant lunch at the Webster House. Time will be scheduled after lunch to browse in the antique and gift shop on the first floor of Webster House. The chartered coach will depart from Meadowlark Hills, outside of Prairie Star Restaurant at 8 a.m. Friday, July 18. Cost includes coach transportation, exhibit admission and lunch for \$55. Register by calling Osher at (785) 864-5823, or toll-free at (877) 404-5823.

LETTER TO THE MESSENGER

Tranquility Room

Meadowlark Hills has a wonderful room for rest, relaxation, reading and meditation that is available for all employees and residents. It is a beautiful tranquil environment with stained glass windows and a water fountain.

It is hoped that residents, employees and even guests will use this room for quite meditation and a place to grieve if you have lost a friend or loved one. In this hurried world, this place can bring you some peace and quiet as you use it for the particular need that you have.

The Tranquility Room can be located in the Community Center, in the southeast area of the building.

Praise and Thanks!

submitted by Max and Sue Bayer

Praise and thank you to Mark Morton for the beautiful results he gets from all his care and hard work on the landscape on all of the Meadowlark Hills campus grounds. There are others that help but we see Mark constantly at work creating beauty for all of us to enjoy. When you see Mark, tell him how much you appreciate his dedication. Thanks Mark!

IL RESIDENT COUNCIL UPDATE

Current List of ILRC Members

The Independent Living Resident Council (ILRC) consists of resident representatives who live on the respective floors or neighborhoods of Meadowlark Hills in which they represent. The Council meets monthly and representatives report on activities and identify problems if needed. Resident Board of Trustee Members on the ILRC serve as a conduit from residents to the Board of

Trustees.

The ILRC has gone through some changes in the last month. The Council has elected a new chair, Sandra Emley. Resident Board of Trustees members include Orris Kelly, Jean Beatty and Loren Alexander. The following is a current list of representatives and other participants in the ILRC.

Resident Board Representatives include (ex officio):			
Orris Kelly	539-3251	oekelly@ksu.edu	
Jean Beatty	537-6808	jeanbeatty416@yahoo.com	
Loren Alexander	537-7822	alexlr@ksu.edu	
Resident Neighborhood Representatives include:			
Chair	Sandra Emley	776-6547	semley1@cox.net
1st Floor	Ruth Wells	539-0264	Prefers hard copy
2nd Floor	Dorothy Horsch	537-7302	Prefers hard copy
	Jo Call	539-4966	epcall@ksu.edu
3rd Floor	Betty Grubb	776-3373	btgrubb@cox.net
4th Floor	Polly Ferrell	537-0103	pollyferrell@att.net
5th Floor	Ed Lindly	539-2945	eclindly@hotmail.com
Tuttle Creek	Ed Skidmore	537-9477	edwardskidmore@gmail.com
Meadowlark Circle	Bob Kruh	537-4566	bjkruh@sbcglobal.net
Eastside	Ivan Tompkins	320-2148	ddtom53@gmail.com
Valley	Don Rasmussen	537-8775	beluvdon@aol.com
Westside	Sharon Smith	776-0223	sksmith@kansas.net
Employee participants include:			
Lonnie Baker	323-3878	lonnie.baker@meadowlark.org	
Darcy Reinbold-Olson	323-3893	darcy.olson@meadowlark.org	

TOWN MEETING MINUTES

July, 7 2014

Welcome and Introduction of New Residents, Amanda Rall

There were no new residents in attendance. Lonnie Baker was announced as the Billiards Tournament Champion. He was presented with the traveling Rasmussen 8-Ball Tournament trophy.

Campus Update, Lonnie Baker

Lonnie Baker reported the Fourth of July Celebration was fantastic. There was a huge boost in attendance from previous years. Policies and Pro-

cedures have been completed at the staff level and will continue to the Board for final approval. The Board of Trustees has approved a budget for the next fiscal year. High on the list for improvement is the condition of the roads on campus. Construction on the roads is scheduled to begin July 14. Construction of the roadway will start at the entrance at Kimball Avenue and continuing through campus. The goal is to have at least one lane open at all times but residents and guest are encouraged to use the entrance at Tuttle Creek Boulevard.

TOWN MEETING MINUTES, CON'T

We have several renovations scheduled to begin this year. Honstead House and Sloan House are scheduled for renovations, including updates to their spa. Collins House and Stolzer House are scheduled to receive updates to their kitchen. Construction is scheduled to begin on July 14. Improvements will start in the West Tower beginning on the second floor and continuing up the floors in future plans. Renovations will also be made to Prairie Star Restaurant.

Health Services Update, Garrett Lee

Amanda Rall was introduced as the new Household Coordinator for Stolzer House. She is scheduled to start her new position July 21.

Support Services Update, Annie Peace

Robert Abell was introduced as the new Project Manager. His office is located in the Maintenance Building. Ashley Green got engaged on July 1. Matt Ruhnke welcomed a new baby boy, Rylan Matthew Nieman Rhunke, on July 2. He will be off for the next couple of weeks.

Community Relations Update, Sarah Duggan

Sarah Duggan introduced Darcy Reinbold-Olson as the Resident Services Leader. She is scheduled to start her new position on July 28. Sarah Duggan will be out on maternity leave for six weeks, starting Monday, July 14.

Parkinson's Program Update, Michelle Haub

Michelle Haub announced the sixth annual Speedy PD scheduled for 8 a.m. Saturday, Aug. 23, at Tuttle Creek State Park. The Speedy PD is the primary fund raiser for the Parkinson's Program. Race options include a 10k and 5k. There will also be a ½ mile family fun run/walk. The course is designed for runners/walkers, wheelchairs, canes and walkers. A new team competition has also been added this year. Prizes will be awarded for best cos-

tume, most donations raised, fastest team and VIPd enthusiast. Five teams and forty individuals have already registered. Family members are also invited and encouraged to attend the race. This year the Holiday Inn and Candlewood Suites have donated rooms for friends and family with Parkinson's disease. Five of these rooms are still available, for more information contact Michelle Haub. Winners from each race category will receive artwork made by our very own VIPd. Most of the artwork will be on display Friday, Aug. 22, at the Holiday Inn. Highlights of the race include Cox Brothers BBQ, Budweiser Beer and door prizes. Transportation will be provided and sign up will be in the Blue Book, located at the Hospitality Desk.

IL Update/Upcoming Events, Amanda Rall

Amanda Rall announced that the Minneapolis trip is scheduled from Friday, Sept. 19 to Wednesday, Sept. 24. Registration is due Thursday, July 10. Amanda and Darcy are both able to attend. Becky and Amanda have been working together to organize the Meadowlark Hills Market scheduled for Aug. 1 and 2. The small item drop off is scheduled for the week of Monday, July 28 in Apt 305. Appointments can be made on Thursday, July 31, to have the movers pick up large items to the Community Room. The Market will be open to residents, passport members and staff exclusively, on Friday, Aug. 1, and open to the general public on Saturday, Aug. 2. All proceeds from the Market benefit a Meadowlark Hills project and/or the Good Samaritan Fund. Haymakers will perform at 7 p.m. Friday, July 11, in the Community Room. Miller house will host a block party from 11 a.m. to 3 p.m. in the Miller/Tinklin parking lot on Saturday, July 12. The *Do Right Daddies*, Dave and Karl Zervas, will perform at 7 p.m. Friday, July 25, in the Community Room.

Adjourn Submitted by Angela Burton

PRAIRIE★STAR

RESTAURANT

July 13 - July 19

Includes beverage, starter and dessert.

SUNDAY	July 13 ~ Lunch \$9	Dinner \$7
	Turkey & Stuffing Green Bean Casserole	Brats & Kraut American Fries Vegetable of the Day
MONDAY	July 14 ~ Lunch \$7	Dinner \$10
	Tuna Casserole Choice of Vegetable	Pecan Crusted Chicken New Potatoes Vegetable of the Day
TUESDAY	July 15 ~ Lunch \$6	Dinner \$9
	Taco Bar (does not include drink, starter or dessert)	Jambalaya Red Beans & Rice Vegetable of the Day
WED.	July 16 ~ Lunch \$6	Dinner \$10
	Grilled Ham & Cheese Creamy Tomato Soup Choice of Vegetable	Pot Roast Green Chili Mashed Potatoes
THURSDAY	July 17 ~ Lunch \$7	Dinner \$11
	Pizza Bar (does not include drink, starter or dessert)	Cornish Game Hens Mango Salsa Mushroom Risotto Vegetable of the Day
FRIDAY	July 18 ~ Lunch \$7	Dinner \$11
	Tater Tot Casserole Choice of Vegetable	Seared Trout Roasted Red Potatoes Choice of Vegetable
SATURDAY	July 19 ~ Lunch \$7	Dinner \$14
	Gyros with Tzatziki Sauce Steak Fries Vegetable of the Day	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, July 14 - Sunday, July 20

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

Monday, July 14 – Sweeney Todd (2007)

The infamous story of Benjamin Barker, a.k.a Sweeney Todd, who sets up a barber shop down in London which is the basis for a sinister partnership with his fellow tenant, Mrs. Lovett. Based on the hit Broadway musical.

Co-starring: Johnny Depp, Helena Bonham Carter & Alan Rickman

Rated R; 1 hr. 56 min.

Tuesday, July 15 - Cowboys & Aliens (2011)

A spaceship arrives in Arizona, 1873, to take over the Earth, starting with the Wild West region. A posse of cowboys and natives are all that stand in their way.

Co-starring: Daniel Craig, Harrison Ford & Olivia Wilde

Rated R; 1 hr. 59 min.

Wednesday, July 16 – Blackthorn (2011)

In Bolivia, Butch Cassidy (now calling himself James Blackthorne) pines for one last sight of home, an adventure that aligns him with a young robber and makes the duo a target for gangs and lawmen alike.

Co-starring: Sam Shepard, Eduardo Noriega & Stephen Rea

Rated R; 1 hr. 42 min.

Thursday, July 17 – 42 (2013)

The story of Jackie Robinson from his signing with the Brooklyn Dodgers organization in 1945 to his historic 1947 rookie season when he broke the color barrier in Major League Baseball.

Co-starring: Chadwick Boseman, T.R. Knight & Harrison Ford

Rated PG-13; 2 hrs. 8 min.

Friday, July 18 – Pain and Gain (2013) **Resident Request*

A trio of bodybuilders in Florida get caught up in an extortion ring and a kidnapping scheme that goes terribly wrong.

Co-starring: Mark Wahlberg, Dwayne Johnson & Anthony Mackie

Rated R; 2 hrs. 9 min.

Saturday & Sunday, July 19 & 20 – Free Birds (2013) **Resident Request*

Two turkeys from opposite sides of the tracks must put aside their differences and team up to travel back in time to change the course of history and get turkey off the holiday menu for good.

Co-starring: Woody Harrelson, Owen Wilson & Dan Fogler

Rated PG; 1 hr. 31 min.

This Week's Opportunities July 13 - July 19

SUNDAY • JULY 13

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

MONDAY • JULY 14

Trash pick-up day.

9:30 a.m. ~ Seated Strength, CR
10:20 a.m.~ Weights 101, CR
11:15 a.m. ~ Sit and Be Fit, CR
11:30 a.m.~ Meadowlark Valley Lunch, LR
12:00 p.m.~ 1st Presbyterian Men's Luncheon, MR
1:00 p.m.~ Blood Pressure Clinic, GR
1:15 p.m. ~ Parkinson's Exercise Class, CR
1:30 p.m.~ Hearing Aid Doctor, CON
1:30 p.m. ~ Ladies Pool Table Time, BP
3:00 p.m.~ The History of Rock & Roll by
Steven Maxwell- Osher Class, CR
7:00 p.m.~ Game Time, GR
7:00 p.m.~ Community Bingo, CR

TUESDAY • JULY 15

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
5:30 p.m. ~ 2nd Floor Supper, CR
5:30 p.m.~ Eastside Supper, MR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • JULY 16

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
10:20 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 Hours, FC
1:30 p.m. ~ Pitch, GR
2:00 P.M.~ Northern Ireland— Cultural, History, and Con-
flict Resolution—Osher Class, CR
2:30 p.m.~ General Support Group, CON
2:30 p.m. ~ Lutheran Communion, LR
3:00 p.m. ~ Call Hall Ice Cream, KR
4:00 p.m. ~ Ambassador Committee Meeting, CON
7:00 p.m. ~ Game Time, GR

THURSDAY • JULY 17

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. ~ McCain Auditorium Ticket Registration, LR
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 • JULY 18

8:00 a.m.~ Osher Bus Depart for Union Station,
PS Patio
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
12:30 p.m.~ Mending Angel, GR
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 Mass, CR
7:00 p.m.~ Depart for Arts in the Park
(Manhattan Municipal Band), VE
7:00 p.m. ~ Jazz Music Performance, CR

SATURDAY • JULY 19

8:00 a.m.~ Speedy PD Training, North Entrance to
City Park
1:00 p.m. ~ Movie, GC
3:00 p.m. ~ Ben Wilson Reception *hosted by Max and
Sue Bayer, CR*
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