



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Dec. 4, 2014

Holiday Happenings

See what is going on this holiday season!



Meadowlark Singers Christmas Performance

Mark your calendars for the Meadowlark Singers Christmas Performance at 7 p.m. on Friday, Dec. 12, in the Community Room. This festive event will include wonderful Christmas music performed by some of our very own!

Blue Christmas Service & Compassionate Friends Candle Lighting

submitted by Chaplain Patty Brown-Barnett:

At 8 p.m. on Sunday, Dec. 14, First Congregational Church (700 Poyntz) will be hosting a worship service for those who struggle with the holidays due to grief, loss, family dynamics or bad memories. They are offering a quiet and reflective space in a low-key setting. During the service, worshipers are invited to participate in the Compassionate Friends Worldwide Candle Lighting Service. Those who have lost a child will be invited to light a candle in honor and memory of them. This event is free and open to all who might find meaning in this service.

The Trust Company Holiday Classic

The Trust Company is proud to present the 2014 Holiday Classic on Friday, Dec. 5, with refreshments being served at 3:30 p.m. and a sing-a-long performance at 4 p.m. in the Community Room. Lori Coleman will be playing the piano and Annemarie Bucholtz will lead the sing-a-long. Requests for holiday songs during the performance are welcome. Come enjoy this holiday party and sing songs to get in the Christmas spirit. Reservations are required and can be made by contacting Chris Lohman at (785) 537-7200.

Little Apple Chorus Presents Harmony for the Holidays

The Little Apple Barbershop Chorus presents Harmony for the Holidays at 3 p.m. on Sunday, Dec. 14, at McCain Auditorium. Guest performers will be The Flint Hills Harmony Chorus of Sweet Adelines, First United Methodist Church Rhapsody Ringers and St. Nick. A special pre-show performance will be performed at 2:30 p.m. by the KSU Faculty Brass Quintet.

Tickets can be purchased from a chorus member for \$12.50 per person, and all tickets are general admission. Contact one of the following people at Meadowlark Hills for tickets: Cam Beatty, Loren Alexander or Darcy Reinbold-Olson.

Transportation is \$3 and will depart from the Village Entrance at 1:45 p.m.

4-H Carolers

The 4-H Carolers will be singing from 4 to 5:30 p.m. on Sunday, Dec. 7, in the Game Room. Stop by to enjoy some Christmas songs.

Christmas Carousel—Postcard Christmas USA

Christmas Carousel, a holiday party for independent living residents and passport members, will begin at 4 Wednesday, Dec. 17. Reservations are required for this event. You can make your reservation in the Blue Book located at the Hospitality Desk or by calling (785) 323-3847. Reservations will close Monday, Dec. 8.

Please contact Darcy Reinbold-Olson, Resident Services Leader, with questions regarding Christmas Carousel.



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

Red Hat Luncheon

Join the Red Hatters for lunch on Thursday, Dec. 11, at the Manhattan Country Club. Lunch will consist of a chicken salad croissant sandwich, fresh fruit, a cup of corn chowder soup and lemon bars. The cost will be \$15 per person. There will be a special ceremony in honor of Becky Fitzgerald who has reached the age where she can exchange her pink hat for a red hat! Transportation will depart from the Village Entrance at 12 p.m. Please sign up in the Blue Book at the Hospitality Desk to attend.

Still Making the Best Better—The Kansas 4-H Foundation

Whether you have ties to 4-H or not, come to the Community Room at 7 p.m. on Friday, Dec. 5, to enjoy a fun evening focusing on the Kansas 4-H program and the work of the Kansas 4-H Foundation. You will enjoy hearing the innovative steps that are being taken to keep Kansas 4-H, the largest youth development organization, in the state. Updates on the Rock Springs 4-H Center and Clovia Scholarship House will be shared, along with reflections from young alumni on the importance of 4-H in their lives. Enjoy delicious Rock Springs cinnamon rolls while you listen to how 4-H continues to positively impact the lives of Kansas youth.

KSU Men's Basketball Watch Party

Watch the KSU Men's basketball game against Bradley University at 7 p.m. on Tuesday, Dec. 9, in the Game Room. Refreshments will be served.

KSU Football Tailgating Party

Mark your calendars for the next Kansas State University football game against Baylor University. The tailgate party will be hosted in the Game Room and Kansas Room & Pub at 6:45 p.m. Saturday, Dec. 6. Watch the game and cheer on K-State! Refreshments will be served.

Brownbag Lunch Lecture Series

Bring a lunch and listen to a televised class presentation on "Senior Bullying" by Myra Hyatt, at noon Wednesday, Dec. 10, in the West Conference Room. No registration necessary.

Line Dancing

Get ready to kick up your heels at 1:30 p.m. on Thursdays with Carolyn Dreiling and Marilyn Noyes at the Seniors' Service Center. Participants dance from DVDs projected onto a screen. This class is a lot of fun and a great way to get some low impact cardiovascular exercise. Please sign up by calling (785) 537-4040.



Lunch Specials Dec. 7 – 13

Sunday, Dec. 7 – Taco Lasagna with Mexican-Style Corn	\$5.50
Monday, Dec. 8 – Bacon & Tomato Grilled Cheese with Soup or Chips	\$3.75/\$5.50
Tuesday, Dec. 9 – Tuna Melt with Cottage Cheese or Fruit	\$3.75/\$5.50
Wednesday, Dec. 10 – Bierocks with Green Beans	\$5.50
Thursday, Dec. 11 – Chicken Parmesan Wrapini with Soup or Chips	\$5.50
Friday, Dec. 12 – Turkey & Avocado Panini with Soup or Chips	\$3.75/\$5.50
Saturday, Dec. 13 – Ham Salad Sandwich with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Maintenance Noise

The cooling tower in the southeast corner of the courtyard will be replaced starting this week. This project will take four weeks to complete and will generate some noise. Each day work on the cooling tower will start no earlier than 8 a.m. and will conclude by 4 p.m. The cooling tower is in need of replacement, and the new cooling tower will be shorter and help improve the views from the apartments located behind it. Staff apologizes for the noise.

OSHER Special Event - Tom Averill and A Carol Dickens Christmas

Writer and Kansas Public Radio personality Thomas Averill, will take you on a trip through his new novel, A Carol Dickens Christmas, at 7:30 p.m. on Tuesday, Dec. 9, at the Manhattan Arts Center. Look at life through Carol Dicken's eyes and enter into the holiday spirit through Tom Averill's take on life in Kansas. After the presentation, meet the author and enjoy refreshments with your friends.

Transportation will depart from the Village Entrance at 7 p.m. There is no charge for transportation. Prior registration is required to attend this special event.

2nd Annual Holiday Music Spectacular

The 2nd Annual Holiday Music Spectacular presented by KSU's music fraternity, Phi Mu Alpha Sinfonia, will be at 7 p.m. on Monday, Dec. 8, at the Peace Memorial Auditorium (1101 Poyntz Avenue). The seventy-five minute instrumental, vocal and the KSU Tap Dance Ensemble will feature Christmas and holiday music. This event is free, but donations are accepted and appreciated to help with future restoration plans for the auditorium.

Prairie Star Restaurant

Prairie Star Restaurant will be a destination during the Christmas Carousel and as a result, will be closed at 2 p.m. Wednesday, Dec. 17. Verna Belle's Café will be open until 6:30 p.m. on the day of Christmas Carousel and will feature a dinner special, including a meatloaf sandwich, green beans and mashed potatoes with gravy for \$7.

December Birthdays

Barbara Engelhardt's birthday was misprinted in the last Messenger. Barbara's birthday is May 2. Staff apologize for this mistake.

Vespers Services

The Vespers service, led by the Reverend Paul Allen will begin at 7 p.m. Dec. 7, in the Community Room. All are welcome.

Gift Wrapping

Gift wrapping will be available at the Hospitality Desk for \$0.75 per package. You can pick from a variety of wrapping paper and bows. If possible, please bring your gift already packaged. The Hospitality Staff is excited to wrap your gifts!

Monday, Dec. 8, Tuesday, Dec. 9 & Thursday, Dec. 11
5:30 p.m. to 8 p.m.

Saturday, Dec. 13 & Sunday, Dec. 14
10 a.m. to 7 p.m.

Monday, Dec. 15, Tuesday, Dec. 16 & Thursday, Dec. 18
5:30 p.m. to 8 p.m.

Saturday, Dec. 20 & Sunday, Dec. 21
10 a.m. to 7 p.m.

DRINK SPECIAL



Dec. 8 to 13

SKYY Candy Cane

3/4 oz. SKYY Berry Vodka
3/4 oz. Peppermint Schnapps
3/4 oz. White Crème de Cacao
1/4 oz. Grenadine
Half & Half
Club Soda

\$3.75



TOWN MEETING MINUTES

December 1, 2014 day trip will include lunch at Houlihans Restaurant and

Welcome, Darcy Reinbold-Olson

Campus Update, Lonnie Baker

Lonnie Baker announced that there will be a modest 2.5-percent rate increase this year, and he presented a history of past rate increases showing that rate increases have decreased drastically in the past couple years and are expected remain steady from this point forward.

Support Services Update, Annie Peace

Annie Peace announced that Matt Ruhnke, Food and Beverage Leader, will be working his last day on Dec. 25. Matt has been hired as the General Manager for the new Tallgrass Tap House Restaurant.

The second floor renovation project is progressing, with a slight hiccup in the functionality of the new handrails. New designs are being looked at and handrails will be installed soon.

Painting of the curb/parking lots, including distinguishing between resident, visitor, and employee parking, is underway and being worked on as weather permits.

The Information Technology (IT) team is expanding the resident call system to the Meadowlark Hills trail. IT is currently working on using solar powered panels along the trail to avoid wires.

IL Update/Upcoming Events, Darcy Reinbold-Olson

On Wednesday, Dec. 3, at 11 a.m., residents are invited to take a day trip to The Festival of Trees. The

viewing the trees at the KSU Alumni Center. Those wishing to go must sign up in the Blue Book.

Come learn about the 4-H programs in Manhattan and our surrounding communities on Friday, Dec. 5, at 7 p.m. in the Community Room. Cinnamon rolls from Rock Springs 4-H Camp will be provided.

The Meadowlark Singers will be performing Christmas tunes for you on Friday, Dec. 12, at 7 p.m. in the Community Room.

Sign up to attend the Christmas Carousel: Postcard Christmas USA! The Carousel will be on Wednesday, Dec. 17, at 4 p.m. in the Community Center.

Join us for the Meadowlark Hills Community Christmas Party on Thursday, Dec. 18, at 2 p.m. in the Community Room. Hot cider, cocoa and decorated Christmas Cookies will be served!

The Do Right Daddies (Dave and Karl Zerfas) will perform at 7 p.m. on Friday, Dec. 19, in the Community Room.

Be sure to mark your calendars for a Wine and Cheese Party on Friday, Dec. 26, at 7 p.m. There will be good conversation, great wines, and flavorful cheeses. The special guests for the evening will be Garrett Lee, Health Services Director, and his wife Lauree.

Ring in the New Year with a party from 6 to 8 p.m. on Wednesday, Dec. 31, in the Game Room and Kansas Room Pub! There will be drink specials and appetizers. You won't want to miss it!

Adjourn Submitted by Kristin Bribiesca

RESIDENT COUNCIL MINUTES

November 3, 2014

Members present: Sandra Emley, Loren Alexander, Ivan Tompkins, Ed Skidmore, Jean Beatty, Don Rasmussen, Bob Kruh, Betty Grubb, Orris Kelly, Jo Call, Sharon Smith and Polly Ferrell.

Staff present: Lonnie Baker and Darcy Reinbold-Olson

Updates:

1. Campus Update: Lonnie Baker reported road construction is completed. Second floor renovation is on hold. The project has reached a hurdle with handrails. Census is terrific. Approximately 95 percent across the community.

2. Board of Trustees Update: Loren Alexander reported copies of policies were received. Policies

looked very detailed and not overdone. Policies will go to the next board meeting for approval.

Orris Kelly reported that the Personnel Committee was meeting that day. Total annual turnover is close to 71 percent.

Jean Beatty reported rate increases were discussed during the Marketing and Resident Services Committee. Increases will be submitted to the board for a vote.

Approval of October Minutes:

Motion to approve the October minutes by Don Rasmussen. Motion seconded by Jean Beatty, and minutes were approved.

RESIDENT COUNCIL MINUTES CONT.

New Business:

1. Storage Units - Darcy Reinbold-Olson is working on organizing a tracking spreadsheet to identify storage units. Floor reps were asked to go door to door and find out who has a storage unit. Report results to Darcy Reinbold-Olson.

2. Meadowlark Hills Singers - Committee to discuss the search for a new director.

Old Business:

1. Employee Appreciation Gift - Bob Kruh gave an update. Checks will go out to the employees the week of Nov. 17.

2. Shopping Carts - Darcy Reinbold-Olson has talked with Aaron Floersch regarding the shopping carts. Carts have been ordered. Delivery date is unknown at this time.

3. 2nd Floor Laundry- No further concerns.

4. Transportation Drivers- Lonnie Baker reported to resolve the drivers issues, GPS devices were purchased for all buses.

5. Suggestions for day trips- getting a lot of

responses. Keep them coming. There is some attraction for everyone.

6. Bayer Pond- Don Rasmussen made a report on the fishing instruction meeting. A worm farm will be going in near the shelter. Visitors can dig their own worms for live bait. Golf carts have been ordered. They should arrive next week.

Questions and Concerns

Jo Call reported that a resident on second floor reported on numerous occasions her assigned parking spot has been taken. Jo requested there be additional signage. We request that you report this immediately to staff when someone is in your spot.

Identification of Action Items

See Table 1.

Adjourn

Submitted by: Darcy Reinbold-Olson

Table 1	Brief Description	Action to be Taken	By:	Status:
1.	Shopping Carts	Awaiting arrival	Darcy Reinbold-Olson	In Progress
2.	Transportation driver-inattentive on Oct. 3 trip to KC	Lonnie will discuss with Transportation Leader	Sandra Emley	Completed
3.	Suggestions for Day Trips	Floor reps will request ideas for more day trips at floor suppers.	Sandra Emley	In Progress
4.	Informational Meeting—Bayer Pond	Don Rasmussen will host an informational meeting.	Sandra Emley	Completed
5.	Storage Units	Identify who has a storage unit.	Darcy Reinbold-Olson	In Progress
6.	Meadowlark Hills Singers	Search committee for new director	Darcy Reinbold-Olson	In Progress

PRAIRIE★STAR

RESTAURANT

Dec. 7– Dec. 13

Includes beverage, starter and dessert.

SUNDAY	Dec. 7 ~ Lunch \$12	Dinner \$10
	Pot Roast Roasted Potatoes Carrots, Onions, and Celery	Ham & Beans Cornbread Vegetable of the Day
MONDAY	Dec. 8 ~ Lunch \$10	Dinner \$12
	BLAT Waffle Fries Choice of Vegetable	London Broil Loaded Mashed Potatoes Vegetable of the Day
TUESDAY	Dec. 9 ~ Lunch \$8	Dinner \$11
	Fajita Bar (does not include drink, starter or dessert)	Fettuccine Alfredo with Chicken Garlic Toast Vegetable of the Day
WED.	Dec. 10 ~ Lunch \$10	Dinner \$13
	Hot Turkey Sandwich Mashed Potatoes Choice of Vegetable	Grilled Salmon Wild Rice Vegetable of the Day
THURSDAY	Dec. 11 ~ Lunch \$7	Dinner \$12
	Potato Bar (does not include drink, starter or dessert)	Stuffed Pork Tenderloin Roasted Red Potatoes Vegetable of the Day
FRIDAY	Dec. 12 ~ Lunch \$10	Dinner \$13
	Catfish Po' boy Coleslaw Choice of Vegetable	Scallop Scampi Angel Hair Pasta Vegetable of the Day
SATURDAY	Dec. 13 ~ Lunch \$9	Dinner \$12
	Grilled Ham & Cheese Sandwich Tomato Soup Choice of Vegetable	Cornish Game Hen Baked Sweet 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, December 8 - Sunday, December 14

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

Monday, December 8 – Still Mine (2012)

An elderly couple fight against local authorities in rural New Brunswick to build their final home.

Co-Starring: James Cromwell, Ronan Rees & Geneviève Bujold

Rated PG-13; 1 hr. 42 min.

Tuesday, December 9 – Cats (1998)

Andrew Lloyd Webber's CATS, the most famous musical of all time, first exploded onto the West End stage in 1981. 'Memory', one of its many classic songs, became an instant worldwide hit.

Co-Starring: James Barron, Jo Bingham & Jacob Brent

Rated G; 1 hr. 55 min.

Wednesday, December 10 – The Lucky One (2012)

A Marine travels to Louisiana after serving three tours in Iraq and searches for the unknown woman he believes was his good luck charm during the war.

Co-Starring: Zac Efron, Taylor Schilling & Blythe Danner

Rated PG-13; 1 hr. 41 min.

Thursday, December 11 – The Preacher's Wife (1996)

Good natured Reverend Henry Biggs finds that his marriage to choir mistress Julia is flagging, due to his constant absence caring for the deprived neighborhood they live in.

Co-Starring: Denzel Washington, Whitney Houston & Courtney B. Vance

Rated: PG; 2 hrs. 3 min

Friday, December 12 – Rise of the Guardians (2012)

When the evil spirit Pitch launches an assault on Earth, the Immortal Guardians team up to protect the innocence of children all around the world.

Co-Starring: Hugh Jackman, Alec Baldwin & Isla Fisher

Rated: PG; 1 hr. 37 min

Saturday, December 13 – Polar Express (2004)

On Christmas Eve, a doubting boy boards a magical train that's headed to the North Pole and Santa Claus' home.

Co-Starring: Tom Hanks, Chris Coppola & Michael Jeter

Rated: G; 1 hr. 40 min.

Sunday, December 14 – Christmas Angel (2012)

When the Christmas wishes of an entire classroom start to come true, a young girl named Olivia longs for the father she never had, and meets a mysterious neighbor who may be able to give her exactly that as the snow begins to fall on their quaint suburban town.

Co-Starring: Lisa Arnold, Katie Belle & Rob Boltin

Rated NR; 1 hr. 30 min.

This Week's Opportunities December 7 - December 13

SUNDAY • DECEMBER 7

Breakfast at Verna Belle's—Omelets with Fruit

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

4:00 p.m. ~ 4-H Carolers, GR

6:00 p.m. ~ Movie, GC

7:00 p.m. ~ Vespers, Rev. Paul Allen, CR

MONDAY • DECEMBER 8

Trash pick-up day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

Dental Hygiene Clinic (By Appointment Only), Miller Spa

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. ~ 1st Presbyterian Men's Luncheon, MR

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. ~ Hearing Aid Doctor, CON

1:30 p.m. ~ Ladies Pool Table Time, BP

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

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

TUESDAY • DECEMBER 9

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

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

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

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

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

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

5:30 p.m. ~ 4th Floor Supper, MR

7:00 p.m. ~ KSU Men's Basketball Watch Party (K-State vs Bradley), GR

7:00 p.m. ~ Depart to MAC (Tom Averill and Carol Dickens Christmas), VE

7:00 p.m. ~ Dominoes, GR

WEDNESDAY • DECEMBER 10

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

8:00 a.m. ~ Centering Prayer, TR

9:00 a.m. ~ Building and Grounds Meeting, CON

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

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

10:00 a.m. ~ Wal-Mart/Dillon's Shopping Trip, VE

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 (Senior Bullying), CON

12:00 p.m. ~ 2nd Men's Club, LR

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

4:00 p.m. ~ Carolers, CR

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

THURSDAY • DECEMBER 11

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

12:00 p.m. ~ Red Hat Luncheon, VE

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 • DECEMBER 12

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 Class, CR

1:15 p.m. ~ Parkinson's Caregiver Support Group, LR

1:30 p.m. ~ Brain Booster, GR

7:00 p.m. ~ Meadowlark Singers Performance, CR

SATURDAY • DECEMBER 13

Breakfast at Verna Belle's—Omelets with Fruit

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

2:00 p.m. ~ Arliss Hontead's 100th Birthday Party, CR

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

FOUNDATION NEWS

November 2014
Gifts In Honor of

Frances Moyer

Ken Donelson

Wy Johnson

Robert Mills

*Donations were made to the Good Samaritan Fund and
Lyle House Fund.*