



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

July 17, 2014

## Kansas to South America on a Bicycle *Adventures of Anthropology student - Jordan Thomas*

The K-State Anthropology student who lived at Meadowlark Hills last semester, Jordan Thomas, has embarked on a new journey. Jordan and his companions set out from Atchison, Kansas to South America on bicycle earlier this summer. The following are portions of his online blog:

*by Jordan Thomas*

*June 19, 2014*

Seven days ago I woke up 300 miles from where I now sit to my alarm buzzing in my ear. I rolled over and groaned, slapping the alarm for a few extra minutes of sleep. After a few moments, however, I opened my eyes with a jolt. Today I was leaving for South America on my bicycle. This is a journey that I have been dreaming of for years, planning for months, and which tipped into a stark reality as I pedaled from my father's driveway with my two companions. My family's poorly concealed tears created a lump in my throat that balanced the excitement welling inside of me as I struggled to grasp the adventures that lay ahead. This excitement, a cool breeze, and a blue sky carried me 60 miles through the gentle green hills of eastern Kansas until I pedaled into Lawrence. In Lawrence, I strummed my guitar while we relaxed in a park and brainstormed where we would sleep that night. Before long a man approached me. He smiled as he offered me a cigarette, revealing a mouth half full of yellowed teeth. His face was kind, but his hard eyes spoke of many cold nights sleeping on benches with an empty



**above:** Anthropology students, Jordan Thomas and Vasili Markou, standing beside their bikes on their journey to South America.

stomach. We began conversing, and before long this man was offering advice on safe places where we could pitch our tents to avoid both the police and the vagrants. As the man walked away into the approaching evening, I was struck by the reality of my undertaking. It seemed incredible. By the simple act of rolling from my driveway on a bicycle packed with my belongings, I had been instantly transformed from a successful university student into a character capable of eliciting sympathy from the homeless. The perspectives that I will be able to

obtain on this adventure seem as limitless as the adventure itself. Luckily, we did not need to rely on the homeless man's advice. With the help of a local friend, we were able to find a commune of mostly college students who graciously allowed us to lay our sleeping bags on their patio for the night. We awoke in the middle of the night choking on smoke as the house across the alley burned down, but other than that the night passed uneventfully. The next three days challenged us with 20 to 30 MPH headwinds which quickly conditioned the stamina of both our muscles and our will. Biking into such a headwind takes almost twice the energy to cover half the distance, and we found ourselves struggling solidly for seven hours to complete a mere 50 or 60 miles.

Look for more excerpts from Jordan's blog in future Messengers. If you'd like to visit his webpage go to [jordanthomas123.blogspot.com](http://jordanthomas123.blogspot.com).



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## 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.

### Vespers Services

Vespers service, led by Glenn Fogo, retired minister, will begin at 7 p.m. Sunday, July 20, in the Community Room. Everyone is invited to attend.

### 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

You're invited to help make the artwork for the age group awards for the sixth annual Speedy PD Race for Parkinson's Disease! 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!

### 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.

### 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, July 25. The service will be held in the Living Room from now on. All are welcome to attend.

### 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.

### Dementia Caregiver Support Group 2.0

You're invited to the Dementia Caregiver Support Group 2.0 at 3:30 p.m. Thursday, July 17, in the KSU Classroom. The meeting will start with fellowship and refreshments 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—support is waiting!

### Do Right Daddies

You're invited to see some of Meadowlark Hills' own perform. The "Do Right Daddies," also known as Dave and Karl Zerfas, will be performing at 7 p.m. Friday, July 25, in the Community Room.

### Card Making with Michelle

Join Michelle Lehmer in the Living Room at 2 p.m. Tuesday, July 22, to create greeting cards for all occasions!

### Brownbag Lunch Lecture Series

Bring a lunch and listen to the presentation on hypertension and cholesterol by Dr. Melvin McFarlin at noon Wednesday, July 23, in the KSU Classroom. No registration necessary.

### Meadowlark Hills Travelers

The trip to the Twin Cities, Minneapolis—St. Paul, MN has been booked! The Meadowlark Hills Travelers are set to depart to Minnesota on Friday, Sept. 19. A pre-travel meeting will be held in August to prepare the travelers for the trip. Stay tuned for further updates.

## ANNOUNCEMENTS

### Meadowlark Hills Market

The Meadowlark Hills Market will be open to all residents, employees and Passport Members exclusively, on Friday, Aug. 1, from 3 to 6 p.m. The doors will close at 6 p.m. until the next morning Saturday, Aug. 2, when the Market will be open to the general public from 7 to 11 a.m. Proceeds will benefit the Good Samaritan Fund. Volunteer sign-up sheets are available in the Blue Book located at the Hospitality Desk.

### 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*

### The Ukraine Crisis—Osher Class

The Osher course, The Ukraine Crisis, will explore the fast moving events unfolding in Ukraine from 7 to 9 p.m. Wednesday, July 23 and Aug. 6, in the Community Room. To understand the context of the current crisis, we'll start with a brief history of both Ukraine and Russia and the expansion of the Russian Empire and Soviet Republics. Ukraine achieved independence in 1991 after the Soviet empire crumbled. There will be discussion on the economic, strategic and geopolitical role of Ukraine today as well as what contributed to the February 2014 revolution that ousted leader Viktor Yanukovich and prompted Russia's takeover of Crimea. Comparisons will be made to the conflicts in Chechnya, Georgia and Abkhazia. The course content will change to reflect up-to-the-minute developments in the region. Register by calling Osher at (785) 864-5823, or toll-free at (877) 404-5823.

### Joke of the Week

One day two brothers decided to play hide and seek. One was named *Mind Your Own Business* and the other was named *Trouble*. Trouble hid, while *Mind Your Own Business* counted to one hundred. *Mind Your Own Business* began looking for his brother behind garbage cans and bushes. Then he started looking in and under cars until a police man approached him and asked, "What are you doing?" "Playing a game," the boy replied. "What is your name?" the officer questioned. "Mind Your Own Business." Furious the policeman inquired, "Are you looking for trouble?!" The boy replied, "Why, yes."

**DRINK SPECIAL**



**July 21 – July 26  
Knob Creek**

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

**\$3.75**

## ASK ANNIE!

### Q: What are the plans for replacing the roads throughout the campus?

*submitted by Annie Peace*

We are currently in the process of estimating the replacement of a major section of Meadowlark Road, starting at Kimball all the way up to 2140, just east of the main entrance. It is likely that work will begin at the Kimball entrance towards the end of July, however, this could be delayed due to the weather. If the weather holds out and all goes as planned the project will take approximately two months. The Environmental Services Team will be working with the contractors to ensure access to all other roads and neighborhoods throughout the project. Traffic will be directed to enter and exit campus through the Tuttle Creek entrance while the contractors work on the Kimball entrance. More specific information will be provided as we

approach the beginning of this project.

Additionally, once the new road is complete, the speed bumps will be replaced, cross walks and curbs will be repainted and all parking spaces will be relabeled. We will also be using this time to better delineate parking to ensure there is additional parking spaces for visitors. This project will be a wonderful campus improvement. It will be successful with all of us working together during the rerouting process. A big thank you to Mike Davis and his teams for continuing to work on improving our campus.

Thank you for another great question and please keep them coming.



## RESIDENT COUNCIL MINUTES

June 2, 2014

**Members present:** Jean Beatty, Loren Alexander, Ruth Wells, Jo Call, Charles Deyoe, Don Rasmussen, Ed Lindly, Ivan Tompkins, Ed Skidmore, Sharon Smith, Betty Grubb, Bob Kruh, Sandy Emley, Orris Kelly and Polly Ferrell  
**Staff present:** Lonnie Baker and Amanda Rall

**Introductions:** Orris Kelly was introduced as newly elected resident member of the Board of Trustees.

### **Updates:**

**Board of Trustees Committees Update:** Loren Alexander reported that two new resident Board of Trustees members were elected: Orris Kelly and Jean Beatty. The Board met to discuss the 2015 fiscal year budget. A recommendation was made to the Board for the new Development Director. Becky Fitzgerald was recommended and hired. Council members believe she will be a perfect fit for the role.

### **Approval of May Minutes:**

May minutes were approved by a unanimous vote following one amendment.

### **New Business:**

No new business was discussed

### **Old Business:**

1. **Election of Resident Council Chair** – Jean Beatty, current Chair, will be stepping down from the role of Resident Council Chair. A new Chair must be named by the July ILRC meeting. Jean called for nominations from the Council. After discussion of the importance of the role, no Council members were identified as candidates. Jean called a special ILRC meeting to be held Monday, June 9, at 8:30 a.m. in the KSU Classroom to identify a Council Chair.

## TOWN MEETING MINUTES, CON'T

2. **Material Update** – The Council was asked to bring all documents and material used by representatives, including policies, procedures and other guidelines to identify a gap in representatives' materials. Due to it being a lengthy process, Jean tabled this until next meeting.

3. **Representative List** – A Council member reported an error in the list provided to the Council. Amanda will correct the error and redistribute. Every quarter, the Messenger will list the current representatives.

4. **Fliers** - Amanda Rall reported that the Hospitality Team reviewed the Flier Procedure. To reduce the quantity of fliers, they will be displayed only one week prior to an event. Displaying the fliers in chronological order in the elevators isn't time-effective for the Hospitality staff. Amanda suggested that people interested in seeing events listed chronologically could refer to "The Week's Opportunities" calendar in the Messenger or to Touchtown on channel 20.

in visitor sections for extended periods of time. Amanda will address this with Lonnie Baker.

2. **Contracted Lawn Care** – A Council Member commented on the speed at which the contracted employees complete the lawn care on campus. Another member suggested that often times areas including backyards are not mowed. The quality of trimming, edging and finish work, including sweeping walks is also a concern. Amanda will address this with Mike Davis.

3. **Road and Concrete Condition** – There was a concern expressed about poor concrete and road condition. Amanda will address this with Mike Davis.

4. **Carts** – Carts used for hauling in groceries do not meet the needs of residents. Small shopping carts would be ideal. Amanda will look into options for next meeting.

### Identification of Action Items

*See Table 1.*

### Adjourn

*Submitted by: Amanda Rall*

### Questions and Concerns

1. **Visitor Parking** – A Council member was concerned about residents' vehicles being parked

Table 1	Brief Description	Action to be Taken	By:	Status:
1.	Chair nomination	Identify council member to assume role of chair	All Council Members	In Progress
2.	Materials update	Members need to bring all policies, procedures or other guidelines to next ILRC meeting	All Council Members	In Progress
3.	ILRC Member List	Amanda will distribute an up-to-date list every quarter in the Messenger	Amanda Rall	In Progress
4.	Lawn Care concerns	Amanda will discuss with Mike Davis	Amanda Rall	In Progress
5.	Visitor Parking	Amanda will discuss with Lonnie Baker	Amanda Rall	In Progress
6.	Shopping Carts	Amanda will research options	Amanda Rall	In Progress

# PRAIRIE★STAR

## RESTAURANT

**July 20– July 26**  
Includes beverage, starter and dessert.

SUNDAY	July 20 ~ Lunch \$10	Dinner \$10
	Swiss Steak Mashed Potatoes & Gravy Veggie of the Day	Smothered Lemon Chicken Rice Pilaf Vegetable of the Day
MONDAY	July 21 ~ Lunch \$10	Dinner \$11
	Marinated Grilled Chicken Sandwich Potato salad Vegetable of the Day	Pork Tenderloin Roulado Wild Rice Vegetable of the day
TUESDAY	July 22~ Lunch \$8	Dinner \$11
	Fajita Bar (does not include drink, starter or dessert)	Marinated Grilled Chicken Roasted Vegetable Fettuccine Garlic Toast
WED.	July 23~ Lunch \$10	Dinner \$11
	Meatball Sub Steak Fries Vegetable of the Day	Grilled Cajun Shrimp Warm Corn Relish Roasted Garlic Scalloped Potatoes
THURSDAY	July 24 ~ Lunch \$7	Dinner \$11
	Salad Bar (does not include drink, starter or dessert)	Lasagna Garlic Bread Vegetable of the day
FRIDAY	July 25 ~ Lunch \$10	Dinner \$11
	Fried Catfish with Tartar Sauce French Fries Coleslaw	Parmesan Crusted Tilapia Baked Potato Vegetable of the Day
SATURDAY	July 26 ~ Lunch \$10	Dinner \$11
	Chicken Quesadilla Black Beans Spanish Rice	Chicken Marsala Caramelized Leek Mashed Potatoes 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 21 - Sunday, July 27

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

### **Monday, July 21– O Brother Where Art Thou (2000)**

In the deep south during the 1930s, three escaped convicts search for hidden treasure while a relentless lawman pursues them.

**Co-starring: George Clooney, John Turturro & Tim Blake Nelson**

**Rated PG-13; 1 hr. 46 min.**

### **Tuesday, July 22 - The Family (2013)**

The Manzoni family, a notorious mafia clan, is relocated to Normandy, France under the witness protection program, where fitting in soon becomes challenging as their old habits die hard.

**Co-starring: Robert De Niro, Michelle Pfeiffer & Dianna Agron**

**Rated R; 1 hr. 41 min.**

### **Wednesday, July 23 – All the Pretty Horses (2000)**

Two Texas cowboys head to Mexico in search of work, but soon find themselves in trouble with the law after one of them falls in love with a wealthy rancher's daughter.

**Co-starring: Matt Damon, Penélope Cruz & Henry Thomas**

**Rated PG-13; 1 hr. 56 min.**

### **Thursday, July 24 – Grudge Match (2013)**

A pair of aging boxing rivals are coaxed out of retirement to fight one final bout -- 30 years after their last match.

**Co-starring: Robert De Niro, Sylvester Stallone & Kim Basinger**

**Rated PG-13; 1 hr. 53 min.**

### **Friday, July 25 – 21 Jump Street (2012) *\*Resident Request***

A pair of underachieving cops are sent back to a local high school to blend in and bring down a synthetic drug ring.

**Co-starring: Jonah Hill, Channing Tatum & Ice Cube**

**Rated R; 1 hr. 49 min.**

### **Saturday & Sunday, July 26 & 27– Nanny McPhee (2005) *\*Resident Request***

Emma Thompson stars as a governess who uses magic to rein in the behavior of seven ne'er-do-well children in her charge.

**Co-starring: Emma Thompson, Colin Firth & Angela Lansbury**

**Rated PG; 1 hr. 37 min.**



# This Week's Opportunities July 20 - July 26

## SUNDAY • JULY 20

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

## MONDAY • JULY 21

*Trash pick-up day.*

Dental Hygiene Clinic, Miller Spa—*By Appointment Only*  
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  
1:00 p.m.~ Parkinson's Exercise Class, CR  
1:30 p.m. ~ Ladies Pool Table Time, BP  
3:00 p.m.~ The History of Rock & Roll by Steven Maxwell—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 • JULY 22

10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
11:30 a.m.~ AAUW Serendipity Club, LR  
12:00 p.m. ~ Seven Dolors Book Discussion, KSU CR  
1:00 p.m. ~ Tai Chi, CR  
2:00 p.m.~ Card Making with Michelle, LR  
3:00 p.m. ~ Coffee Corner, CR  
5:30 p.m. ~ 3rd Floor Supper, CR  
7:00 p.m. ~ Dominoes, GR

## WEDNESDAY • JULY 23

8:00 a.m. ~ Centering Prayer, TR  
9:00 a.m. ~ New Perspectives, MR  
10:00 a.m. ~ Church Service, KSU CR  
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.~ Brown Bag Lecture Hypertension/  
Cholesterol, KSU CR  
12:00 p.m.~ Beginner Tai Chi, CR  
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.~ The Ukraine Crisis Osher Class, CR  
7:00 p.m.~ Game Time, GR

## THURSDAY • JULY 24

9:00 a.m.~ Messenger Ladies, KSU CR  
10:00 a.m. ~ Meadowlark Bible Study, LR  
1:00 p.m. ~ Blood Pressure Clinic, GR  
3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR  
4:00 p.m.~ St. Paul's Episcopal Church Service, LR  
7:00 p.m. ~ IL Bingo, CR

## FRIDAY • JULY 25

9:30 a.m. ~ Seated Strength, CR  
10:00 a.m.~ History Committee Meeting, KSU 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, LR  
7:00 p.m.~ Do Right Daddies, CR

## SATURDAY • JULY 26

8:00 a.m.~ Speedy PD Training, 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 •

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