



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

June 11, 2015

Classic Car Show

Showcasing Cars from the Past

Attention car lovers of all ages! You are invited to a blast from the past car show Friday, June 19, starting at p.m. to view cars from past decades!

Classic cars will be displayed by Prairie Star Patio. You're invited to view cars starting from the mid 1930's to late 1960's. Verna Belle's Café will be serving lemonade and limeade drinks to help you beat the heat



while you listen to music from the 1950's and 1960's!

Due to the amount of cars entered into the show, Meadowlark Road will be closed from the fork to the beginning of the covered circle drive at the Main Entrance from 4 to 7 p.m. Please remind visitors not to park in these sections.

Don't miss out on this great event! All are welcome!

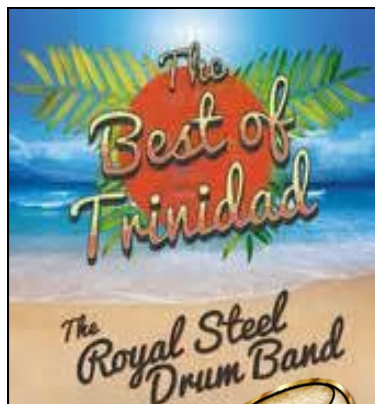
Arts in the Park

Juneteenth Kick-Off!

You're invited for a relaxing summer evening at the Larry Norvell Band Shell at City Park listening to the sounds of the best steel drum music from the islands! Arts in the park will be hosting Trinidad Tripoli Steel Drum Band, in their final year of touring, Friday, June 19, at 8 p.m.

Transportation is \$3, but admission is free!

Transportation will depart at 7:30 p.m. from the Village Entrance. Please register in the Blue Book at the Hospitality Desk to attend this fun event.



Thank You

For helping us celebrate our
Emerald Anniversary!

We look forward to being a proud part of the
Manhattan community for years to come.

Meadowlark Hills, 2121 Meadowlark Rd, Manhattan, KS
www.meadowlark.org

UPCOMING EVENTS & ANNOUNCEMENTS

Trip to Kansas City

Sign up with Osher (UFM) to travel to Kansas City Friday, June 19, where we'll spend the morning at the National World War I Museum to Liberty Memorial. It is America's only museum dedicated to sharing the Great War through the eyes of those who lived it. A guided tour, interactive displays, films and eye-witnessing testimonies will guide us through one of the largest collections of WWI artifacts in the world. Lunch will be at the museums' Over There Café, and the group will have extra time to browse the Liberty Memorial



Halls. In the afternoon, the group will take a tour of the spectacular Kauffman Center for the Performing Arts.

The coach will depart from the Village Entrance at 7:30 a.m. and will return to

Manhattan at approximately 6:15 p.m. The \$65 fee includes transportation, admission fees and lunch. Sign up in the Blue Book at the Hospitality Desk for transportation. To attend the event, please pre-register online at <http://www.continuinged.ku.edu/osher/special-events.php>.

Joke of the Week

What do you call it when it rains chickens and ducks?

Foul weather!

Laughter is the Best Medicine

Attention: a new group is starting! We will be meeting Saturdays at 2:30 p.m. starting on June 13. The meeting will be located in the Living Room to laugh, have fun and increase our endorphins. You will be under no obligation except to have fun. Please contact Sue Hunt at 539-6069 for more information.



Rides to the Pond canceled

Due to trail repairs, all rides to the pond will be canceled until further notice.



Lunch Specials June 14– June 20

Hours: Monday–Friday, 8 a.m. to 5 p.m.
Saturday–Sunday, 9 a.m. to 3 p.m.

Sunday, June 14– Baked Spaghetti with Soup or Chips	\$5.50
Monday, June 15– Beef and Cheddar Wrapini with Soup or Chips	\$3.75/\$5.50
Tuesday, June 16– Meatball Sub with Caesar Salad	\$3.75/\$5.50
Wednesday, June 17– Turkey Club Panini with Broccoli	\$3.75/\$5.50
Thursday, June 18– Supreme Pizza	\$3.75/\$5.50
Friday, June 19– Chicken Kabobs with Wild Rice	\$3.75/\$5.50
Saturday, June 20– Bacon Cheddar Egg Salad with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Red Hat Luncheon

Red Hat Ladies are invited to a June Wedding-themed luncheon at 12:30 p.m. Thursday, June 11, in the Manhattan Room. Hostesses Bonnie Nespor and Alice Edmunds invite you to dine with your friends. Please RSVP by signing up in the Blue Book located at the Hospitality Desk.

Stolzer & Collins Trip

There is a trip scheduled for Stolzer and Collins to Topeka, Kansas to attend the Walk to End Alzheimer's Saturday, June 13. This also is open to Independent Living residents. The group will plan to leave the Meadowlark Hills Park Entrance at 8 a.m.

Breakfast burritos will be packed to eat on the way up. The group will also stop to eat after the walk and plan to be back to Meadowlark Hills around 2 or 3 p.m. We will be taking two buses and possibly two vans. If you would like to attend, contact Monte Spiller at 323-3801 and he will add you to the list!

Window Washing

The window washing company will be coming to Meadowlark Hills the week of Monday, June 15, and Monday, June 22. The week of June 15 they will be washing windows in the main tower and the week of June 22 they will be working on the other buildings, weather permitting. The window company will be going into apartments with someone from maintenance and housekeeping to clean patio doors. Maintenance will be coming by prior to the window cleaners to remove any screens.



Tai Chi Cancellations

Tai Chi will be canceled on Tuesday, June 16, and Wednesday, June 17.

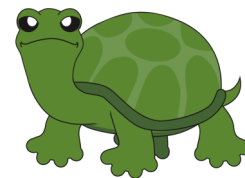
Meadowlark Hills Travelers

Update! The deadline date for completed registration forms due to Resident Service Leader, Monte Spiller, has been extended to Tuesday, June 16.

Passport members, family members, board members and community members may request a registration form by contacting Monte at 323-3801, or picking up a non-resident form at the Hospitality Desk. Be aware, there must be at least 25 participants signed up for the trip to move forward.

Outdoor Encounters—Snappers

You may recall seeing the picture of a large (23 pound) snapping turtle in the June 3, 2014 issue of the Messenger. It and three others of nearly the same size were ultimately caught and relocated. The Marine Biologist recommends we remove any future ones caught to protect the fish population.



If you see one please contact Don Rasmussen. Note that there are desirable turtle species in and around the pond. You should be able to recognize the snapping turtles by their prehistoric appearance and size.

Veterans Group Meeting

The next Veteran's Group meeting will be at 10 a.m. Friday, June 19, in the Grosh Cinema. The group will be watching a documentary and discussing upcoming trip to Topeka, Kansas.

Low Vision Support Group

Please join us in the KSU Classroom for Low Vision Support Group at 2 p.m. Thursday, June 18, with Mandy Smith.

Flint Hills Alive with Sound of Music

The 10th anniversary of Symphony in the Flint Hills is on Saturday, June 13. Transportation will depart from the Village Entrance at 2 p.m., allowing some time at the concert site to enjoy the festival prior to the concert at 6:45 p.m. Visit the instrument petting zoo, hear a discussion in one of the heritage and culture tents, listen to strolling musicians or take a covered wagon ride. Food and beverages are available for purchase on your own.

Monte Spiller and Becky Fitzgerald are expected to serve as staff escorts. If you have questions, please contact Monte at 323-3801.

Manhattan Municipal Band

You are in for a treat! Manhattan Municipal Band is sharing their music for free and is wanting you there! Bring your lawn chairs and enjoy the music of the Municipal Band on Tuesdays, starting on June 16 until the end of June. The event begins at 7:30 p.m. at Larry Norvell Band Shell at City Park.

Transportation is provided for the event and is \$3 per person. Transportation will be departing at 7:05 p.m. from the Village Entrance. Admission for the event is free! See you all there!

UPCOMING EVENTS & ANNOUNCEMENTS

DRINK SPECIALS



June 15 to June 20 Tom Collins

2 oz Gin
1 oz Lemon Juice
1.5 oz Simple Syrup
2 oz Club Soda

\$3.75

Vespers Services

The Vespers service, led by Lay Speaker Marie Amthauer, will begin at 7 p.m. Sunday, June 7, in the Community Room. All are welcome.

Updates from Michelle Haub

Parkinson's Voice Classes will start on Monday, June 15, and will run through Thursday, August 27, at 2:15 p.m. in KSU Classroom. Additionally, there will be no PD Caregivers Support Group for the whole month of June.

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.

The following are dates for the Speedy PD Art Classes from 1 to 2:30 p.m. in the West Conference Room besides Wednesday, June 17 class:

- Wednesday, June 10
- Wednesday, June 17 - in the KSU Classroom
- Wednesday, July 8
- Wednesday, July 29
- Wednesday, August 5

The Magic of Storytelling

This Osher class will help you gain insights on how to captivate and entertain your grandchildren or other family members with unique life stories. Sally Bailey, Professor of Theatre at Kansas State University and author of *Barrier-Free Theatre*, will be teaching "The Magic of Storytelling," from 2 to 4 p.m. Thursday, June 18, in the West Conference Room. No Registration required for this course.

ASK SARAH!

Submitted by Sarah Duggan

The past couple weeks have been crazy at the Duggan household! Murphy is working on her fifth tooth and is anxious to walk on her own. My mornings and evenings are spent guiding her up and down the hallway from her room to the living room – I can't imagine spending them any other way! My husband was out of town for work for a bit, so we soaked up a lot of girl time with our two miniature dachshunds, Gemma and Addison.



And it hasn't been any slower for Meadowlark Hills staff and residents – so many wonderful activities to celebrate our 35th Anniversary as an organization. Thank you to all celebrated this great milestone – I was especially pleased to see all the green around campus!

Speaking of green, today's question is all about recycling: *What day of the week and what time of the day are the recycling barrels emptied?*

There are three recycling dumpsters – two are located out by the loading dock and one is located in the Miller Place parking lot. The cardboard dumpster is picked up twice a week (Mondays and Wednesdays) and the other two dumpsters, which hold comingled recyclables, are picked up weekly on Tuesdays.

There are also recycling containers located behind the elevator on the first floor of the main building. These are emptied into the large dumpster on a daily basis by maintenance staff, usually in the morning.

Residents with curbside recycling have their items picked up the second and fourth Mondays – the same day as trash pick-up.

The pick-up time varies for recycling, as there are many different variables. Recently, the recycling bin in the Miller Place Parking lot went unemptied for a while. The lock was broken, but this has been fixed. Recycling pick-up is back on schedule.

Thanks for stopping by!

LETTERS TO THE MESSENGER

On Being an Instrument

Submitted by Helen Roser

"Let there be peace on earth..." You and your wife had a lovely visit with your grandchildren and were heading back home on the busy, narrow, and winding road when it all stopped for you. Your head crashed against the steering wheel. You had a brain aneurysm and your time was short, unless...

Your little wife, who could not drive, spent twenty minutes trying to flag down help as everyone whizzed by. Until a good Samaritan stopped and dragged your big body into his car and he and your terrified wife turned back to the little store to ask for directions to the nearest doctor.

There were twenty customers in the little store, who ignored his urgent plea to the nearest doctor. One person looked distressed as she stood, as if nailed to where she stood. She was criticized for "always so quick to help others and not giving others a chance to help." So she had promised to restrain her instincts to help and stood miserably as she kept promise. But no one responded to the good Samaritan's plea for help.

His pleading eyes searched the indifferent ones until his eyes met hers. "With God as your Father, brothers all are we.. Let this be the moment, now..." A great surge of energy swept her nearly off her feet as she ran to the good Samaritan. She heard her voice saying: "The nearest doctor is, oh, follow me, I'm in the back Chevy!"

She saw your still, deep red face as she rushed by on her way to her car. There was the screeches of burning rubber as she and the good Samaritan zoomed out onto the busy, twisting road. The good Samaritan rushed into the hospital for help. Your little wife asked the one who led them to the hospital to write down her name and address, "so my husband can thank you."

As she wrote, the good Samaritan returned, distraught, and told the woman who just signed her name: "They told me to tell him to come in."

The woman, as if propelled by an invisible force, ran into the hospital and her shrieks said: "WHAT DO YOU MEAN, 'TELL HIM TO COME IN'? THE MAN IS UNCONSCIOUS! GET OUT THERE AND BRING HIM IN, AND HURRY UP!"

One of the nurses who tended you for your emergency surgery was a friend of the driver who had led the good Samaritan to the hospital. She had told the driver: "We got a man just in time. He had a brain aneurysm while driving and someone brought him in. We got him just in time." The driver did not tell anyone about helping you for 40 years and then only

to say: "God does not send angels flapping down to help us. God works through people, who live with the thought: 'Let there be peace on earth and let it begin with me.'"

And so, when you went to her door and asked: "Are you Helen Roser?" and she said yes, you told her your name said: "Thank you for saving my life."

You were the instrument that taught her it is always good to be a good Samaritan, any where, any time, for anyone.

Flag Day

Submitted by Ed Call

Sunday, June 14, we celebrate Flag Day and the privilege to display the "Stars and Stripes" along with other flags of distinction. Our "Stars and Stripes" must always be the focal point of any display.



[Above] 11 Airborne Division (WWII+ Korea 5 years, Old Glory (88 years), Kansas State University (42 years of service)



Ted Ferguson's 100th Birthday Party

You are invited to the Community Room at 2 p.m. on Saturday, June 27, to celebrate Ted Ferguson's 100th birthday! The cat is out of the bag, so don't worry about keeping it a secret from Ted anymore! Stop by and celebrate Ted's birthday! Refreshments will be served.

Grosh Cinema Movies

Sunday, June 14 - Saturday, June 20

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

Sunday, June 14 – A Beautiful Mind (2001)

After a brilliant but asocial mathematician accepts secret work in cryptography, his life takes a turn for the nightmarish.

Co-Starring: Russell Crowe, Ed Harris & Jennifer Connelly

Rated PG-13; 2 hrs. 15 min.

Monday, June 15 – Into the Woods (2014)

A witch tasks a childless baker and his wife with procuring magical items from classic fairy tales to reverse the curse put on their family tree.

Co-Starring: Anna Kendrick, Meryl Streep & Chris Pine

Rated PG; 2 hrs. 5 min.

Tuesday, June 16 – The Trials of Muhammad Ali (2013)

The legal battles of the great American boxer against being conscripted into the US military during the Vietnam War.

Co-Starring: Eamonn Andrews, Muhammad Ali & David Susskind

Rated PG; 1 hr. 26 min.

Wednesday, June 17 – Unbroken (2014)

After a near-fatal plane crash in WWII, Olympian Louis Zamperini spends a harrowing 47 days in a raft with two fellow crewmen before he's caught by the Japanese navy and sent to a prisoner-of-war camp.

Co-Starring: Jack O'Connell, Takamasa Ishihara & Domhnall Gleeson

Rated PG-13; 2 hrs. 17 min.

Thursday, June 18 – The Fault is in Our Stars (2014)

Two teens, both that have different cancer conditions, fall in love after meeting at a cancer support group.

Co-Starring: Shailene Woodley, Ansel Elgort & Nat Wolff

Rated PG-13; 2 hrs. 6 min.

Friday, June 19 – Predestination (2014)

The life of a time-traveling Temporal Agent. On his final assignment, he must pursue the one criminal that has eluded him throughout time.

Co-Starring: Ethan Hawke, Sarah Snook & Noah Taylor

Rated R for violence, some sexuality, nudity and language; 1 hr. 37 min.

Saturday, June 20 – Redwood Highway (2013)

Marie decides to journey 80 miles on foot to the coast of Oregon to revisit the ocean of her past for the first time in 45 years.

Co-Starring: Shirley Knight, Tom Skerritt & Danforth Comins

Rated PG-13; 1 hr. 30 min.

PRAIRIE★STAR

RESTAURANT

Monday to Saturday, 10:30 to 8 p.m.
Sunday, 10:30 a.m. to 7 p.m.

June 14 – June 20

Includes beverage, starter and dessert.

A minimum of one hour notice is required for reservations.
The restaurant can accept up to five reservations per time,
depending on party size.

Reservations can be made in person or by calling 323-3820.

SUNDAY	June 14 ~ Lunch \$12	Dinner \$13
	Swiss Steak Mashed Potatoes & Gravy Vegetable of the Day	Roasted Pork Loin Scalloped Potatoes Vegetable of the Day
MONDAY	June 15 ~ Lunch \$10	Dinner \$13
	Ham & Cheese Quiche Choice of Vegetable	Braised Short Ribs Green Chili Mashed Potatoes Vegetable of the Day
TUESDAY	June 16 ~ Lunch \$6	Dinner \$13
	Taco Bar (does not include drink, starter or dessert)	Beef Stroganoff Over Egg Noodles Vegetable of the Day
WED.	June 17 ~ Lunch \$10	Dinner \$14
	BBQ Pulled Pork Sandwich Coleslaw Choice of Vegetable	Pork Tenderloin with Sherry Sage Sauce Polenta Crouton Vegetable of the Day
THURS.	June 18 ~ Lunch \$7	Dinner \$14
	Hamburger & Hot Dog Bar (does not include drink, starter or dessert)	Chicken Florentine with Supreme Sauce Wild Rice Vegetable of the Day
FRIDAY	June 19 ~ Lunch \$10	Dinner \$15
	Fried Catfish French Fries Choice of Vegetable	Salmon Boursin with Sundried Tomato Roasted Red Potatoes Vegetable of the Day
SAT.	June 20 ~ Lunch \$10	Dinner \$15
	Philly Steak Sandwich Potato Salad Choice of Vegetable	Lamb Stew Vegetable of the Day Garlic Toast

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

This Week's Opportunities June 14 - June 20

SUNDAY • JUNE 14

Breakfast at Verna Belle's—Omelets with Fruit

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

7:00 p.m. ~ Vespers, Marie Amthauer, CR

MONDAY • JUNE 15

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

11:00 a.m. ~ Sit & Be Fit, CR

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

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

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

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

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

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

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

TUESDAY • JUNE 16

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

11:00 a.m. ~ Chair Yoga, CR

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

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. ~ 2nd Floor Supper, CR

7:05 p.m. ~ Bus Departs for Municipal Band, VE

WEDNESDAY • JUNE 17

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

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

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

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

10:00 a.m. ~ Memory Support Group, CON

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

11:00 a.m. ~ Sit and Be Fit, CR

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

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

1:30 p.m. ~ Pitch, GR

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

2:30 p.m. ~ Lutheran Communion, LR

2:30 p.m. ~ General Support Group, CON

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

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

THURSDAY • JUNE 18

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

11:00 a.m. ~ Chair Yoga, CR

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

2:00 p.m. ~ Osher Class (Magic of Storytelling), CR

2:00 p.m. ~ Low Vision Support Group, KSU CR

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

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

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

FRIDAY • JUNE 19

Breakfast at Verna Belle's—Waffle or Pancake

7:30 a.m. ~ Bus Departs to Kansas City's World War I Museum and Tour of the Kauffman Center, VE

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

10:00 a.m. ~ Veterans Group, GC

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

11:00 a.m. ~ Sit and Be Fit, CR

12:30 p.m. ~ Mending Angel, GR

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

3:30 p.m. ~ Catholic Rosary, CR

6:00 p.m. ~ Yard Art Classic Car Club, PS Patio

7:30 p.m. ~ Bus Departs for Arts in the Park (Trinidad Tripoli Steel Drum Band), VE

SATURDAY • JUNE 20

Breakfast at Verna Belle's—Omelets with Fruit

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