



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

June 18, 2015

Symphony in the Flint Hills *Tenth Anniversary Signature Event*

*Submitted by
Monte Spiller*

Residents and passport members of Meadowlark Hills were welcomed by mostly-sunny skies and a

refreshing southern breeze while attending the Tenth Anniversary of Symphony in the Flint Hills Saturday, June 13, at the Tallgrass Prairie National Preserve in Chase County. The Sounds of the Kansas City Symphony, performed in honor of the milestone year, was a perfect combination with the scenery of the Tallgrass Prairie National Preserve along with the prairie art showcased.

Several tents were stretched along the event site, where residents had the opportunity to hear people talk about the history of the

grasslands. There were also numerous art displays, with many beautiful pieces being purchased.

The Kansas City Symphony is known for performing live music with a passion for excellence and is the major force in the cultural life of the region. The program featured Aram Demirjian as the conductor and Damon Gupton as the narrator.

In addition to the symphony, attendees were treated to Grammy Award-winning artist Lyle Lovett, who took the



stage after intermission. Lovett, accompanied by his acoustic group, performed several of his original works with the Kansas

City Symphony. A highlight of the event was when the crowd stood and joined Lovett for the traditional last song, "Home on the Range."





Classic Car Show

Attention car lovers of all ages! You are invited to a blast from the past car show!

6 p.m.
Friday, June 19
Prairie Star Patio

UPCOMING EVENTS & ANNOUNCEMENTS

Brownbag Series

Are you technically terrified? This gentle presentation will focus on browsing and searching the internet to learn about it's amazing resources. Bring a lunch and watch a televised class presentation on "Introduction to the Internet" Wednesday, June 24, at 12 p.m. in the KSU Classroom. Join Irene Starr as she presents on how to learn about the resources the internet provides.

Storytelling Concert

Be swept away with professional storyteller, Sally Baily, as she tells you tales using the time honored techniques that have entertained both children and adults for centuries!

Then enjoy hearing stories from your peers who attended the Osher course on storytelling and have volunteered to share stories to make you laugh, cry or both! Sally Bailey is a Professor of Theatre at Kansas State University and has loved listening to and telling stories since she was a child.

Don't miss out on a fun and free event Friday, June 26, from 7 to 8:30 p.m. in the Community Room. Refreshments will be reserved!



Ted Ferguson's 100th Birthday Party

You are invited to the Community Room at 2 p.m. 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.



Lunch Specials June 21– June 27

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

Sunday, June 21– Mexican Lasagna with Soup or Chips	\$5.50
Monday, June 22– Southwest Chicken Quesadilla with Corn	\$3.75/\$5.50
Tuesday, June 23– Tomato and Bacon Grilled Cheese with Soup or Chips	\$3.75/\$5.50
Wednesday, June 24– Bierocks with Green Beans	\$5.50
Thursday, June 25– Monte Cristo with Soup or Chips	\$3.75/\$5.50
Friday, June 26– Grilled Chicken Sandwich with Melon Salad	\$3.75/\$5.50
Saturday, June 27– Napa Valley Chicken Salad with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

First Friends on the First

“First Friends on the First” (FFF) is here again. All members and friends of First United Methodist Church are invited to come to the gathering Wednesday, July 1, at 4:30 p.m. in the Community Room. Kay Shanks, Polly Ferrell and Marilyn Ray are the coordinating committee. The theme is patriotic, so red, white and blue are the colors of the day.

Pastor Troy Bowers will share a First Connection in Five that you will not want to miss. There will be Food and Fellowship, too, plus a few Fun Patriotic Questions for all. We will reach the Finish Line by 5:30 p.m.

Notice all the F’s? That is because we are the FFF—First Friends on the First. There are over 60 First United Methodist’s living at Meadowlark Hills. Please come on this First day of July to Find your Friendly Meadowlark Hills First Family.

Laughter is the Best Medicine

The “Laughter is the Best Medicine” group met with twelve laughers last Saturday and will meet again at 2:30 p.m. Saturday, June 24. Feel free to join us for 30 minutes of fun in the Living Room.

Eyeglass Adjustment

Alex’s Affordable Eyewear will be here at 3:30 p.m. Saturday, June 27, in the KSU Classroom. They will adjust eyeglasses for residents at no charge.

Jokes of the Week

What is Forrest Gump’s email password?

1Forrest1.

What time do ducks wake up?

At the quack of dawn.

Why was the lion surprised when he saw a gazelle eating a salad?

He had never seen herbivore.

New to Meadowlark Hills? Come to breakfast!

Attention new residents and Passport members!

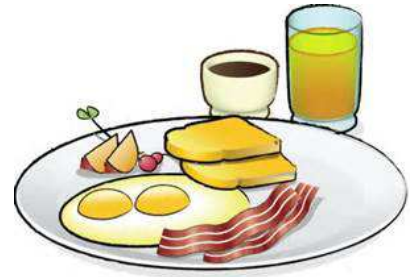
You’re invited to a hot breakfast buffet at 9 a.m.

Wednesday, July 1, at Prairie Star Restaurant.

Our CEO, Lonnie Baker,

our Development Director, Becky Fitzgerald, and a few resident ambassadors would like to welcome you to the Meadowlark Hills family. The restaurant staff will tempt you with breakfast favorites, such as bacon, scrambled eggs and pancakes, and there’s sure to be plenty of good conversation. This is an egg-celent way to meet your current or future neighbors and ask questions of Meadowlark Hills “veterans.”

If you’ve lived at Meadowlark Hills or been a Passport member for less than a year, then this opportunity is for you. Please register in the Blue Book located at the Hospitality Desk or contact Becky at 323-3843.



Outdoor Encounters—Coyotes & Wild Flowers

The many footprints around campus, particularly seen after rain or snow are evidence that an elusive coyote pack thrives within our midst. They are infrequently seen but sometimes heard howling in early morning or late evening. They will not harm you. They are to be revered for their ingenuity, not feared.

Just west of the Patio the wild flowers are blooming. The big yellow flowers are Missouri evening primroses. The bee balm will grace us with lavender bloom soon and the Echinacea are open and waiting to greet you.



Arts in the Park

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.

UPCOMING EVENTS & ANNOUNCEMENTS

Treats at the Front Desk

Dillon's kindly donated an assortment of vegetable and flower seeds. They are located at the Hospitality Desk, so feel free to grab some before they run out!



Vespers Services

The Vespers service, led by Reverend Glenn Fogo, will begin at 7 p.m. Sunday, June 21, in the Community Room. All are welcome.

Camp Wood YMCA

Join us Thursday, June 25, as we travel to Elmdale, Kansas to spend the day at Camp Wood YMCA! Camp Wood has a one-of-a-kind view, that most find amazing.

We will have a private tour of the camp site and also eat lunch with the staff and some of the campers that attend during the summer. After lunch Ken Wold, Executive Director, will meet with our group and talk about the history of the camp.

The cost is \$12.50 total (\$6.50 for lunch and \$6 for transportation). We will depart from the Village Entrance at 8 a.m. and will leave Camp Wood at 2 p.m. The sign-up sheet can be found in the Blue Book located at the Hospitality Desk.

Open House with Balance Machine

Summitcare Therapy Services would like to invite independent living and assisted living residents to come down to the

Community Room from 3 to 5 p.m. Monday, June 29, for a meet and greet with the Therapy team and an opportunity to try the new Biodex Balance Machine.

Attendees will be able to participate in a fall assessment utilizing the new machine.

The assessment includes utilizing the Biodex Balance Machine and playing with the cube, a game that allows interaction.

A brief presentation will follow covering falls and fall prevention by Therapy Services Leader, Jason Fox. Refreshments will be served.



DRINK SPECIALS



June 22 to June 27 Summer Mash-Up

2 oz Bourbon
1 oz Triple Sec
1 oz Orange Juice
1 oz Pineapple Juice
1/4 oz Grenadine

\$3.75

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.

- 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 will be teaching the last course of "The Magic of Storytelling," from 2 to 4 p.m. Thursday, June 25, in the West Conference Room. No registration required.

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.

Card Making with Michelle

Join Michelle Lehmer at 2 p.m. Wednesday, June 24, in the West Conference Room to create greeting cards for the month of June!

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 June 23 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!

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.

Window Washing

The window washing company are not done just yet. The week of Monday, June 22, the window cleaners will working on all but the Main Building windows. This includes: duplexes, sixplexes and Bramlage/Wroten Building, weather permitting. The window company will be going into rooms with someone from maintenance and housekeeping to clean patio doors. Maintenance will be coming by prior to the window cleaners to remove any screens.

Rides around Campus

All this beautiful weather makes you want to get outside! Transportation will be providing golf cart rides around campus starting Friday, June 19. Transportation will be picking up every day (except Sunday) at 9:30 a.m. from the Village Entrance. A second pick-up time will be at 2 p.m., also from the Village Entrance.

On Sunday there will only be one ride at 2 p.m. If you have a wheelchair please call in advance at 313-1039 to let them know. Once the path down to the pond is repaired, Transportation will resume trips to the pond.



Submitted by Sarah Duggan

I grew up on seven acres out in the country in Franklin County, Kansas between Ottawa and Pomona. My sister and I spent a lot of time playing outside in the grass and trees surrounded by our dogs, barn cats, rabbits and chickens. My dad always had a project he was working on from clearing trees to monitoring a burn pile to tending to his elaborate vegetable garden. Summer meals were often made on the grill and paired with family favorites such as cowboy beans (baked beans cooked on the stove with ground hamburger, peppers, sauces, seasonings and whatever else!), corn on the cob and homemade ice cream. Our “neighborhood block parties” usually consisted of the four of us around the dining room table trading sarcasm and laughter while enjoying a home-cooked meal.

Now, I live in Manhattan and work at Meadowlark Hills where block parties include a temporary road closure and hundreds of my closest friends! Summerfest has been a fixture in my life for four years and it has grown greatly in that time. This year we had an additional tent and even more seating in the street than last year! Although we didn’t take an official head count during Summerfest, I knew there were more people at the event this year than last just by the number of seats that were occupied (wow!). Which begs the question, *how much food did we actually go through during Summerfest 2015?*

The break down is included below and is quite impressive!

- 420 hamburgers
- 250 hot dogs
- 20 veggie burgers
- 392 bags of chips
- 60 pounds of baked beans
- 88 pounds of macaroni salad
- 600 cookies
- 250 pounds of watermelon
- 672 small cans of soda
- 208 bottles of water

Holy guacamole (as my mother-in-law would say) – that’s a heck of a lot of food! If you joined us, I’m glad you did and if you didn’t, I hope to see you at next year’s Summerfest Block Party.

Now is there a question burning in your mind? Submit it to the Ask Sarah box at the Hospitality Desk and I’ll take a stab at it – better yet, try and stump me!



Grosh Cinema Movies

Sunday, June 21 - Saturday, June 27

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

Sunday, June 21 – Digging to China (1997)

10-year-old Harriet dreams of leaving her home, where she doesn't feel she's needed by her mother and sister Gwen. When her mother dies in a car accident, she really starts to make plans for leaving and she finally does so, together with her childlike (mentally ill) friend Ricky.

Co-Starring: Evan Rachel Wood, Kevin Bacon & Mary Stuart Masterson

Rated PG; 1 hr. 38 min.

Monday, June 22 – Annie (2014)

A foster kid, who lives with her mean foster mom, sees her life change when business tycoon and New York mayoral candidate Will Stacks makes a thinly-veiled campaign move and takes her in.

Co-Starring: Quvenzhané Wallis, Cameron Diaz & Jamie Foxx

Rated PG; 1 hr. 58 min.

Tuesday, June 23 – Bewitched (2005)

Thinking he can overshadow an unknown actress in the part, an egocentric actor unknowingly gets a witch cast in an upcoming television remake of the classic show "Bewitched".

Co-Starring: Nicole Kidman, Will Ferrell & Shirley MacLaine

Rated PG-13; 1 hr. 42 min.

Wednesday, June 24 – The Hundred Foot Journey (2014)

The Kadam family leaves India for France where they open a restaurant directly across the road from Madam Mallory's Michelin-starred eatery.

Co-Starring: Helen Mirren, Om Puri & Manish Dayal

Rated PG; 2 hrs. 17 min.

Thursday, June 25 – Miss Pettigrew Lives for a Day (2008)

Guinevere Pettigrew, a middle-aged London governess, finds herself unfairly dismissed from her job. An attempt to gain new employment catapults her into the glamorous world and dizzying social whirl of an American actress and singer, Delysia Lafosse.

Co-Starring: Frances McDormand, Amy Adams & Ciarán Hinds

Rated PG-13; 1 hr. 32 min.

Friday, June 26 – Selma (2014)

A chronicle of Martin Luther King's campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama in 1965.

Co-Starring: David Oyelowo, Carmen Ejogo & Tim Roth

Rated PG-13; 2 hrs. 8 min.

Saturday, 27 – For the Love of the Game (1999)

This film takes a provocative look into the professional and personal passions of Billy Chapel, a legendary baseball pitcher nearing the end of his career that is forced to re-examine his priorities when confronted with unexpected circumstances.

Co-Starring: Kevin Costner, Kelly Preston & John C. Reilly

Rated PG-13; 2 hrs. 17 min.

PRAIRIE★STAR RESTAURANT

Monday to Saturday, 10:30 to 8 p.m.

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

June 21 – June 27

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 21 ~ Lunch \$13	Dinner \$12
	Pot Roast with Carrots, Celery, Onions Roasted Red Potatoes	Spaghetti & Meat Sauce Garlic Toast Vegetable of the Day
MONDAY	June 22 ~ Lunch \$10	Dinner \$13
	Sweet & Sour Pork Steamed Rice Choice of Vegetable	Grilled Lemon Thyme Chicken Soft Polenta Vegetable of the Day
TUESDAY	June 23 ~ Lunch \$7	Dinner \$13
	Fajita Bar (does not include drink, starter or dessert)	Ham Loaf Au Gratin Potatoes Vegetable of the Day
WED.	June 24 ~ Lunch \$10	Dinner \$14
	Chicken Pot Pie Choice of Vegetable	BBQ Spiced Grilled Shrimp Dirty Rice Vegetable of the Day
THURS.	June 25 ~ Lunch \$7	Dinner \$13
	Baked & Sweet Potato Bar (does not include drink, starter or dessert)	Roast Brisket of Beef Bordelaise Sauce Mashed Potatoes Vegetable of the Day
FRIDAY	June 26 ~ Lunch \$10	Dinner \$13
	Grilled Ham & Cheese Sandwich Tomato Soup	Chicken Fried Steak Mashed Potatoes & Gravy Vegetable of the Day
SAT.	June 27 ~ Lunch \$10	Dinner \$15
	Salisbury Steak Mashed Potatoes Choice of Vegetable	Sautéed Orange Roughy Topped with Sherried Crab & Asparagus Béarnaise Sauce Baked Potato Vegetable of the Day

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

This Week's Opportunities June 21 - June 27

SUNDAY • JUNE 21

Breakfast at Verna Belle's—Omelets with Fruit

10:00 a.m. ~ Church Service, CR
2:00 p.m. ~ Ride Around Campus, VE
7:00 p.m. ~ Vespers, Rev. Glenn Fogo, CR

MONDAY • JUNE 22

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
9:30 a.m. ~ Ride Around Campus, VE
10:20 a.m. ~ Weights 101, CR
11:00 a.m. ~ Sit & Be Fit, CR
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
1:15 p.m. ~ Parkinson's Exercise Class, CR
1:30 p.m. ~ Ladies Pool Table Time, BP
2:00 p.m. ~ Ride Around Campus, VE
2:15 p.m. ~ Parkinson's Voice Class, KSU CR
5:30 p.m. ~ Eastside Supper, MR
7:00 p.m. ~ Community Bingo, CR

TUESDAY • JUNE 23

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

9:30 a.m. ~ Ride Around Campus, VE
10:30 a.m. ~ Steady Yourself, CR
11:00 a.m. ~ Chair Yoga, CR
11:30 a.m. ~ Serendipity Luncheon, CON
12:00 p.m. ~ Seven Dolors Book Discussion, LR
1:00 p.m. ~ Tai Chi, CR
2:00 p.m. ~ Ride Around Campus, VE
3:00 p.m. ~ Coffee Corner, CR
4:00 p.m. ~ Newspaper & Bible, LR
5:30 p.m. ~ 3rd Floor Supper, CR
7:05 p.m. ~ Bus departs for Municipal Band, VE

WEDNESDAY • JUNE 24

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 Around Campus, 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
11:00 a.m. ~ Sit and Be Fit, CR
12:00 p.m. ~ Beginner Tai Chi, CR
12:00 p.m. ~ Brownbag Lunch Special (Introduction to the Internet), CON
1:15 p.m. ~ Dr. Tran Foot Clinic, CR
1:30 p.m. ~ Pitch, GR
1 to 2 p.m. ~ Fitness Center Office Hour, FC

2:00 p.m. ~ Ride Around Campus, VE
2:00 p.m. ~ Card Making with Michelle, CON
3:00 p.m. ~ Unitarian Universalist Fellowship, MR
3:00 p.m. ~ Call Hall Ice Cream, KR
4:00 p.m. ~ Video Worship Service, LR
5:30 p.m. ~ 1st Floor Supper, MR
7:00 p.m. ~ Woodwinds Anonymous, LR

THURSDAY • JUNE 25

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

8:00 a.m. ~ Bus Departs fro Camp Wood Trip, VE
9:00 a.m. ~ Messenger Ladies, CON
9:30 a.m. ~ Ride Around Campus
10:00 a.m. ~ Meadowlark Bible Study, LR
10:30 a.m. ~ Steady Yourself, CR
11:00 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ First United Methodist Church
Communion, LR
1:00 p.m. ~ Blood Pressure Clinic, GR
2:00 p.m. ~ Osher Class (The Magic of Storytelling), CR
2:00 p.m. ~ Ride Around Campus, VE
3:30 p.m. ~ Dementia Caregiver Support Group, CON
4:00 p.m. ~ St. Paul's Episcopal Church Service, LR
7:00 p.m. ~ IL Bingo, CR

FRIDAY • JUNE 26

Breakfast at Verna Belle's—Waffle or Pancake

9:30 a.m. ~ Seated Strength, CR
9:30 a.m. ~ Ride Around Campus, VE
10:20 a.m. ~ Weights 101, CR
11:00 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 Around Campus, VE
7:00 p.m. ~ Storytelling Concert, CR

SATURDAY • JUNE 27

Breakfast at Verna Belle's—Omelets with Fruit

9:30 a.m. ~ Painting for Fun, KSU CR
9:30 a.m. ~ Ride Around Campus, VE
2:00 p.m. ~ 100th Birthday Party for Ted Ferguson, CR
2:00 p.m. ~ Ride Around Campus, VE
2:30 p.m. ~ Laughter is the Best Medicine Group, LR
3:30 p.m. ~ Alex's Affordable Eyewear, KSU CR

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