



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Oct. 16, 2014

HOGtoberfest at Cox Bros. BBQ

Today's the Day!

Join us for food, friends and FUNdraising at HOGtoberfest 11 a.m. to 9 p.m. today, Oct. 16, at Cox Bros. BBQ benefitting the Meadowlark Hills Good Samaritan Fund. \$2 pork sliders will be

served all day, and a hog roast buffet featuring pulled pork and chicken, baked beans, cole slaw, will start at 6 p.m. The buffet cost, including a drink, is \$11.95. The hog kisser candidate who collects the most donations will kiss the hog at 6 p.m.



Transportation will depart from the Assisted Living Entrance at 11 a.m. for lunch and at 5:45 p.m. for dinner at Cox Bros. BBQ. There is no charge for transportation. Sign up in the Blue Book at the

Hospitality Desk.

HOGtoberfest wouldn't be possible without our sponsors. Thank you to Cox Bros. BBQ, McCullough Development, Cool Enterprises, the Backyard Kitchen, Q Country 103.5 and Doug & Clara Ebert of St. George for supporting HOGtoberfest.

Meet the Meadowlark Hills Veterans

You are Invited

submitted by Sara Snell

The Meadowlark Hills Veterans Group cordially invites you to a get-together at 10 a.m. Friday, Oct. 17, in the Grosh Cinema. The group would like to meet any new veterans on campus. They would like to visit with those that enjoy sharing their

stories and give the group a chance to learn about their wartime experiences. Meetings are held the third Friday of every month, and the meetings are open to anyone who would like to attend. Refreshments will be served. We look forward to seeing you there!



Max Bayer's 80th Birthday Party

You are invited to the Community Room from 2 to 4 p.m. on Sunday, Oct. 19, to celebrate Max Bayer's 80th birthday. The cat is out of the bag, so don't worry about keeping it a secret from Max anymore! Cards can be sent to 2324 SW 34th Street, Topeka, KS 66611. Stop by and celebrate Max's birthday! Refreshments will be served.



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

Vespers Services

The Vespers service, led by Pastor Helen Hutchinson with Trinity Presbyterian, will begin at 7 p.m. Sunday, Oct. 19, in the Community Room.

KSU Football Tailgating Parties

Mark your calendars for the next Kansas State University football games. The tailgate parties will be hosted in the Game Room and Kansas Room & Pub at 11 a.m. Saturday, Oct. 18, and 11 a.m. Saturday, Oct. 25. We encourage you to hang out, watch the game and cheer on Kansas State University! Refreshments will be served.

Brownbag Lunch Lecture Series

Bring a lunch and listen to a televised class presentation on Elder Mistreatment by Sharee A. Wiggins at noon Wednesday, Oct. 22, in the KSU Classroom. No registration necessary.

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. The service will begin at 3 p.m. Friday, Oct. 24, in the Living Room. All are welcome to attend.

Card Making with Michelle

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

Stewart Ray Performance

Stewart Ray will be performing country music at 7 p.m. Friday, Oct. 17, in the Community Room. Stewart has a raw passion for his music and songwriting and comes from our very own Manhattan, Kansas! Stewart plays country music and even started performing at the Little Grill restaurant when he was only 14 years old!



Lunch Specials Oct. 19 – 25

Sunday, Oct. 19 – Chicken Noodle Casserole with Garlic Bread	\$5.50
Monday, Oct. 20 – Hawaiian Pizza	\$3.75/\$5.50
Tuesday, Oct. 21 – Italian Beef Sandwich with Soup or Chips	\$3.75/\$5.50
Wednesday, Oct. 22 – Loaded Baked Potato Soup with Side Salad	\$3.75/\$5.50
Thursday, Oct. 23 – Southwestern Chicken Wrapini with Soup or Chips	\$3.75/\$5.50
Friday, Oct. 24 – Quesadillas	
Cheese	\$3.00
Chicken	\$4.00
Steak	\$5.00
Saturday, Oct. 25 – Chicken Salad Sandwich with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Billiards Tournament

Tournament play has begun! Be sure to check the bracket and contact your opponent to schedule a time to play. Post-it notes will be placed in the Billiards Room to reserve the table for tournament play. The only time slot not allowed to be scheduled is during the Ladies Pool Time, from 1:30 to 2:30 p.m. every Monday.

Please contact Resident Services Leader, Darcy Reinbold-Olson, if you have any questions. Stay tuned for the 2014 Fall Champion!

Come, Fish Bayer Pond

submitted by Don Rasmussen

Learn about Bayer Pond, regulations regarding its use and tips to improve your fishing chances. Rise to the challenge of catching Big Carl, the 31-plus-inch long catfish and seeing your name on the traveling trophy.

No equipment required. Three loaner fishing poles, tackle boxes, baits and lures, dip net and caddies await you in the cabinet of the new shelter. Four hundred fish also beckon.

Gather with Annie Peace, Nathan Bolls and me at 3:15 p.m. on Monday, Oct. 20, in the KSU Classroom. Following a discussion including the above topics, we will walk to the pond for an orientation and conclude with those available trying their luck.

Arlington National Cemetery: Its History and Its Heros

This Osher course reviews the Arlington Cemetery's colorful history from pre-Civil War days as Robert E. Lee's home through current U.S. conflicts. The second and third sessions of this course will be from 2 to 4 p.m. on Thursday, Oct. 16, and Thursday, Oct. 23, at the Manhattan Arts Center. Transportation will depart from the Assisted Living entrance at 1:30 p.m. There is no charge for transportation. Prior registration is required to attend this course.

Fancy T's & More

hosted by Jo Ann Edwards

Fancy T's clothing line will be on display from 2 to 4 p.m. Thursday, Oct. 16, in the Living Room. T-shirts and sweatshirts designed with bling will be featured. These clothing items will be available for purchase at the event.

Transportation Pick-Up Location Change

Due to the concrete work, Meadowlark Hills transportation is unable to use the Village Entrance. Until further notice, all scheduled pick-ups from the Village Entrance will now be from the Assisted Living (Miller) Entrance.

KSU Football Games

Transportation will depart at 9:50 a.m. Saturday, Oct. 25, from the Village Entrance for the K-State game against the University of Texas. The game will start at 11 a.m.

Sign up in the Blue Book at the Hospitality Desk for transportation to the game. The cost for transportation is \$3 per person.

Twin City Travelers Slideshow

A slideshow presentation of the Minneapolis trip will be shown at 7 p.m. Friday, Oct. 24, in the Community Room. Join the travelers to see pictures from the trip.

Joke of the Week

My grandmother started walking five miles a day when she was 60. She's 97 now, and we don't know where the heck she is.

UPCOMING EVENTS & ANNOUNCEMENTS CONT.

62nd Annual Lee Elementary School Chicken BBQ

The 62nd Annual Lee Elementary School Chicken BBQ will be held on Friday, Oct. 17, from 5 to 8 p.m. at Lee School, 701 Lee Street, Manhattan, Kan. The same recipe has been used since the beginning of the barbeque, with chickens cooked the “old fashioned” way over a bed of charcoal. In addition to the delicious chicken, potato salad, barbeque beans, a roll, and dessert are included in the price of the meal. Dine in or carryout: Quarter Chicken meal is \$8, Half Chicken Meal is \$10, Veggie Burger meal is \$6. Stop by the Lee School Office (8 a.m. to 4:30 p.m.) to pick up your tickets or order online at www.leechickenbbq.com. If a group of five or more orders are placed by Meadowlark Hills residents, delivery to Meadowlark Hills would be made available. Contact Tracy Robinson with any questions at (785) 564-0332.

Hale Library Concert Series

Meadowlark Hills is a sponsor of the Hale Library Concert Series. The first concert will be at 7:30 p.m. on Friday, Oct. 17, in the Hemisphere Room in the Hale Library. Nora Lewis teaches oboe, music history, 18th century counterpoint and chamber music at Kansas State University, and she performs with the Konza Winds Faculty Quintet. She is also oboist in the Pen Trio. She will be performing with Gordon Lewis, bass and Amanda Arrington, piano. Meadowlark Hills has four tickets to this concert available. Please see Darcy if you are interested in attending.

Construction at Verna Belle's Café

The dates have changed that Verna Belle's Café will be under construction. Please be advised that Verna Belle's will now be closed Monday, Nov. 3, through Saturday, Nov. 8. As a reminder, Prairie Star Restaurant will be open for breakfast those days.

Flu Clinic for Independent Living Residents

A flu clinic will be held from 2 to 4 p.m. Tuesday, Oct. 21, and from 1 to 3 p.m. Thursday, Oct. 23, in the KSU Classroom. Flu shots will be administered by the Home Health nurses. The cost of the flu shot is \$38, but is covered by Medicare and some insurance plans.

41st Annual Pumpkin Patch Arts & Crafts Fair



Browse a unique selection of handmade arts and crafts at the 41st Annual Pumpkin Patch Arts and Crafts Fair hosted by the Mercy Regional Health Center Auxiliary on Friday, Oct. 17. After the pumpkin patch, we will head to lunch at Early Edition. Transportation will depart from the Village Entrance at 10 a.m. Sign up in the Blue Book at the Hospitality Desk. The cost for transportation is \$3 per person. Don't forget to bring money to buy items you like and to pay for lunch.

LETTER TO THE MESSENGER

A This Generation Story

submitted by Kay Shanks

While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds.

She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs.

One day I found her staring at a pair of false teeth soaking in a glass.

As I braced myself for the inevitable barrage of questions, she merely turned and whispered, “The tooth fairy will never believe this!”

ASK ANNIE

Q: Is it necessary for a resident to contact maintenance for service to have their air conditioning/heat filters and the smoke alarm batteries changed or are they on a schedule?

submitted by Annie Peace

Great question. Filters are replaced twice a year, in October and April. Residents may purchase their own filters if they prefer a certain brand or quality and we will gladly install them, or we will simply come and replace them with the filters we stock on those two occasions. If a resident requests more frequent replacements, we are glad to accommodate them; they just need to let us know.

Since our smoke detectors operate on 120 volt batteries, they generally last for years; the batteries are for power failure back-up. The detectors are self-monitoring and will signal a

chirp if they detect a battery failure. Once this occurs, the resident should contact us and we will replace the batteries in all of their smoke detectors. The detectors in all apartments are tested with the nurse call testing performed by IT each year. If a detector fails during testing, it is reported to us and we replace it immediately. We are always glad to replace batteries for any resident who requests replacement.

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



ANNOUNCEMENTS CONT.

Murder at the Masquerade

Calling all ages 50 and up. Mark your calendars for a fun night from 6 to 8 p.m. Friday, Oct. 17, at the brand new Bluemont Hotel for Murder at the Masquerade. This scary evening will consist of frightfully delicious eats and a murder mystery presented by the professional actors from The Murder Mystery Company. As people mingle and enjoy this fancy event, there will be a tragic and unexpected death. It's up to you to unmask the killer at the Annual Billionaire's Club Masquerade. Gather clues with guests, search for information and solve the crime before the masked killer gets away! Evening wear, Venetian masks, suits and tuxes must be worn to this high class night of masks and murder. Tickets can be purchased in advance for \$35 from the Manhattan Parks and Recreation Department. For more information, call (785) 473-7091.



**Oct. 20—25
Halloween Sunset**

**3 oz. Tangerine Juice
1.5 oz. White Rum
.75 oz. Grenadine**

\$3.75

DRINK SPECIAL



PRAIRIE★STAR

RESTAURANT

Oct. 19 – Oct. 25

Includes beverage, starter and dessert.

SUNDAY	Oct. 19 ~ Lunch \$12	Dinner \$10
	Pot Roast Roasted Red Potatoes, Carrots, Onions, & Celery	Chicken & Sausage Gumbo Cornbread Vegetable of the Day
MONDAY	Oct. 20 ~ Lunch \$10	Dinner \$12
	Crab Melt Waffle Fries Choice of Vegetable	BBQ Brisket American Fries Baked Beans
TUESDAY	Oct. 21 ~ Lunch \$6	Dinner \$11
	Taco Bar (does not include drink, starter or dessert)	Chicken Marsala Wild Rice Vegetable of the Day
WED.	Oct. 22 ~ Lunch \$10	Dinner \$11
	Hot Turkey Sandwich Choice of Vegetable	Honey Glazed Ham Au Gratin Potatoes Vegetable of the Day
THURSDAY	Oct. 23 ~ Lunch \$7	Dinner \$12
	Hamburger & Hotdog Bar (does not include drink, starter or dessert)	Chicken Milanese Tomato Rice Vegetable of the Day
FRIDAY	Oct. 24 ~ Lunch \$10	Dinner \$14
	BBQ Wings Cole Slaw Steak Fries	Trout Almondine Duchess Potatoes Vegetable of the Day
SATURDAY	Oct. 25 ~ Lunch \$10	Dinner \$11
	Meatloaf Sandwich Waffle Fries Choice of Vegetable	Beef Penne with Mushrooms, Carmelized Onions, & Garlic in a Cheddar Swiss Sauce Marbled with Marinara & Garlic Toast, Vegetable of the Day

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

Grosh Cinema Movies

Monday, October 20 - Sunday, October 26

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

Monday, October 20 – Shooter (2007)

A marksman living in exile is coaxed back into action after learning of a plot to kill the President. Ultimately double-crossed and framed for the attempt, he goes on the run to find the real killer and the reason he was set up.

Co-Starring: Mark Wahlberg, Michael Peña & Rhona Mitra

Rated R for graphic violence and some language; 2 hrs. 4 min.

Tuesday, October 21 – Thelma & Louise (1991)

An Arkansas waitress and a housewife shoot a rapist and take off in a '66 Thunderbird.

Co-Starring: Susan Sarandon, Geena Davis & Harvey Keitel

Rated R for sensuality and language; 2 hrs. 10 min.

Wednesday, October 22 – The Grand Budapest Hotel (2014)

The adventures of Gustave H, a legendary concierge at a famous hotel from the fictional Republic of Zubrowka between the first and second World Wars, and Zero Moustafa, the lobby boy who becomes his most trusted friend.

Co-Starring: Ralph Fiennes, F. Murray Abraham & Mathieu Amalric

Rated R for language, some sexual content and violence; 1 hr. 40 min.

Thursday, October 23 – This is 40 (2012)

Pete and Debbie are both about to turn 40, their kids hate each other, both of their businesses are failing, they're on the verge of losing their house, and their relationship is threatening to fall apart.

Co-Starring: Paul Rudd, Leslie Mann & Maude Apatow

Rated R for sexual content, crude humor and language; 2 hrs. 14 min

Friday, October 24 – The Face of Love (2013)

A widow falls for a guy who bears a striking resemblance to her late husband.

Co-Starring: Annette Bening, Ed Harris & Robin Williams

Rated PG-13; 1 hr. 32 min

Saturday, October 25 – Hotel Transylvania (2012)

Dracula, who operates a high-end resort away from the human world, goes into overprotective mode when a boy discovers the resort and falls for the count's teen-aged daughter.

Co-Starring: Adam Sandler, Kevin James & Andy Samberg

Rated PG; 1 hr. 31 min.

Sunday, October 26 – Flubber (1997)

An absent-minded professor discovers "flubber," a rubber-like super-bouncy substance.

Co-Starring: Robin Williams, Marcia Gay Harden & Christopher McDonald

Rated PG; 1 hr. 33 min.

This Week's Opportunities Oct. 19–25

SUNDAY • OCTOBER 19

Breakfast at Verna Belle's—Omelets with Fruit

10:00 a.m. ~ Church Service, CR

2:00 p.m. ~ Max Bayer 80th Birthday Party, CR

2:00 p.m. ~ Movie, GC

6:00 p.m. ~ Movie, GC

7:00 p.m. ~ Vespers, Pastor Helen Hutchinson, CR

MONDAY • OCTOBER 20

Trash Pick-Up Day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

2:15 p.m. ~ Parkinson's Voice, KSU CR

3:00 p.m. ~ MLH Singers Practice, CR

3:15 p.m. ~ Fish Bayer Pond Meeting, KSU CR

5:30 p.m. ~ 5th Floor Supper, MR

7:00 p.m. ~ Community Bingo, CR

7:00 p.m. ~ Game Time, GR

TUESDAY • OCTOBER 21

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

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

1:00 p.m. ~ Tai Chi, CR

2:00 p.m. ~ Life Story, LR

2 to 4 p.m. ~ IL Flu Clinic, KSU CR

3:00 p.m. ~ Coffee Corner, CR

3:30 p.m. ~ Ambassador Committee, CON

4:00 p.m. ~ Newspaper & Bible, LR

5:30 p.m. ~ 2nd Floor Supper, CR

5:30 p.m. ~ Eastside Supper, MR

7:00 p.m. ~ Dominoes, GR

WEDNESDAY • OCTOBER 22

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

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, KSU 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

12:00 p.m. ~ Brownbag Series (Elder Mistreatment), CON

1 to 2 p.m. ~ Fitness Center Office Hour, FC

1:15 p.m. ~ Dr. Tran Foot Clinic, CR

1:30 p.m. ~ Pitch, GR

2:00 p.m. ~ Card Making with Michelle, LR

3:00 p.m. ~ Unitarian Universalist Fellowship, MR

3:00 p.m. ~ Call Hall Ice Cream, KR

5:30 p.m. ~ KSU Gerontology Class, CR

5:30 p.m. ~ 1st Floor Supper, MR

7:00 p.m. ~ Game Time, GR

THURSDAY • OCTOBER 23

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

9:00 a.m. ~ Messenger Ladies, CON

10:00 a.m. ~ Meadowlark Bible Study, MR

10:30 a.m. ~ Steady Yourself, CR

11:15 a.m. ~ Chair Yoga, CR

1 to 3 p.m. ~ IL Flu Clinic, KSU CR

1:00 p.m. ~ Blood Pressure Clinic, GR

1:30 p.m. ~ Depart to MAC (Arlington National Cemetery: It's History and It's Hero's), ALE

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 • OCTOBER 24

Breakfast at Verna Belle's—Waffle or Pancake

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

3:00 p.m. ~ Service of Remembrance, LR

7:00 p.m. ~ Minneapolis Minnesota Slide Show Presentation, CR

SATURDAY • OCTOBER 25

Breakfast at Verna Belle's—Omelets with Fruit

9:00 a.m. ~ Acrylic or Watercolor Painting for Fun, KSU CR

11:00 a.m. ~ KSU Watch Party

1:00 p.m. ~ Movie, GC

4:00 p.m. ~ Movie, GC

7:00 p.m. ~ Movie, GC

• ROOM ABBREVIATIONS •

ALE, Assisted Living Entrance

BP, Billiards Parlor

CR, Community Room

CON, Conference Room

FC, Fitness Center

GR, Game Room

GC, Grosh Cinema

KR, Kansas Room (Pub)

KSU CR, KSU Classroom

LB, Library

LR, Living Room

MR, Manhattan Room

MCR, Miller Craft Room

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WS, Woodshop