



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

August 7, 2014

6th Annual Speedy PD Race *5K/10K and 1/2 Mile Family Fun Run*

submitted by Michelle Haub

The 6th Annual Speedy PD Race for Parkinson's Disease is drawing near and is shaping up to be the best year ever. Each year the race has grown from its original 100 runners to nearly 500 in 2013 and are easily on track to surpass that number of participants in 2014! There are many things that make Speedy PD a unique race such as cash prizes for overall winners, USA Track & Field

Certified courses, fresh fruit, bbq, beer, massages, and a photo booth.

Michelle Haub, Parkinson's Program of Manhattan at Meadowlark Hills Leader, points out that the Speedy PD is a great way to spread education, understanding and support to those in the Flint Hills affected by Parkinson's Disease (PD). Those individuals with PD are the highlight of the race. The money raised from this event supports the services that the Parkinson's Program provides free of charge.

Gary Z. Sobol of the Parkinson's Network will meet with people living with PD, their caregivers and those that want to learn more about PD to share his personal experiences on Thursday, Aug. 21 from 1 to 3 p.m. in the Meadowlark Hills Living Room. Gary is also presenting a *Foundation Instructor Workshop* on Friday, Aug. 22 from 9 a.m. to 5 p.m.. This workshop is geared towards therapists, fitness instructors,

nurses, family and individuals with PD. The class is free of charge, but space is limited so please leave a message at (785) 323-3899 to reserve a spot.

Erika Wade, a Physician Assistant specializing in PD and other motor-movement disorders, will present at the Holiday Inn Campus on Friday, Aug. 22 at 6:30 p.m. This presentation is also free and open to the public.



At packet pick-up and race registration on Friday, Aug. 22 at the Holiday Inn Campus from 4:30 to 7 p.m., you can also enjoy the art expressions of our **VIPd** group (*Very Important people with Parkinson's disease*). **VIPd** artists will have woodworking, metal work, photography, drawings, quilting and knitting displayed. While you are enjoying the displays, please join us for a Pasta Party. For \$12/person you can 'carbo-load' before the

Speedy PD race. Tickets are available at www.runspeedypd.org and can also be purchased at packet pick-up and race registration.

A new feature for this year's race is the "Team Competition". Registered teams of four or more will be eligible for awards in the following categories: *Most Donations Raised, Best Costumes, VIPd Enthusiast, and Fastest Team 5k.*

See Speedy PD, page 4



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

Tinklin Cupcake Challenge

Tinklin Pointe Household is hosting a cupcake contest on Friday, Aug. 8 at 3:30 p.m. in the Community Room. The contest is open to everyone. A dozen cupcakes must be submitted and delivered to the Community Room by 3 p.m. Prizes will be awarded for taste, creativity and appearance.

Vespers Services

Vespers service, led by Pastor Patrick McLaughlin with First United Methodist Church, will begin at 7 p.m. Sunday, Aug. 10, in the Community Room. Everyone is invited to attend.

Wine and Cheese Party

You are invited to the Community Room on Friday, Aug. 8 at 7 p.m. to enjoy good conversation, a nice glass of wine and flavorful cheese. There is a sign-up sheet in the Blue Book. The cost to attend is \$8.

Annual Watermelon Feed

Come to the Prairie Star Patio for the Annual Watermelon Feed at 3 p.m. on Aug. 12 hosted by Charlie Hall. Enjoy delicious watermelon and refreshing lemonade.

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. Check out the Blue Book to register to attend the concert series, "Arts in the Park." Transportation is \$3, but admission is free! See Trampled Under Foot, the International Blues Challenge Winners on Friday, Aug. 15. We will depart from the Village Entrance at 7:30 p.m.

Meet the New Resident Services Leader

Darcy Reinbold-Olson, the new Resident Services Leader, will be a guest bartender in the Kansas Room Pub on Friday, Aug. 15, 5:30 to 7 p.m. Stop by the pub and game room and enjoy some appetizers and order a White Russian, the drink special for the evening, served by Darcy.

Red Hat Luncheon

Red Hat Ladies are invited to a luncheon at 12:30 p.m. Thursday, Aug. 14 in the Manhattan Room. Hostesses Rae Stamey and Ruth Wells invite you to dine with your friends and play "Name That Tune". Are you using the correct fork? Please RSVP by signing up in the Blue Book located at the Hospitality Desk.



Lunch Specials August 10 – 16

Sunday, Aug. 10 - Shepherd's Pie	\$5.50
Monday, Aug. 11 - Bacon Tomato Grilled Cheese with Soup or Chips	\$3.75/\$5.50
Tuesday, Aug. 12 - Philly Cheese Steak with Soup or Chips	\$3.75/\$5.50
Wednesday, Aug. 13 - BBQ Pork Sandwich with Coleslaw	\$5.50
Thursday, Aug. 14 - Creamy Spinach Ravioli with Garlic Bread	\$5.50
Friday, Aug. 15 - Chicken Kabobs with Wild Rice	\$5.50
Saturday, Aug. 16 - Egg Salad Sandwich with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Brownbag Lunch Lecture Series

Bring a lunch and listen to the presentation on Graffiti Identification and Deciphering by Officer Jeff Brownlee, at noon, Wednesday, Aug. 20, in the KSU Classroom. No registration necessary.

Parkinson's Education Group Meeting

This month's Parkinson's Education Group meeting is being held at the Riley County Seniors' Service Center. Transportation is being provided for free and will depart from the Village Entrance at 1:30 p.m. on Thursday, Aug. 7.

Outdoor Opportunities Project

The Outdoor Opportunities Project is nearing completion and ready for use with some restrictions. You are invited to an information meeting in the Community Room on Monday, Aug. 11 at 2:30 p.m., to learn about its features and the current use restrictions. Immediately following the meeting, there will be a tour of the Outdoor Project site. Further use directions will be provided in the next few weeks. In the meantime, watch the Messenger for a Fishing 101 course that will be offered complete with loaner fishing equipment. If you are interested in bird watching, pick up a copy of "A Pocket Guide to Common Kansas Backyard Birds" in the library or at the Hospitality Desk. The project team hopes you enjoy the opportunities to commune with nature, quietly contemplate and for exercise purposes.

Repairs to Meadowlark Road

Meadowlark Road, from Kimball Avenue to Cottage Duplex 2140 & 2142, will be under construction starting Aug. 11. The anticipated completion date is Oct. 17. For the duration of this project, Meadowlark Hills Administration strongly urges all through traffic to use the Tuttle Creek Blvd. entrance. This will greatly reduce the safety concerns for residents and workers alike. Please communicate with any visitors you are expecting about using the Tuttle Creek Blvd. entrance as well. As with all construction projects, there will be a considerable amount of noise, so please pardon the interruption.

Art Committee Meeting

The Art Committee meeting has been rescheduled to Friday, Aug. 8, at 9:30 a.m. in the Living Room.

General Support Group

The General Support Group led by Social Services Leader, Kristen Martin, will be changing when it meets. The group had been meeting weekly on Wednesdays at 2:30 p.m. but will now meet every third Wednesday of the month. The next General Support Group meeting will be held on Wednesday, Aug. 20 at 2:30 p.m. All are welcome.

Pioneer Site Visit Reminder

Today Meadowlark Hills will host 40 to 50 conference attendees. They will be attending the Pioneer Network Conference in Kansas City that week, then taking a bus ride to Manhattan to visit the Meadowlark Hills campus. Visitor parking will be blocked off the morning of Aug. 7 for the bus until approximately 2 p.m. when the conference attendees leave to go back to Kansas City.

The participants will be divided into groups of seven or eight people, and each group will visit three households on campus between 10 a.m. and 12:30 p.m. In the houses, the groups will participate in Community Circles. Each group will be led by a Meadowlark Hills staff member.

Following the Community Circles and time touring campus, the conference participants will enjoy a lunch all together in the Community Room. All exercise classes will be canceled for Thursday, Aug. 7.

The Pioneer Network is a national organization that advocates for elders and works toward a culture of aging that supports the care of elders in settings where individual voices are heard and individual choices are respected.

Meadowlark Hills is excited to have the opportunity to share our continuous journey through Culture Change with others from around the country. If you have questions regarding this event, please contact Tracy Musselman at (785) 323-3878 or via e-mail at tracy.musselman@meadowlark.org.

Joke of the Week

Why shouldn't you tell a secret on a farm?

Because the potatoes have eyes and the corn has ears!

TOWN MEETING MINUTES

August 4, 2014

Welcome and Introduction of New Residents, Kinzie Jo Zimmerman

Margaret Carlson was introduced as a new independent living resident in 2015 #2.

Campus Update, Lonnie Baker

Lonnie announced that Robert Abel will be the lead on projects at Meadowlark Hills. Robert is requesting feedback from residents through project update meetings.

The new pond is near completion. New concrete work will start the second week of August.

Health Services Update, Garrett Lee

Healthcare is preparing for our annual survey. The survey window starts Aug. 14. The Pioneer Conference is being held this week. Several leaders will be attending this event in Kansas City. This year's event focuses on Culture Change. Garrett Lee and Katie Wilcox will be presenting on the topic of leadership teams within the household model. With Kansas City hosting the Pioneer Conference this year, the Pioneer Conference committee selected Meadowlark Hills as a healthcare site. On Thursday, Aug. 7, approximately fifty attendees from the conference will be traveling by bus to Meadowlark Hills. They will be participating in Community Circles in the households, spending time with residents and touring the Meadowlark Hills campus.

Support Services Update, Annie Peace

Annie Peace will be attending the Pioneer Conference. She will conduct a presentation on Meadowlark Hills and our history to the conference attendees as they travel by bus to Meadowlark Hills for the site visit. Jayme Minton was introduced as the new Human Resources leader. Jayme has been the household coordinator in Bramlage for the past two and half years, previously spending some time in Wellness Partners and Human Resources. We are happy to have Jayme back in Human Resources.

IL Update/Upcoming Events, Kinzie Jo Zimmerman

The next Town Hall meeting will be Monday, Sept. 8 due to Labor Day. Friday, Aug. 8, Tinklin

will be hosting a Cupcake Challenge in the Community Room at 3:30 p.m. Friday, Aug. 8, a Wine and Cheese Party will be held in the Community Room at 7:00 p.m. There is a sign up sheet in the Blue Book located at the Hospitality Desk. The Annual Watermelon Feed, hosted by Charlie Hall will be held on Aug. 12 at 3 p.m. on the Prairie Star Patio. Charlie is the inventor of the Crimson seedless watermelon. Speedy PD will be held Saturday, Aug. 23 at Tuttle Creek State Park. Free transportation will be provided from the Park Entrance and Village Entrance. There is a sign up sheet in the Blue Book located at the Hospitality Desk. All available seats have been filled for the Minneapolis trip in September. Don Rasmussen announced that a pasta party and craft display will be held at the Holiday Inn on Aug. 22, 4:30 - 7 p.m. during the race packet pick up time. All proceeds will benefit the Parkinson's Program.

Adjourn Submitted by Darcy Reinbold-Olson

LETTER TO THE MESSENGER

submitted by Lynette Ford

A big thanks goes out to Kay Shanks for her hard work in seeing that Meadowlark Hills residents are properly registered to vote in Riley County. She circulated and collected many voter registration forms and mail ballot forms. She checked completed applications for accuracy and signatures and she also made many trips to the County Clerk's office to turn in the completed forms. Thank you, Kay! The next election is a general election on Tuesday, Nov. 4.

Speedy PD from page 1

Race day, Saturday, Aug. 23 at Tuttle Creek State Park, will be kicked off by the **VIPd** group singing the National Anthem at 7:50 a.m. The 5k/10k races start at 8 a.m. with the ½ Mile Family Fun Run/Walk starting at 9:15am. All the festivities run throughout the morning with the presentation of prizes and awards at 9:30am! Transportation to Tuttle Creek State Park will depart from the Park Entrance on Aug. 23 at 6:45 a.m. and from the Village Entrance at 7 a.m. The cost is \$3 per person.

ASK ANNIE!

Q: What are those trees on the West side of the building that have just recently bloomed ?

submitted by Annie Peace

There are five Japanese Pagoda Trees, also known as Chinese Scholar trees on the west side of the building by the Lyle patio and outside of the Fitness Center windows. These trees bloom midsummer well after most other trees have bloomed and shed their petals, with clusters of creamy-white pea-like flowers. These trees grow well in urban areas as they need far less room for their roots to grow than other native North American trees, making them a good

candidate for landscaping close to buildings. I think they are attractive trees, even though I keep finding that I am tracking in their flowers, that I would describe as a light green color.

Thanks for another great question and please keep them coming!



2014 Meadowlark Hills Market

A Great Success

On Friday and Saturday, Aug. 1 and 2, the 2014 Meadowlark Hills Market exceeded expectations. Together, as a community, we raised a total of.... drum roll please...

\$4,962.30



A special thanks goes out to the multitude of volunteers that helped with the successful event! Without the help and dedication of those individuals, the Market would have never been as prosperous. Thank you.

FOUNDATION NEWS

In Honor of Those Living & Passed
July 2014

Barbara Wilson

Don Rasmussen

LaVonne Greene

Marie Dellen

Norma Berg

Rodney Bowen

Donations were made to the Good Samaritan Fund, Lyle House Fund , Stolzer House Fund, Tinklin Pointe House Fund and Parkinson's Program Fund.

DRINK SPECIAL



**August 11 — 16
Marker's Mark Whiskey**

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

\$3.75

PRAIRIE★STAR

RESTAURANT

August 10th - August 16th

Includes beverage, starter and dessert.

SUNDAY	August 10th ~ Lunch \$11	Dinner \$9
	Fried Chicken Mashed Potatoes Vegetable of the Day	BBQ Pork Wings Mac & Cheese Vegetable of the Day
MONDAY	August 11th ~ Lunch \$10	Dinner \$12
	Fog City Mac Vegetable of the Day	Crab Cakes Roasted Red Potatoes Vegetable of the Day
TUESDAY	August 12th ~ Lunch \$7	Dinner \$11
	Taco Tuesday (Does not include drink, starter or dessert)	White Lasagna Garlic Bread Vegetable of the Day
WED.	August 13th ~ Lunch \$9	Dinner \$10
	BBQ Pork Sandwich Cole Slaw Choice of Vegetable	Meatloaf Mashed Potatoes & Gravy Vegetable of the Day
THURSDAY	August 14th ~ Lunch \$6	Dinner \$12
	Potato Bar (Does not include drink, starter or dessert)	Pecan Crusted Chicken Duchess Potatoes Vegetable of the Day
FRIDAY	August 15th ~ Lunch \$9	Dinner \$13
	Fish Tacos Waffle Fries Choice of Vegetable	Braised Short Ribs Green Chili Mashed Potatoes Vegetable of the Day
SATURDAY	August 16th ~ Lunch \$9	Dinner \$11
	Spinach Bacon Tomato Quiche Choice of Vegetable	Pork Roast Scalloped 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, August 11 - Sunday, August 17

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

Monday, August 11 – Joyful Noise (2012)

G.G. Sparrow faces off with her choir's newly appointed director, Vi Rose Hill, over the group's direction as they head into a national competition.

Co-Starring: Queen Latifah, Dolly Parton & Keke Palmer

Rated PG-13; 1 hr. 58 min.

Tuesday, August 12 – Lone Survivor (2013) **Veterans Request*

Marcus Luttrell and his team set out on a mission to capture or kill notorious Taliban leader Ahmad Shah, in late June 2005. Marcus and his team are left to fight for their lives in one of the most valiant efforts of modern warfare.

Co-Starring: Mark Wahlberg, Taylor Kitsch & Emile Hirsch

Rated R; 2 hrs. 1 min.

Wednesday, August 13 – The Missing (2003)

In 1885 New Mexico, a frontier medicine woman forms an uneasy alliance with her estranged father when her daughter is kidnapped by an Apache brujo.

Co-Starring: Tommy Lee Jones, Cate Blanchett & Evan Rachel

Rated R; 2 hrs. 17 min.

Thursday, August 14 – Far and Away (1992)

A young man leaves Ireland with his landlord's daughter after some trouble with her father, and they dream of owning land at the big giveaway in Oklahoma ca. 1893.

Co-Starring: Tom Cruise, Nicole Kidman & Thomas Gibson

Rated PG-13; 2 hrs. 20 min.

Friday, August 15 – Heaven is for Real (2014) **Resident Request*

A small-town father must find the courage and conviction to share his son's extraordinary, life-changing experience with the world.

Co-Starring: Greg Kinnear, Kelly Reilly & Thomas Haden Church

Rated PG; 1 hr. 39 min.

Saturday & Sunday, August 16 & 17 – Pompeii (2014) **Resident Request*

A slave-turned-gladiator finds himself in a race against time to save his true love, who has been betrothed to a corrupt Roman Senator. As Mount Vesuvius erupts, he must fight to save his beloved as Pompeii crumbles around him.

Co-Starring: Kit Harington, Emily Browning & Kiefer Sutherland

Rated PG-13; 1 hr. 45 min.

This Week's Opportunities August 10 – August 15

SUNDAY • AUGUST 10

10:00 a.m. ~ Church Service, CR
2:00 p.m. ~ Movie, GC
6:00 p.m. ~ Movie, GC
7:00 p.m. ~ Vespers, Patrick McLaughlin, CR

MONDAY • AUGUST 11

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
11:30 a.m. ~ Meadowlark Valley Lunch, LR
12:00 p.m. ~ Beginner Tai Chi, CR
12:00 p.m. ~ 1st Presbyterian Men's Club, MR
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
1:30 p.m. ~ Hearing Aid Doctor, CON
2:30 p.m. ~ Outdoor Opportunities Project Meeting, CR
7:00 p.m. ~ Community Bingo, CR
7:00 p.m. ~ Game Time, GR

TUESDAY • AUGUST 12

10:00 a.m. ~ 4th Floor Brunch, 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
3:00 p.m. ~ Annual Watermelon Feed, PS Patio
3:30 p.m. ~ Ambassador Committee, CON
4:00 p.m. ~ Newspaper & Bible, LR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • AUGUST 13

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. ~ Memory Support Group, CON
10:00 a.m. ~ Church Service, LR
10:20 a.m. ~ Weights 101, CR
11:15 a.m. ~ Sit and Be Fit, CR
12:00 p.m. ~ 2nd Men's Club Lunch, LR
12:00 p.m. ~ Beginner Tai Chi, CR
1 to 2 p.m. ~ Fitness Center Office Hour, FC
1:30 p.m. ~ Pitch, GR
3:00 p.m. ~ Call Hall Ice Cream, KR
7:00 p.m. ~ LWV Board Meeting, CON
7:00 p.m. ~ Game Time, GR

THURSDAY • AUGUST 14

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 • AUGUST 15

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 Rosary, CR
5:30 p.m. ~ Guest Bartender, Darcy Reinbold-Olson, KR & GR
7:30 p.m. ~ Depart for Arts in the Park (Trampled Under Foot), VE

SATURDAY • AUGUST 16

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