



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

August 28, 2014

Verna Belleø Café Art Wall *Residents Display Personal Art Work*

by Pam Reding

Verna Belleø Café has a wall designated for the display of art made by Meadowlark Hills residents. The Art Committee invites residents to showcase more of their personal art pieces that they have created on the walls at Verna Belleø.

The art pieces contributed do not just have to be a painting or drawing. Any kind of creative

art piece can displayed such as photographs, quilt pieces, woodwork, metal work, sculptures, and pottery. Contact Harriette Janke at (785) 539-0865 if you have an item that you would like to add to the display.

You might have noticed some new pieces on the art wall in Verna Belleø. Passport member, Ray Kurtz, has loaned a couple pieces from his WWII collection of memorabilia. A framed U.S. Cadet Nurse Corps poster is on display along with pictures of two Meadowlark Hills residents who served, Jo Staff Lindly and Margaret Burton Wheat. Jo Lindly is pictured in the U.S. Cadet Nurse Corps winter uniform and Margaret Wheat is pictured in the summer uniform.

Also, new on the wall of Verna Belleø is a framed lithograph print titled, "The Eagle Flies Free I," by



Garry Gussner. This drawing was done over a two-month period during the Desert Storm Conflict. The idea for this detailed pencil drawing came to him the day their cruise missiles were launched toward Baghdad the first day of Desert Storm in 1991. Next to the print is a framed paper describing the scenes and people in the drawing.

Stop by Verna

Belleø Café to take a look at pieces of art made by your neighbors and to see all the new additions currently on loan.

Joke of the Week

A customer walked up to my bank window and asked me to cash a check.

"Of course," I said. "But I'll need to see ID."

She dug through her purse and handed me a snapshot.

"That's me in the middle," she said.



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

K-State Improv Performance

K-State's On the Spot Improv team will be performing for us at 7 p.m. Friday, Aug. 29, in the Community Room. Improvisational comedy first became popular in the '60s and '70s, and one of its creators, Del Close, was actually born and raised in Manhattan, Kansas. Improv is a very unique art form where the performers make up the show as they go along based off of the audience's suggestions. Don't miss out on this night of laughter. Please note there is potential for adult content being performed.

Vespers Services

The Vespers service, led by Pastor Melanie Martin with First United Methodist Church, will begin at 7 p.m. Sunday, Aug. 31, in the Community Room.

Music on the Patio

Musical entertainment will be provided by Chappie at 7 p.m., Friday, Sept. 5, on the Prairie Star Patio. Chappie has been performing for over 40 years, and in 2013, was inducted into the Kansas Music Hall of Fame. If you like the Motown hits from the 60's, then Chappie-Live is exactly what you are looking for. Come enjoy the show and let it bring back the memories of the past through music.

Development Office Now Open

Where did Becky go? Since her hire as Development Director with the Meadowlark Hills Foundation, Becky Fitzgerald has worked temporarily in an office at the west end of Miller Place while her permanent office was being prepared in the office across from the Miller Dining Room.

Please join Becky in celebrating this new, inviting space at an open house that is planned for 2:30 to 4 p.m. Thursday, Aug. 28. Come and go during that time to see the office, enjoy refreshments and register for door prizes.

So many of you have asked: "What does a Development Director do?" Others have said: "I didn't know Meadowlark has a Foundation." Becky is looking forward to welcoming you to the office and answering any questions you might have. All residents and employees as well as Board members, Passport members and family members are welcome!

KSU Football Tailgating Parties

Mark your calendars for the next Kansas State University football games. Tailgate parties will be hosted in the Game Room and Kansas Room Pub on Saturday, Aug. 30, at 6 p.m. and on Saturday, Sept. 6 at 11 a.m. We encourage you to hang around and watch the game! Refreshments will be served.



Lunch Specials Aug. 31 – Sept. 6

Sunday, Aug. 31 - Baked Spaghetti with Garlic Bread	\$5.50
Monday, Sept. 1 - Grilled Deli Sandwich with Soup or Chips	\$3.75/\$5.50
Tuesday, Sept. 2 - Black and White Pizza	\$3.75/\$5.50
Wednesday, Sept. 3 - Margherita Sandwich with Soup or Chips	\$3.75/\$5.50
Thursday, Sept. 4 - Turkey Avocado Sandwich with Soup or Chips	\$3.75/\$5.50
Friday, Sept. 5 - Hamburgers with Pasta Salad	\$5.50
Saturday, Sept. 6 - Ham Salad Sandwiches with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Seven Dolors Book Discussion

Due to the road construction on Meadowlark Hills campus, Seven Dolors book discussion will meet in the basement of the Seven Dolors Catholic church on Pierre Street until the end of September. Continue to check the Messenger for when this meeting will return to the Meadowlark Hills campus.

KSU Football Games

Transportation will depart on Saturday, Aug. 30 at 5 p.m. from the Village Entrance for the K-State game against Stephen F Austin State University. The game will start at 6:10 p.m. Sign up in the Blue Book at the Hospitality Desk for transportation. The cost is \$3 per person.

Storytelling Series

submitted by Chaplain Patty Brown-Barnett

Come worship with us on Sunday at 10 a.m. in the Community Room. This Sunday, Aug. 31, our storytelling series continues with the telling of Revelations 21:1-6 and a Chinese tale from Harold Kushner's book *When Bad Things Happen to Good People*. A woman whose only son died asks a holy man to bring her son back to life. Instead of sending her away, he simply asks her to find a mustard seed from a home that has never known sorrow, which they will use to drive her sorrow away. The series will continue on Wednesday, Sept. 3, at 10 a.m. in the Living Room and Sunday, Sept. 7, at 10 a.m. in the Community Room. Everyone is welcome to come!

Attention Registered Travelers – Minneapolis, MN

Amanda Rall and Darcy Reinbold-Olson will host an informational meeting for the Meadowlark Hills Travelers, set to travel to the Twin Cities this September. The meeting will be at 5 p.m. Thursday, Sept. 11, in the KSU Classroom. It is very important for registered travelers to attend. All travelers will receive a current itinerary, complete an emergency contact form and a liability release. If you are unable to attend, please see Darcy in the Resident Services Office to complete your paperwork. Please come prepared with the names and phone numbers of your emergency contacts and primary physician.

Piano Performance

LeRoy Johnson, a 1974 graduate of Manhattan High School, will be giving a performance on the grand piano in the Community Room at 7 p.m. on Wednesday, Sept. 3. Stop by and listen to his musical talents.

Construction on Meadowlark Road Update

Meadowlark Road, from Kimball Avenue to Cottage Duplex 2140 and 2142, will continue until Oct. 17, depending on weather. The Meadowlark Hills staff continues to strongly urge all through traffic to use the Tuttle Creek Blvd access for entry/exit. This will greatly reduce the safety concerns for residents and workers alike. We ask that everyone get involved and communicate with any visitors you are expecting. As with all construction projects, there will be a considerable amount of noise, so please pardon the interruption.

The construction zone is anticipating a change on lane closure sides (completion of east side and start of west side) beginning the week of Sept. 15. Please continue to avoid the construction area when entering and exiting the Meadowlark Hills campus.

There has been some congestion on the road way because people are parking on both sides of Meadowlark Road. This is a safety concern that can be avoided. Please find parking in a designated parking spots only and do not park on Meadowlark Road where the curb is painted yellow or red. Thank you!

DRINK SPECIAL



**Sept. 1 — 6
Any Rum**

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

\$3.75

ANNOUNCEMENTS CONT.

Veterans Group

The Veterans Group would like to invite any veterans who do not currently attend meetings to join the group. Meetings are held on the third Friday of every month at 10 a.m. in the Grosh Cinema. The next meeting will be on Friday, Sept. 19 at 10 a.m.

Dental Hygiene Clinic

The Dental Hygiene Clinic held on Tuesdays will be suspended until late September. The next Dental Hygiene Clinic will resume Tuesday, Sept. 23.

Town Meeting

The next town meeting will be delayed a week due to the Labor Day holiday. Town Meeting will be Monday, Sept. 8 at 9:30 a.m. in the Community Room.

Meadowlark Singers

Meadowlark Singers will have their first meeting on Monday, Sept. 8, at 3 p.m. in the Community Room. If you are interested in becoming a Meadowlark Singer, please attend this meeting to learn more and to become a new member.

ASK ANNIE!

Q: What is this Ice Bucket Challenge all about?

submitted by Annie Peace

Great question. Some of you may have witnessed or assisted in several staff members participating in this challenge here on campus. Perhaps you saw our very own Lonnie Baker featured in the Manhattan Mercury participating in the challenge.

For the past year or so there has been a trend of people dumping a bucket of ice water over their heads to help raise awareness and support for a philanthropy of their choice. This challenge adapted from the Polar Bear Plunge. The ALS Ice Bucket Challenge didn't start, however, until this past July when Pete Frates challenged several friends to take the Ice Bucket Challenge in support of ALS.

Pete Frates, a former Boston College Men's Baseball team captain turned semi-professional baseball player, was diagnosed with ALS in 2012 at the age of 27. Shortly after his diagnosis he began raising awareness by starting the Pete Frates #3 Fund and speaking across the country. In the past two years, Pete's ALS has progressed and he no longer is able to walk, speak or eat. He now

communicates through a computer system and has a full-time nurse on hand to assist him with his daily activities. Last month he heard about the Ice Bucket Challenge and nominated

several friends to complete the challenge in his name to raise awareness for ALS. The trend caught on as many of his friends are professional athletes, and it wasn't long before other athletes were completing the challenge and donating money to the ALS Association in his name. Since then the trend has gone viral and celebrities, families, coworkers and many others have accepted the challenge. As of last week the ALS Association has reported 22.9 million dollars in donations compared to a similar time frame last year of just 1.9 million dollars. Pete Frates completed his ALS Ice Bucket Challenge on Aug. 14 in the outfield of his beloved Boston Red Sox's Fenway Park.

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



September BIRTHDAYS

Residents

Health Care

9/4	Pat Rooding
9/6	Betty Albright
9/8	Evelyn White
9/9	Norma McNair
9/12	Jean Limbocker
9/13	James Perkett
9/18	McKinley Blake
9/18	Eleanor McEwen
9/28	Joanna Hoseney

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

Employees

9/1	Allison Frihart
9/1	Mary Welch
9/2	Sherri Hooper
9/6	Bethany Frank
9/7	Charles Tannehill
9/8	Garrett Lee
9/8	Pam Reding
9/9	Viola VonPertz
9/10	Pamela Martinez
9/10	Alexandria Ryland
9/10	Kevin Moluf
9/10	Maren Ozier
9/13	Kayla Dowell
9/14	Molly Hein
9/15	Renee Andritsch
9/16	Dave Prockish
9/18	Christen Miller
9/18	Jayme Minton
9/18	Kelli Evert

Assisted Living

9/1	Cecil Eyestone
9/4	Patty Converse
9/9	Byron Jacobson
9/23	Pat Frey

Independent Living

9/1	Kathleen Newell
9/2	Esther Headrick
9/2	Nelson Love
9/3	Case Bonebrake
9/3	Kent Smith
9/4	Doris Brothers
9/5	Mary Ann McCoy
9/5	Eula Mae Parker
9/10	Dick Brothers
9/12	Dorothy Buller
9/13	Robert Klemm
9/14	Dorothy Lufburrow
9/14	Velma Skidmore
9/15	Peggy Nelson
9/15	Robert Schoeff
9/16	Bonnie Culbertson
9/16	Verta Riniker
9/16	CG Schinstock
9/17	Harry Carlson
9/17	Kay Halazon
9/20	Kip Williams
9/24	John Schlup
9/24	Joe Wilson
9/19	Rebecca Barfield
9/19	Kayla Martin Weliwita
9/21	Christine Norris
9/22	Aaron Swank
9/26	Tate Goss
9/27	Brenda Grindstaff

PRAIRIE★STAR

RESTAURANT

Aug. 31– Sept. 6
Includes beverage, starter and dessert.

SUNDAY	Aug. 31 ~ Lunch \$12	Dinner \$11
	Pot Roast with Carrots, Celery, and Onions Garlic Mashed Potatoes	Lasagna Garlic Toast Vegetable of the Day
MONDAY	Sept. 1 ~ Lunch \$10	Dinner \$11
	Chicken and Dumplings Choice of Vegetable	Baked Ham with Peach Sauce Au Gratin Potatoes Vegetable of the Day
TUESDAY	Sept. 2 ~ Lunch \$8	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Chicken Fairmont with Hunter's Sauce Wild Rice Blend Vegetable of the Day
WED.	Sept. 3 ~ Lunch \$9	Dinner \$11
	Fish Sandwich with Tartar Sauce Cole Slaw French Fries	Shepherds Pie Vegetable of the Day
THURSDAY	Sept. 4 ~ Lunch \$7	Dinner \$12
	Breakfast Bar (does not include drink, starter or dessert)	Pork Tenderloin Marsala Scalloped Potatoes Vegetable of the Day
FRIDAY	Sept. 5 ~ Lunch \$10	Dinner \$14
	Sloppy Joes with Tater Tots Choice of Vegetable	Trout Almandine Roasted Red Potatoes Vegetable of the Day
SATURDAY	Sept. 6 ~ Lunch \$10	Dinner \$12
	Stir Fry Chicken and Pork Rice Choice of Vegetable	Carpetbaggers: Diced Cream Chicken with Red Pepper Potatoes, Mushrooms, Onions, in Phyllo Dough Carrot Madeira Wine Sauce Vegetable of the Day/Rice Pilaf

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

Grosh Cinema Movies

Monday, September 1 - Sunday, September 7

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

Monday, September 1 – Labor Day (2013)

Depressed single mom Adele and her son Henry offer a wounded, fearsome man a ride. As police search town for the escaped convict, the mother and son gradually learn his true story as their options become increasingly limited.

Co-Starring: Kate Winslet, Josh Brolin & Gattlin Griffith

Rated PG-13; 1 hr. 41 min.

Tuesday, September 2 – The Bucket List (2007)

Two terminally ill men escape from a cancer ward and head off on a road trip with a wish list of to-dos before they die.

Co-Starring: Jack Nicholson, Morgan Freeman & Sean Hayes

Rated PG-13; 1 hr. 37 min.

Wednesday, September 3 – 3:10 Yuma (2007)

A small-time rancher agrees to hold a captured outlaw who's awaiting a train to go to court in Yuma. A battle of wills ensues as the outlaw tries to psych out the rancher.

Co-Starring: Russell Crowe, Christian Bale & Ben Foster

Rated R; 2 hrs. 2 min.

Thursday, September 4 – Hachi: A Dog's Tale (2009)

A drama based on the true story of a college professor's bond with the abandoned dog he takes into his home.

Co-Starring: Richard Gere, Joan Allen & Cary-Hiroyuki Tagawa

Rated G; 1 hr. 33 min.

Friday, September 5 – Winter's Tale (2014) **Resident Request*

A burglar falls for an heiress as she dies in his arms. When he learns that he has the gift of reincarnation, he sets out to save her.

Co-Starring: Colin Farrell, Jessica Brown Findlay & Russell Crowe

Rated PG-13; 1 hr. 58 min.

Saturday, September 6 – The Lego Movie (2014) **Resident Request*

An ordinary Lego construction worker, thought to be the prophesied 'Special', is recruited to join a quest to stop an evil tyrant from gluing the Lego universe into eternal stasis.

Co-Starring: Will Arnett, Elizabeth Banks & Alison Brie

Rated PG; 1 hr. 40 min.

Sunday, September 7 – Rudy (1993) **Resident Request*

Rudy has always been told that he was too small to play college football. But he is determined to overcome the odds and fulfill his dream of playing for Notre Dame.

Co-Starring: Sean Astin, Jon Favreau & Ned Beatty

Rated PG; 1 hr. 54 min.

This Week's Opportunities August 31 - September 6

SUNDAY • AUGUST 31

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

MONDAY • SEPTEMBER 1

Labor Day
No Exercise Classes Today
1:00 p.m. ~ Blood Pressure Clinic, GR
1:00 p.m. ~ Movie, GC
1:30 p.m. ~ Ladies Pool Table Time, BP
4:00 p.m. ~ Movie, GC
5:30 p.m. ~ Tuttle Creek Supper, MR
7:00 p.m. ~ Community Bingo, CR
7:00 p.m. ~ Movie, GC

TUESDAY • SEPTEMBER 2

Trash pick-up day.

7:30 a.m. ~ 1st Presbyterian Bible Study, MR
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Kimball Luncheon, MR
2:00 p.m. ~ Life Story, LR
3:00 p.m. ~ Coffee Corner, CR
4:00 p.m. ~ Newspaper & Bible, LR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • SEPTEMBER 3

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
10:00 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
11:30 a.m. ~ 1st Men's Club, MR
1 to 2 p.m. ~ Fitness Center Office Hour, FC
1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
1:30 p.m. ~ Pitch, GR
3:00 p.m. ~ Call Hall Ice Cream, KR
7:00 p.m. ~ Leroy Johnson Piano, CR
7:00 p.m. ~ Game Time, GR

THURSDAY • SEPTEMBER 4

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. ~ Blood Pressure Clinic, GR
1:30 p.m. ~ Parkinson's Caregiver Support Group, CR
3:30 p.m. ~ Dementia Support Group, LR
5:30 p.m. ~ Meadowlark Circle Dinner, MR
7:00 p.m. ~ IL Bingo, CR

FRIDAY • SEPTEMBER 5

9:30 a.m. ~ Seated Strength, CR
9:30 a.m. ~ Art Committee, LR
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. ~ Chappie on the Patio, PS Patio & MR

SATURDAY • SEPTEMBER 6

11:00 a.m. ~ K-State Tailgate, (K-State vs Iowa State), KR
Pub & GR
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