



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Oct. 30, 2014

Ebola Facts

Learn More about Ebola

by Dr. Matthew Floersch

Lately we have been hearing about Ebola on the news so I wanted to take this opportunity to share some facts about the Ebola virus.

Ebola was first discovered in 1976 near the Ebola River in what is now the Democratic Republic of the Congo. Since then, outbreaks of Ebola among humans have appeared sporadically in Africa. On Sept. 30 the first case of Ebola was diagnosed in the United States. This person had recently returned from Africa. Since then two healthcare workers who cared for that patient in the hospital have also been diagnosed with Ebola, as well as one other healthcare worker who had recently returned from Africa.

The risk of contracting Ebola is extremely small. Healthcare providers caring for Ebola patients and the family and friends in close contact with Ebola patients are at the highest risk of getting sick because they may come in contact with the blood or body fluids of sick patients.

Ebola is spread through direct contact (through broken skin or mucous membranes in, for example, the eyes, nose, or mouth) with

- blood or body fluids of a person who is sick with Ebola
- objects (like needles and syringes) that have been contaminated with the virus
- infected fruit bats or primates

Ebola is not spread through the air or by water, or in general, by food. There is no evidence that mosquitos or other insects can transmit Ebola virus.

The main symptoms of Ebola virus include severe headache, fever, unexplained bleeding, muscle pain, weakness, abdominal pain, diarrhea and vomiting.

As always, contact your healthcare provider if you have additional questions about the Ebola virus.

Open Enrollment

Compare Part-D Plans



The Meadowlark Hills Finance team is partnering with the North Central-Flint Hills Area Agency on Aging on Tuesday, Nov. 25, for an opportunity to compare Medicare

Part-D Prescription Drug Plans. The Area Agency on Aging will be available from 9 a.m. to 4 p.m. Tuesday, Nov. 25, to consult with interested parties. If you are unsure about your current plan, they can educate you on other Part-D plans that might help you save money on your premium and co-pay rates.

If you are interested in this opportunity, sign up for a one-hour long appointment to meet with the Area Agency on Aging representative in the Classroom.

Prior to your appointment, Rita Harsch from the Finance department will contact you to help fill out any preliminary documentation. You will need a copy of your prescription drug list, your red, white and blue Medicare card, any other health insurance cards and the Medicare Prescription Drug Plan Worksheet (provided by Rita). Please leave your name and phone number in the Blue Book, located at the Hospitality Desk, for her to contact you.

If you are unable to schedule an appointment on the Nov. 25 date, Rita can help set up an appointment at the Area Agency on Aging office, fill out preliminary documentation and help arrange transportation for those who need it. This service will be available until Sunday, Dec. 7. If you would rather contact the Area Agency on Aging independently, call (785) 776-9294 for an appointment.



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

KSU Football Tailgating Party

Mark your calendars for the next Kansas State University football game against the Oklahoma State University. A tailgate party will be hosted in the Game Room and Kansas Room & Pub at 7 p.m. Saturday, Nov. 1. Watch the game and cheer on K-State! Refreshments will be served.

Tau Beta Sigma Marching Band

KSU Tau Beta Sigma And Kappa Kappa Psi will be showing a DVD of the marching band at 7 p.m. on Friday, Nov. 7. A surprise performance is scheduled so you won't want to miss it!

Campus Halloween Party

A campus-wide Halloween party, featuring a costume contest, will begin at 1:30 p.m. Friday, Oct. 31, in the Community Center. Wear your best costume, and come out and enjoy the fun! Refreshments will be served. There was a misprint in last week's Messenger so please note the corrected time for this event.



Old Timers Band Performance

Sit back and enjoy some great music at 7 p.m. Friday, Oct. 31, in the Community Room. The Old Timers Band will be dressed up in costume, and they may have a little Halloween treat for us!

Brownbag Lunch Lecture Series

Bring a lunch and listen to a televised class presentation on Stress Management: Relaxing Your Mind & Body by Nancy Parham, at noon Wednesday, Nov. 5, in the West Conference Room. No registration necessary.

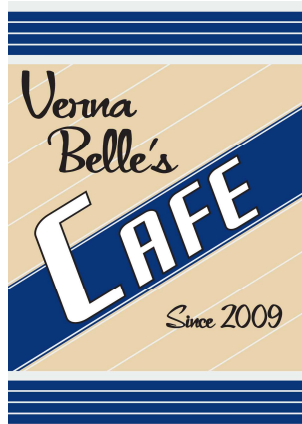
Vespers Services

The Vespers service, led by the Reverend Michael Schmidt, will begin at 7 p.m. Sunday, Nov. 2, in the Community Room.

KSU Football Games

Transportation will depart at 5:50 p.m. Saturday, Nov. 1, from the Village Entrance for the K-State game against the University of Texas. The game will start at 7 p.m.

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



Lunch Specials Nov. 2 – 8

Sunday, Nov. 2 – Chicken and Rice Enchilada Casserole

\$5.50

Monday, Nov. 3 – Closed for Renovations

Tuesday, Nov. 4 – Closed for Renovations

Wednesday, Nov. 5 – Closed for Renovations

Thursday, Nov. 6 – Closed for Renovations

Friday, Nov. 7 – Closed for Renovations

Saturday, Nov. 8 – Closed for Renovations

UPCOMING EVENTS & ANNOUNCEMENTS

First Friends on the First

“First Friends on the First” (FFF) will hold their quarterly social at 10 a.m. Saturday, Nov. 1, in the Community Room. This begins our second year of FFF socials. All members and friends of First United Methodist Church are invited to come and enjoy Food, Fellowship and a First Connection in Five (minutes, that is), by Pastor Patrick McLaughlin. Fall decorations and pumpkin muffins are on the schedule.

Please join us again or come for the first time. Coordinating committee is Kay Shanks and Polly Ferrell. We are looking for one more person to complete the committee. Is that opportunity for you? See you Nov. 1 at 10 a.m.

Jeans Day Beneficiary

For the month of November, the Jeans Day will benefit Flint Hills Breadbasket Child’s Snack Program and Emergency Food Pantry. On Tuesday, Nov. 11, and Wednesday, Nov. 19, employees are welcome to wear jeans to work with a minimum donation of \$1 or with the donation of a non-perishable food item. If you wish to donate to the cause, please see Christina Strange or Jayme Minton in the Human Resources office, across from Verna Belle’s Café.

Garden Space for 2015

Please leave a note in Charlie Hall’s mailbox #312 in the Game Room, to request a garden space. Include any special needs on the note.

Refocus the Focus!

Starting with the Focus Group scheduled for Thursday, Nov. 6, the spotlight is going to shift to various staff members. Each month the Focus Group hour will be used to get to know a different staff member from our service area leadership teams. Attendees will have the opportunity to learn more about the employee, both on a personal and professional level. Every day staff is doing great things at Meadowlark Hills and this time will be used to hear more and ask questions.

The staff attendee for the November Focus Group will be Finance Team member, Rita Harsch. Rita is a Financial Counselor and has a high level of expertise with Medicaid and insurance which allows her the opportunity to advocate for residents and their families to ensure their benefits. Come meet Rita at 10 a.m. Thursday, Nov. 6, in the West Conference Room.

Intergenerational Class Description

The K-State students in the Introduction to Gerontology course are looking for volunteers to join their class for some small group discussions on life and topics related to aging. This is a one time class event so there is no on-going obligation. No specific qualifications or skills are needed other than a willingness to spend some time in great conversation with some amazing young adults! The class will be from 5:30 to 7 p.m. on Tuesday, Nov. 4, in the Community Room. If you are interested in volunteering, please contact Darcy Olson at (785) 323-3801. The more volunteers the better so ask a friend to join you!

Construction at Verna Belle’s Café

Please be advised that Verna Belle’s will be closed Monday, Nov. 3, through Saturday, Nov. 8. Prairie Star will be open for breakfast from 8 to 10:30 a.m. on these days. Dry goods and bottled and canned drinks will be available for purchase in Verna Belle’s from 1 to 5 p.m. during the renovation.

Winter Ball Theme Suggestions

Submit your theme suggestions for the 2015 Winter Ball at the Hospitality Desk. Please turn your suggestions in by the end of the day today, Oct. 30.

Eyeglass Adjustment

Alex’s Affordable Eyewear will be here from 4 to 4:30 p.m. on Saturday, Nov. 1, in the Community Room. They will adjust eyeglasses for residents at no charge.

Meadowlark Hills Honey

The Meadowlark Hills honey is expected to be available for purchase in Verna Belle’s Café in mid-November. Watch the Messenger for the exact date the honey will be available.

Storage Units

Staff is updating the master list for storage units. If you have a storage unit in the main building, please let Darcy Reinbold-Olson know your storage unit number and what floor your storage unit is on. You can stop by Darcy’s office, call her at (785) 323-3801, or send her an email at darcy.olson@meadowlark.org. Thank you.

ASK ANNIE

Q: In the Friday Mercury from Sept. 12, 2014 they listed parcels of land owned by the city. Three parcels had the address of our main building, 2121 Meadowlark Road, 1239 Meadowlark Valley and 2161 Meadowlark Road. Why?

submitted by Annie Peace

In speaking with Chris Nelson, our Financial Services Director, this is what I learned; from 1999 to 2001, Meadowlark Hills went through a significant renovation and expansion project, including the addition of 38 Independent Living apartments, 10 Independent Living duplexes, and two Assisted Living households, Miller House and Tinklin Pointe. Additionally, healthcare began its transformation to the household model, which included renovating the existing space and the addition of three new households.

This project was funded through the issuance of City of Manhattan industrial revenue bonds

(IRB). Under the Kansas IRB statute and our bond financing documents, title to the Meadowlark Hills campus is held by the City of Manhattan. The facility is leased back to Meadowlark Hills under a Lease Agreement. Under a typical Kansas IRB lease arrangement, the term of the Lease Agreement expires and Meadowlark Hills obtains the title to the campus at the time the outstanding interest and principal on the bonds has been paid in full. Thanks for another great question and please keep them coming.



ANNOUNCEMENTS

Conserving Our Natural World

This Osher course will explore issues facing the animals and habitats that have been targeted for conservation projects by Sunset Zoo and the Friends of Sunset Zoo. The second session will be from 2 to 4 p.m. on Wednesday, Nov. 5, at the Sunset Zoo. Transportation will depart from the Village Entrance at 1:30 p.m. There is no charge for transportation. Prior registration is required to attend this course.

Coronado in Quivira

This Osher course looks at the era when the plains and prairies were home to early natives and traces the path of exploration by the soldiers and clergy with Spanish explorer Francisco Vasquez de Coronado. The first session will be from 2 to 4 p.m. on Monday, Nov. 3, at the Manhattan Arts Center. Transportation will depart from the Village Entrance at 1:30 p.m. There is no charge for transportation. Prior registration is required to attend this course.

LETTER TO THE MESSENGER

A Thank You

submitted by Betty & Shorty Kahler

Thank you for all the help and support over the past few weeks. We really appreciate it.

Sharing of Vegetables

Thank you gardeners for generously sharing your vegetables. They were enjoyed by many.

DRINK SPECIAL



Nov. 3—8

Butterscotch Coffee

1 oz. Butterscotch Schnapps

1 oz. Irish Cream Baileys
Coffee

\$3.75

November Birthdays

Residents

Health Care



11/7	Kenneth Donelson
11/16	Donna McKaskle
11/17	Jim Findley
11/17	Dixie Tessmann
11/18	Rosemary Carroll
11/19	Helen Fairbanks
11/22	Nancy Hogan
11/22	Francis Levenson
11/23	Russell Patterson

Assisted Living

11/8	Rose Bissey
11/11	Joy Rogers
11/13	Marcelene Proffitt
11/13	Lillard Steele
11/21	William Meisekothen
11/24	Anna Noll

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

Employees

11/1	Sherry Holcomb
11/1	David Brown
11/1	Ace Descuatan
11/2	Jerrie Rieck
11/4	Connie Smith
11/4	Alicia Loveless
11/5	Erin Keating
11/6	Amanda Rall
11/6	Rachel Dickinson
11/6	Lillie Huckaby
11/7	Cassondra Koch
11/10	Lisa Allen
11/10	Loiniz Chabrier
11/10	Jody Koch
11/11	Christina Low
11/11	Ashley Klinkner
11/12	Estefany Martinez
11/12	Cheyenne Becker
11/12	Victoria Campbell

Independent Living

11/3	John Lindholm
11/4	Jo Ann Edwards
11/5	John Roberts
11/6	Turley Hayes
11/6	Sharon Spencer
11/7	Duane Miksch
11/10	John Wileman
11/12	Bonnie Nespor
11/12	Arlin Sarff
11/13	Margaret Carlson
11/15	Herman Westmeyer
11/17	Pam Oehme
11/19	Alice Morton
11/21	Leonard Parker
11/23	Charles Niernberger
11/24	Donna Bark
11/24	Margaret Walker
11/25	Alice Howard
11/26	Jim Jorns
11/27	Mary Lou Basham
11/27	Glen Jameson
11/30	Lincoln Deihl

11/13	John Gasser
11/14	Brandy Graham
11/15	Noemi Diaz
11/15	Dallas Taylor
11/17	Cheyenne Millsap
11/18	Tom Atwood
11/19	Bethany Hickman
11/19	Taylor Moss
11/20	Becky Fitzgerald
11/20	Nick Lundeen
11/21	Sarah Spencer
11/23	Elizabeth Russom
11/24	Lacee Oliver
11/25	Mikah Leon
11/27	Chuck Henry
11/27	Jordan Ferrell
11/28	Elizabeth Thomas
11/28	Kayla Morrison
11/28	Michelle Crenshaw
11/29	Blake Hoffman
11/29	Chasity McDonough
11/30	Veronica Peters

PRAIRIE★STAR

RESTAURANT

Nov. 2– 8

Includes beverage, starter, and dessert.

SUNDAY	Nov. 2 ~ Lunch \$11	Dinner \$10
	Brown Sugar Mustard Glazed Ham Potatoes Au Gratin Vegetable of the Day	Ham and Beans Cornbread Choice of Vegetable
MONDAY	Nov. 3 ~ Lunch \$10	Dinner \$12
	Hamburger Sliders Waffle Fries Choice of Vegetable	Chicken Cacciatore Angel Hair Pasta Vegetable of the Day
TUESDAY	Nov. 4 ~ Lunch \$6	Dinner \$13
	Taco Bar (does not include drink, starter, or dessert)	Braised Short Ribs Roasted Red Potatoes Vegetable of the Day
WED.	Nov. 5 ~ Lunch \$10	Dinner \$11
	Chicken and Noodles Over Mashed Potatoes Choice of Vegetable	Sweet and Sour Chicken Steam Rice Stir Fry Vegetables
THURSDAY	Nov. 6 ~ Lunch \$6	Dinner \$12
	Salad Bar (does not include drink, starter, or dessert)	Honey Glazed Pork Chops Sweet Potato Casserole Vegetable of the Day
FRIDAY	Nov. 7 ~ Lunch \$10	Dinner \$14
	Sloppy Joes Tater Tots Choice of Vegetable	Seared Scallops Wild Rice Vegetable of the Day
SATURDAY	Nov. 8 ~ Lunch \$9	Dinner \$15
	Grilled Ham and Cheese Sandwich Tomato Soup Choice of Vegetable	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, November 3 - Sunday, November 9

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

Monday, November 3 – My Cousin Vinny (1992)

Two New Yorkers are accused of murder in rural Alabama while on their way back to college, and one of their cousins—an inexperienced, loudmouth lawyer now accustomed to Southern rules and manners— comes in to defend them.

Co-Starring: Joe Pesci, Marisa Tomei, & Ralph Macchio

Rated R for adult situations and language; 2 hrs.

Tuesday, November 4 – The Parent Trap (1998)

Identical twins, separated at birth and each raised by one of their biological parents, discover each other for the first time at summer camp and make a plan to bring their wayward parents back together.

Co-Starring: Lindsay Lohan, Dennis Quaid, & Natasha Richardson

Rated PG; 2 hrs. 7 min.

Wednesday, November 5 – All is Lost (2013)

After a collision with a shipping container at sea, a resourceful sailor finds himself, despite all efforts to the contrary, staring his mortality in the face.

Starring: Robert Redford

Rated Approved; 1 hr. 46 min.

Thursday, November 6 – Cowgirls 'N Angels (2005)

A group of rodeo trick-riders recruits a young girl to join them.

Co-Starring: Bailee Madison, Dusta Kimzey, & Richard Levi

Rated PG ; 1 hr. 32 min

Friday, November 7 – The Nut Job (2014)

An incorrigibly Self-serving exiled squirrel finds himself helping his former park brethren raid a nut store to survive, that is also the front for a human gang's bank robbery.

Co-Starring: Will Arnett, Brendan Frasier, & Liam Neeson

Rated PG; 1 hr. 25 min

Saturday, November 8 – Pretty Woman (1990)

A man in a legal but hurtful business needs an escort for some social events, and hires a beautiful prostitute he meets...only to fall in love.

Co-Starring: Richard Gere, Julia Roberts, & Jason Alexander

Rated R for sexual content, crude humor and language; 1 hr. 59 min.

Sunday, November 9 – Rescue Dawn (2006)

A US Fighter pilot's epic struggle of survival after being shot down on a mission over Laos during the Vietnam War.

Co-Starring: Christian Bale, Steve Zahn, Jeremy Davies

Rated PG-13; 2 hrs. 6 min.

This Week's Opportunities Nov. 2–8

SUNDAY • NOVEMBER 2

Breakfast at Verna Belle's—Omelets with Fruit

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

2:00 p.m. ~ Movie, GC

6:00 p.m. ~ Movie, GC

7:00 p.m. ~ Vespers, Reverend Michael Schmidt, CR

MONDAY • NOVEMBER 3

Trash Pick-Up Day

Breakfast at Prairie Star—Biscuits & Sausage Gravy

8:30 a.m. ~ IL Resident Council, KSU CR

9:30 a.m. ~ Town Meeting, CR

11:15 a.m. ~ Sit and Be Fit, CR

12:00 p.m. ~ Weights 101, 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

2:00 p.m. ~ Depart to MAC (Coronado Old Quivira), VE

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

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

5:30 p.m. ~ Tuttle Creek Supper, MR

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

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

TUESDAY • NOVEMBER 4

Breakfast at Prairie Star—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

12:00 p.m. ~ Kimball Luncheon, MR

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

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

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. ~ Gerontology Intergenerational Exchange, CR

7:00 p.m. ~ Dominoes, GR

WEDNESDAY • NOVEMBER 5

Breakfast at Prairie Star—Breakfast Burrito with Fruit

9:00 a.m. ~ New Perspectives, MR

9:30 a.m. ~ Seated Strength, CR

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. ~ 1st Men's Club, MR

12:00 p.m. ~ Beginner Tai Chi, CR

12:00 p.m. ~ Stress Management, Relaxing Your Mind & Body, ITV Class, CON

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

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

1:30 p.m. ~ Depart to Sunset Zoo (Conserving Our Natural World), VE

1:30 p.m. ~ Pitch, GR

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

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

THURSDAY • NOVEMBER 6

Breakfast at Prairie Star—Biscuits & Sausage Gravy

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

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

10:00 a.m. ~ Resident Focus Group, CON

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

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

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

1:00 p.m. ~ Manhattan Thursday's Bridge Group, MR

2:00 p.m. ~ Parkinson's Education Group, CR

3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR

5:30 p.m. ~ Meadowlark Circle Dinner, MR

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

FRIDAY • NOVEMBER 7

Breakfast at Prairie Star—Waffle or Pancake

9:30 a.m. ~ Seated Strength, CR

9:30 a.m. ~ Art Committee Meeting, 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. ~ Tau Beta Sigma Playing Marching Band, DVD, CR

SATURDAY • NOVEMBER 8

Breakfast at Prairie Star—Omelets with Fruit

TBA ~ KSU Watch Party, GR & KR

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

1:00 p.m. ~ Movie, GC

4:00 p.m. ~ Movie, GC

7:00 p.m. ~ Movie, GC

• ROOM ABBREVIATIONS •

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