



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

May 21, 2015

Legacy Society Awards *Four residents honored at annual banquet*

Submitted by Becky Fitzgerald

An unusual achiever with a lifetime of service and generosity to her credit was honored Monday, May 11, at the 13th annual Legacy

Society Banquet sponsored by Meadowlark Hills Foundation.

Ruth Wells, who served as a Marine Corps baker during World War II then chose a career of service as a Kansas State University Extension Home Economist, was presented the



Rae Stamey

2015 Legacy Award by Board of Directors president and master of ceremonies Terry Arthur. The award recognizes persons who have given a lifetime of public service, financial contributions and volunteer efforts to the

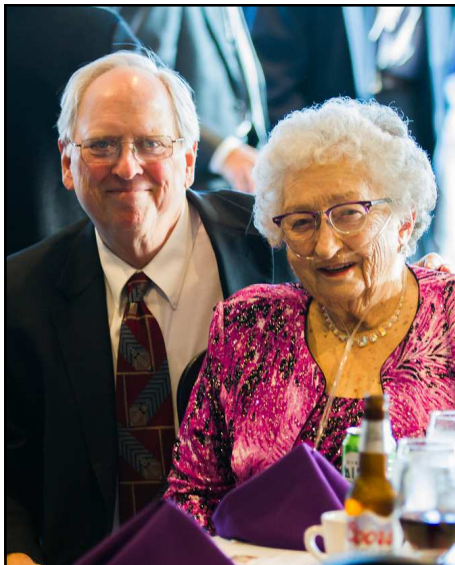
Meadowlark Hills community.

"Ruth may be small in stature, but she's big in heart," said Ruth's friend Bea Rasmussen. "While being an unusual achiever, she's very humble."

Other award winners were Lincoln Deihl, Rae Stamey and Margaret Wheat. Lincoln, a former K-State professor in management, won the Good Samaritan Award for his faithful contributions to the Good Samaritan Fund over the past eight years. In 2014, he also helped fund the east gazebo near Bayer Pond.



[Above] Legacy Award winner Ruth Wells and long-time friend Arliss Honstead.



[Above] Former board member Jim Morrison poses with Margaret Wheat.



[Above] Lincoln Deihl and friend Tina Terhune.

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Photos by Will Gold

UPCOMING EVENTS & ANNOUNCEMENTS

Outdoor Encounters—Undesirables

Are undesirable species of fish in the pond, and, if so, how can fisherpersons help remove them?

Yes there is. There is a large (24 plus inch) flat head catfish in the pond that the marine biologist advises be removed. It consumes too many other fish. Should you catch it, please relocate it to the KSU pond to our north boundary or leave it in the woods for the birds and critters.

A few grass carp introduced several years ago have reproduced and now threaten over population. They are shaped like a common carp, but are silver rather than brownish orange. They are not good eating and would also be undesirable in the KSU's pond. We suggest leaving them in the woods for the birds or critters.

Also remember that Carl, the big catfish, though caught once by Don Rasmussen, was returned to the pond for someone else to catch and add their name to the trophy.

Garrett's Farewell Party

Garrett Lee, Health Services Director, will be leaving soon for a new venture in life. Let's wish him well as he experiences new opportunities and moves to the next chapter of his life with his family by joining us for a special Coffee Corner at 3 p.m. Tuesday, May 26, in the Community Room.

Memorial Day Geraniums



Germaniums are on sale in honor of loved ones or veterans that have passed away. They will be on display in the lobby by the Village Entrance. A flower pick will be placed inside the geranium pot with the name of the honoree on it for that week. After the week is over, you will be able to take your geranium home.

The cost of the geranium is \$10.

Verna Belle's

Great news! Verna Belle's Café will be open Monday, May 25, from 8 a.m. to 3 p.m. for Memorial Day!



Lunch Specials May 24– May 30

Sunday, May 24– Pasta Bake with Soup or Chips	\$5.50
Monday, May 25– BBQ Chicken Pizza	\$3.75/\$5.50
Tuesday, May 26– Ultimate Grilled Cheese with Soup or Chips	\$3.75/\$5.50
Wednesday, May 27– Turkey Cranberry Panini with Soup or Chips	\$3.75/\$5.50
Thursday, May 28– Quesadilla Day!	
Cheese	\$3.00
Chicken	\$4.00
Steak	\$5.00
Friday, May 29– French Onion Burger with Potato Salad	\$5.50
Saturday, May 30– Loaded Chicken Salad Sandwich with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

MH² Challenge Update

Submitted by Jeff Heidbreder

We have reached the end, which means it will be time to celebrate! The challenge post-party will be held from 3 to 4 p.m. Wednesday, May 27, in the Community Room. Plan to join us for food, the announcement of winners, prize drawings and to celebrate all the hard work that we have done over these eight weeks. Tracking sheets from Week Eight need to be turned in to the Hospitality Desk, Human Resources office or Caul Fitness Center by 5 p.m.. Tuesday, May 26. Tracking sheets that have not been turned in by the deadline will not be counted towards your team's final point total. Congratulations to Janice Parsons, who was our Week Six healthy eating challenge winner. She won a \$25 gift certificate to the Eastside/Westside Market.



Last Week's Quiz Answers:

1.) Strength training will only benefit younger individuals?

The answer is false. Strength training is beneficial to people of all ages and should be included in all fitness routines. Muscle mass naturally declines as we age, so the argument could be made that strength training is more beneficial to older individuals. Strength training can lead to better health, stronger bones, decreased risk of falls and improved weight control. Contact the fitness staff if you have questions about strength training, we have a lot of options available between the Caul Fitness Center and group exercise classes in the Community Room.

2.) Potassium rich diets may help maintain a healthy blood pressure?

The answer is true. According to the American Heart Association, a diet that includes natural sources of potassium is important in controlling blood pressure because potassium lessens the effects of sodium. The recommended daily intake of potassium for the average adult is about 4,700 milligrams per day. Potassium affects the balance of fluids in our body, so many older adults and those with kidney disorders need to be careful because too much potassium can be harmful. It is recommended to talk with a healthcare professional before starting any over-the-counter potassium supplement.

Legacy Banquet, from page 1

Rae, who spends countless hours collecting and arranging fresh flowers for Prairie Star Restaurant and Verna Belle's Café tables, took home the Johanna Lyle Excellence in Service Award. This award, named for its first recipient, Johanna Lyle, a former Meadowlark Hills board president and professor in accounting at K-State, recognizes individuals who have contributed leadership, resources, time and task to the Meadowlark Hills mission to serve elders.

A fourth award, new this year, is named of its first recipient, Margaret Wheat, a current resident and former long-serving board member. The Margaret Wheat Spirit of Meadowlark Hills Award honors a resident who embodies the spirit and person-directed culture of Meadowlark Hills.

Margaret's integral role over the past few years on the Meadowlark Hills history committee and her dedication to telling the stories of the ideas and decisions that helped create our retirement community prompted the Foundation board to honor Margaret in this way.

About 95 residents, staff, current and former board members and Legacy Society members attended this year's event, which was held at the Bluemont Hotel. The Legacy Society, with 52 members, includes those who have named Meadowlark Hills Foundation as a recipient of charitable giving through estate planning. Also, the Society welcomes donors who have given one-time or cumulative gifts which total \$25,000 or more.

The Rev. Jim Reed, formerly senior minister at the First United Methodist Church, was the banquet speaker. He described how Meadowlark Hills has impacted his life as well as the lives of many in Manhattan. Jim's mother, Winifred, lived at Meadowlark Hill from 1998 until her death in 2013.

If you'd like to know more about becoming a Legacy Society member, please contact Becky Fitzgerald, Development Director, at 323-3843.

Sit & Be Fit Time Change

Effective Monday, June 1, the start time for our Sit & Be Fit exercise class will change to 11 a.m. The class will still be 45 minutes long, ending at 11:45 a.m. Please contact Jeff Heidbreder, Fitness Leader, with any questions.



UPCOMING EVENTS & ANNOUNCEMENTS

Memorial Day Cancellations

The following events scheduled for Monday, May 25, will be canceled:

- Seated Strength
- Weights 101
- Sit and Be Fit
- Beginner Tai Chi
- Parkinson's Exercise Class
- The 1st Presbyterian Men's Luncheon
- Dental Hygiene Clinic
- Blood Pressure Clinic

Meadowlark Hills turns 35!

Save the date! The emerald anniversary is getting closer! The celebration is Monday, June 1, through Friday, June 5, to mark the 35 years that have passed since Meadowlark Hills Retirement Community was formerly dedicated on June 8, 1980.

The celebration includes a variety of activities and programs designed to appeal to not only residents and employees but also

Manhattan and area community members who are interested in knowing more about Meadowlark Hills.

Our annual block party, Summerfest, is scheduled for 5:30 to 9 p.m. Friday, June 5. This yearly FREE event features a cook-out, live band, games for children and the young at heart as well as a beer garden. All residents, staff, families, Passport members and board members are welcome to attend. Summerfest is Meadowlark Hills' annual kickoff to summer, so what better way to end a five-day anniversary extravaganza?

For more information, please see the invitation, the Opportunities Calendar in the May 28 Meadowlark Hills Messenger, or contact Sarah Duggan at (785) 323-3860.



Foot Clinic Canceled

Dr. Tran's foot clinic session will be canceled Wednesday, May 27.

Memorial Day Service

Monday, May 25, at 1 p.m., we will have a moment of silence followed by a brief message by Orris Kelly. We will gather near the Hospitality Desk where the geraniums are displayed as we pay remembrance to those we have lost.

Leadership Changes

Submitted by Lonnie Baker, CEO

As many of you know, Garrett Lee – Health Services Director – will be moving home to Oklahoma with his family in a few weeks. I appreciate the service and leadership he provided the past four years for the organization. We wish him well as he experiences new opportunities and moves to the next chapter of his life with his family.



In light of Garrett's move, there are some upcoming position changes in progress:

Annie Peace, currently the Support Services Director, will fill the position of Health Services Director. Service areas that are included in Health Services are Nursing Services, Household Operations, Therapy Services, Social Services and Environmental Services.

Jayme Minton, currently the Human Resources Leader, will move to the Support Services Director role. Services areas that Jayme will provide leadership to are Human Resources, Information Services, Food & Beverage Services and Chaplain Services. The Human Resources Leader position has been posted at this time.

Sarah Duggan will remain in her role as the Community Relations Director. Two additional teams have moved to the Community Relations area – Home Health and the Physician's Practice.

Office moves will occur as a result of the position changes. The office moves will begin immediately and I anticipate all transitions will be completed by the end of June. Once everyone has moved to their new space, an Office Open House will be scheduled and you all will be invited to visit the staff in their new spaces.

I am excited about the new opportunities for employees at Meadowlark Hills to grow in their careers. Meadowlark Hills has great people, and while it is tough when we lose people, it pleases me to know that the organization has played a significant and positive role in their professional growth.

Thank you for the opportunity to serve at Meadowlark Hills.

Music Recital

You are invited to attend the Music Recital given by piano and violin students of Nancy Blockcolsky. It will take place on Saturday, May 30, at 3:30 p.m. in the Community Room. A reception with refreshments provided by Nancy will follow.

UPCOMING EVENTS & ANNOUNCEMENTS

Joke of the Week

I thought about making a fitness movie for folks my age and calling it 'Pumping Rust.'

Speedy PD Art Classes

Individuals with Parkinson's disease are invited to attend art classes to make the age-group awards for the 7th Annual Speedy PD Race for Parkinson's. Kathrine Schlageck, Senior Educator with the Marianna Kistler Beach Museum of Art, will lead the classes and provide the materials and inspiration for each event. No prior art experience is needed, just an open mind and a willingness to have fun and help the Speedy PD continue the tradition of providing the most unique and personalized awards in the region.

The following are dates for the Speedy PD Art Classes from 1 to 2:30 p.m. in the KSU Classroom:

- Wednesday, May 27
- Wednesday, June 10
- Wednesday, June 17
- Wednesday, July 8
- Wednesday, July 29
- Wednesday, August 5

Flapjack Fundraiser

Julia Chestnut, Meadowlark Hills Home Health companion, has been given the chance to study crocodiles with Australian Geographic on the Steve Irwin Wildlife Reserve! To help with this trip, Applebee's will be hosting a Flapjack Fundraiser from 8 to 10 a.m. Saturday, May 30. The cost is \$7 per person at the door or you can directly email Julia Chestnut at chestnutjulia@gmail.com for tickets today! Let's send Julia to Australia!

Vespers Services

The Vespers service, led by Brian Hough, will begin at 7 p.m. Sunday, May 10, in the Community Room. All are welcome.

Travelers Reminder

A friendly reminder to all planning or considering going on the "Land of Lincoln and The Mighty Mississippi Trip," we ask that you return your registration form in the next couple of weeks, so we have an idea of how many people plan on attending. The deadline to pay your deposit will be Monday, June 9. The due date will sneak up on you quickly, so take a little time and jump on board as we look forward to a great adventure!



Riley County Genealogical Society

At 2 p.m. Sunday, May 31, the Riley County Genealogical Society will be sponsoring an educational presentation by LaBarbara Wigfall, Associate Professor of landscape architecture and regional and community planning, over "Black History in Kansas: Nicodemus Preserves its Heritage." The presentation will be taking place at the Manhattan Public Library Auditorium. Join LaBarbara as she speaks about black settlements in America. Prior registration is required to attend this course. Transportation will be provided at no charge and will depart from the Village Entrance at 1:30 p.m.

Brownbag Series

Bring a lunch and watch a televised class presentation on "Grief, Loss and Bereavement" Thursday, May 27, at 12 p.m. in the KSU Classroom. Ann Inhoffe, SMMC, will be discussing the risk factors, symptoms and interventions for complicated grief by identifying emotional, spiritual and physical effects and ways to assist bereaved.

DRINK SPECIAL



May 25 to May 30
Tropical Blue Margarita

1.5 oz Tequila
1 oz Blue Curacao Liqueur
1 oz Lime Juice

\$3.75

PRAIRIE STAR

RESTAURANT

May 24 – May 30

Includes beverage, starter and dessert.

Hours: Sunday, 10:30 a.m. to 7 p.m.

Monday—Saturday, 10:30 to 8 p.m.

SUNDAY	May 24 ~ Lunch \$13	Dinner \$12
	Baked Chicken Au Gratin Potatoes Vegetable of the Day	Beef Tips Fettuccini Vegetable of the Day
MONDAY	May 25 ~ Lunch \$11	Dinner \$13
	Sautéed Steelhead Trout with Tartar Sauce Cole Slaw American Fries	Chicken and Spinach Manicotti Garlic Toast Vegetable of the Day
TUESDAY	May 26 ~ Lunch \$7	Dinner \$14
	Fajita Bar (does not include drink, starter or dessert)	Roasted Pork Tenderloin with Cranberry Port Wine Sauce Baked Sweet Potato Vegetable of the Day
WED.	May 27 ~ Lunch \$10	Dinner \$14
	Sweet and Sour Pork Chinese Noodles Choice of Vegetable	Stuffed Orange Roughy with Seafood Newburg Wild Rice Vegetable of the Day
THURSDAY	May 28 ~ Lunch \$7	Dinner \$13
	Pizza Bar (does not include drink, starter or dessert)	Meatloaf Mashed Potatoes and Gravy Vegetable of the Day
FRIDAY	May 29 ~ Lunch \$12	Dinner \$13
	Cilantro Pesto Grilled Shrimp Rice Pilaf Choice of Vegetable	Braised Pork Butt with Carrots, Onion, and Celery Potato Pancake
SATURDAY	May 30 ~ Lunch \$10	Dinner \$15
	Grilled Cajun Chicken Sandwich Potato Salad 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

Sunday, May 24 - Saturday, May 30

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

Sunday, May 24 – Lovely Still (2008)

A holiday fable that tells the story of an elderly man discovering love for the first time.

Co-Starring: Martin Landau, Ellen Burstyn & Elizabeth Banks

Rated PG; 1 hr. 32 min.

Monday, May 25 – Regarding Henry (1991)

Henry is a lawyer who survives a shooting only to find he cannot remember anything. If that weren't enough, Henry also has to recover his speech and mobility, in a life he no longer fits into.

Co-Starring: Harrison Ford, Annette Bening & Michael Haley

Rated PG-13; 1 hr. 48 min.

Tuesday, May 26 – The Natural (1984)

An unknown comes out of seemingly nowhere to become a legendary player with almost divine talent.

Co-Starring: Robert Redford, Robert Duvall & Glenn Close

Rated PG; 2 hrs. 18 min.

Wednesday, May 27 – The Identical (2014)

Twin brothers are unknowingly separated at birth; one of them becomes an iconic rock 'n' roll star, while the other struggles to balance his love for music and pleasing his father.

Co-Starring: Blake Rayne, Ray Liotta & Ashley Judd

Rated PG; 1 hr. 47 min.

Thursday, May 28 – Coach Carter (2005)

Controversy surrounds high school basketball coach Ken Carter after he benches his entire team for breaking their academic contract with him.

Co-Starring: Samuel L. Jackson, Rick Gonzalez & Robert Ri'chard

Rated PG-13; 2 hrs. 16 min.

Friday, May 29 – Non-Stop (2014)

An air marshal springs into action during a transatlantic flight after receiving a series of text messages that put his fellow passengers at risk unless the airline transfers \$150 million into an off-shore account.

Co-Starring: Liam Neeson, Julianne Moore & Scoot McNairy

Rated PG-13; 1 hr. 46 min.

Saturday, May 30 – The Croods (2013)

After their cave is destroyed, a caveman family must trek through an unfamiliar fantastical world with the help of an inventive boy.

Co-Starring: Nicolas Cage, Ryan Reynolds & Emma Stone

Rated PG; 1 hr. 38 min.

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This Week's Opportunities May 24 - May 30

SUNDAY • MAY 24

Breakfast at Verna Belle's—Omelets with Fruit

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

2:00 p.m. ~ Ride to the Pond, VE

7:00 p.m. ~ Vespers, CR

MONDAY • MAY 25

Memorial Day no Trash pick-up today

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

9:30 a.m. ~ Ride to the Pond, VE

1:00 p.m. ~ Memorial Service, Main Lobby

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

2:00 p.m. ~ Ride to the Pond, VE

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

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

TUESDAY • MAY 26

Trash pick-up day

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

9:30 a.m. ~ Ride to the Pond, VE

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

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

11:30 a.m. ~ Serendipity Luncheon, MR

12:00 p.m. ~ Seven Dolors Book Discussion, LR

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

2:00 p.m. ~ Ride to the Pond, VE

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

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

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

5:30 p.m. ~ 3rd Floor Supper, CR

WEDNESDAY • MAY 27

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

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

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

9:30 a.m. ~ Ride to the Pond, VE

10:00 a.m. ~ Wal-Mart/Dillons Shopping Trip, VE

10:00 a.m. ~ Church Service, KSU 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. ~ Beginner Tai Chi, CR

12:00 p.m. ~ Brownbag Lunch Series (Grief, Loss, and Bereavement), CON

1:00 p.m. ~ Parkinson's Art Class, CON

1:30 p.m. ~ Pitch, GR

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

2:00 p.m. ~ Ride to the Pond, VE

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

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

3:00 p.m. ~ Wellness Challenge Post Party, CR

4:00 p.m. ~ Video Worship Service, LR

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

7:00 p.m. ~ Woodwinds Anonymous, LR

THURSDAY • MAY 28

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

9:30 a.m. ~ Ride to the Pond, VE

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

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

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

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

2:00 p.m. ~ Ride to the Pond, VE

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

4:00 p.m. ~ St. Paul's Episcopal Church Service, LR

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

FRIDAY • MAY 29

Breakfast at Verna Belle's—Waffle or Pancake

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

9:30 a.m. ~ Ride to the Pond, VE

10:20 a.m. ~ Weights 101, CR

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

1:00 p.m. ~ Hand & Foot Card Games, GR

1:15 p.m. ~ Parkinson's Exercise Class, CR

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

2:00 p.m. ~ Ride to the Pond, VE

7:00 p.m. ~ Leland Wright String Quartet Performance, CR

SATURDAY • MAY 30

Breakfast at Verna Belle's—Omelets with Fruit

9:30 a.m. ~ Painting for Fun, KSU CR

9:30 a.m. ~ Ride to the Pond, VE

2:00 p.m. ~ Ride to Pond, VE

3:30 p.m. ~ Music Recital, CR

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