



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

June 25, 2015

## *Sweet Meet & Greet* *Meet Staff and Learn New Office Locations*



There's going to be a party in the hallway! Residents and Passport members are invited to explore Meadowlark Hills at this summer's Office Open House: *Sweet Meet and Greet* from 1 to 2 p.m. Monday, June 29.

Stop by the Hospitality Desk to grab a map of each office location and continue through the Community Center and down the halls to the Finance Office.

This is an opportunity for residents and Passport members to familiarize themselves with staff, service areas and office locations! Along the way you'll see the new office locations for some staff members and also get to meet new employees.

Desserts of all kinds will be served throughout stations—so make sure you have your sweet tooth ready! We look forward to see you all there!

## Meadowlark Hills Travelers Update



Attention Meadowlark Hills Travelers! I'm sure we all have heard the saying, "I've got some good news and I've got some bad news!" In this case, we will start with the not-so-good news. Due to low registration numbers for the Land of Lincoln and the Mighty Mississippi trip, this adventure has been canceled.

Now the good news! We have scheduled a meeting at 9:30 a.m. Friday, June 26, in the KSU Classroom where we will discuss four options to vote on a trip, ranging from two or three nights in length. The options will be presented during the meeting with voting taking place on Monday, June 29, and Tuesday, June 30. Once a trip is determined, the registration process will open immediately with pricing and packages being offered. The plan is to take this trip in August or September to stay within or close to our original time frame for the Land of Lincoln Trip.

This is the good news— but wait, there's more! There

was a lot of buzz about the New Orleans Trip that many want to attend, and we understand why. We currently have a tentative date for the trip to New Orleans set for Saturday, March 19, through Thursday, March 25, 2016. This trip includes days and nights of great food, sightseeing and shopping. You would also experience the diverse culture of New Orleans, not to mention various Jazz musicians and other artist. So keep your eyes and ears open for more to come about this trip!

### Jokes of the Week

What do you call a fake noodle?  
An impasta.

Want to hear a cat joke?  
Just kitten.

## UPCOMING EVENTS & ANNOUNCEMENTS

### Coffee Mugs for Sale

Calling all coffee mug lovers! Verna Belle's is selling Meadowlark Hill coffee mugs for \$7.50 each. Limited time only, so hurry down to Verna Belle's before they're gone!

### 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 excellent 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.

### Laughter is the Best Medicine

The Laughter is the Best Medicine group met last Saturday and will meet again at 2:30 p.m. Saturday, June 27. Feel free to join us for 30 minutes of fun in the Living Room.

### The History of Rock 'n' Roll

This Osher course will look at rock 'n' roll from its origins, focusing on the development of rock styles from its roots in blues, folk, country and pop. The class will expand and enrich participants' listening experiences through examining song forms, musical instruments of rock, and the socio-political significance of song lyrics. For the purposes of this course, the group will focus on music from the 1960's, 1970's and beyond.



Join Steven Maxwell, Ph. D., an Associate Professor of Music at Kansas State University, teach three courses throughout the month of July. The first course will be Thursday, July 9, from 2 to 4 p.m. in the Community Room.

### Outdoor Encounters— bull frogs

The pond is apparently an excellent habitat for bull frogs. Watch for them setting on the rip rap as you walk the trail along the pond. They come as large as two fists. They reproduce in the hundreds before filling their role in the food chain, feeding the bass and catfish.



## Lunch Specials June 28– July 4

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

Sunday, June 28– Pasta Bake with Soup or Chips	\$5.50
Monday, June 29– Philly Cheese Steak with Soup or Chips	\$3.75/\$5.50
Tuesday, June 30– Buffalo Chicken Pizza	\$3.75/\$5.50
Wednesday, July 1– Grilled Cheese with Tomato Soup	\$3.75/\$5.50
Thursday, July 2– Quesadilla Day!	
Cheese- \$3    Chicken- \$4    Steak- \$5	
Friday, July 3– Cheeseburger with Baked Beans and Chips	\$5.50
Saturday, July 4– Tuna Salad Sandwich with Soup or Chips	\$3.75/\$5.50

## UPCOMING EVENTS & ANNOUNCEMENTS



### Jeanne Lundin's 90th Birthday Party!

You are invited to the Community Room from 2 to 4 p.m. Saturday, July 4, to celebrate Jeanne's 90th birthday! This event is hosted by her family. Stop by to wish her a happy birthday. No gifts please. Refreshments will be served.

### Prisoners of War in Kansas during World War II

This Osher class will focus on topics of why prisoners of war camps were built in Kansas, how prisoners were treated, prisoner jobs in prison life, escapes, reeducation and going home. The course will also cover the challenges faced by American soldiers at the camps and explore the feeling of local population.

Join Lowell May, who holds a degree in Education from Kansas State University and retired from the U.S. Army as a Command Sergeant Major after serving 26 years, teach this Osher course starting Monday, July 6, from 6:30 to 8:30 p.m. at College Avenue United Methodist Church.

Please register in the Blue Book located at the Hospitality Desk to attend this event. Transportation will be provided from the Village Entrance at 6 p.m.

### Karaoke Night

Friday, July 3, at 7 p.m., the Game Room and Pub is the place to be! Gary and Jaccie with Kraner Karaoke will be in the Game Room with a huge selection of songs for your singing pleasure. Enjoy drinks, social hour and good-enough singing from staff and residents!

### Exercise Classes canceled

All exercise classes, including Parkinson's Exercise Class, will be canceled Friday, July 3.

### Brownbag Series

Bring a lunch and watch a televised class presentation on "Learn How You Can Be Supported to Remain Active, Independent and Mobile" at 12 p.m. Wednesday, July 1, in the KSU Classroom. Join Dawn Staton, Older Initiatives and Laura Gilman, MSW, Manager of JFS Care Management as they present on care management and counseling programs.

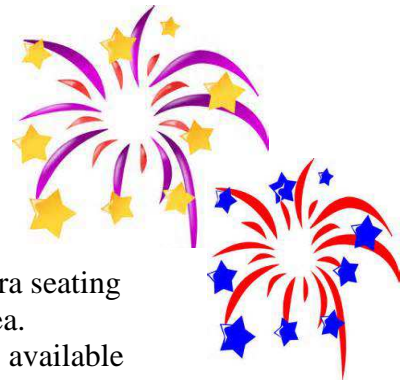
### Art Committee rescheduled

The Art Committee meeting is rescheduled for Friday, July 10, at 9:30 a.m. in the West Conference Room.

### 4th of July Celebration

Join us as we celebrate Independence Day Saturday, July 4. Enjoy live music by the Jpegs starting at 8:30 p.m. on the Lyle House Patio, with extra seating available in the parking area.

There will be cold drinks available while you enjoy some hot music. Following the performance, stick around for the firework display beginning at sundown in the west parking lot. We look forward to see you there!



### Vespers Services

The Vespers service, led by Reverend Diana Chapel, will begin at 7 p.m. Sunday, June 28, in the Community Room. All are welcome.

DRINK SPECIALS



### June 29 to July 4 The Fourth Martini

2 oz Vodka  
1/2 oz Triple Sec  
1/2 oz Blue Curacao  
1/2 oz Sweet & Sour Mix  
1 dash of Grenadine

**\$3.75**



## Open House with Balance Machine

Summitcare Therapy Services invites independent living and assisted living residents 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.

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

## 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.

Please come on this First day of July to Find your Friendly Meadowlark Hills First Family.

*Submitted by Sarah Duggan*

My family and I are pretty settled in our new house and my favorite room is the kitchen – and not just because I love food. In my opinion, the kitchen seems to be the room in any house with the most cozy, warm feeling. Cooking is something my husband and I both enjoy, and it isn't uncommon for us, Murphy and the dogs to all be in the kitchen hanging out together after a day of work and play.

No matter which room is your favorite, our homes are sacred and special places – a safe sanctuary from the world. At Meadowlark Hills, our healthcare areas function in the Household Model, which was adopted by the organization in 2000. This model is about removing any elements that make residents' homes feel like part of a hospital, including rigid schedules, one-size-fits-all meals, clinical noises and obtrusive medical components. After the removal of the hospital environment, Meadowlark Hills welcomed a renewed emphasis on residents first. This meant front porches for each of the household entrances, open kitchen and living areas for entertaining, resident direction behind decision and the understanding that social interaction is a choice. With the addition of warmth and color to the spaces, resident privacy was also prioritized.

It is a high priority for Meadowlark Hills to maintain the sanctity of the households that have been created. So you may have wondered, *is it acceptable to pass through a household to get from one area of the building to another?*

It is important to treat each household as you would any other neighbor's home. It may be quicker for me to cut through the neighbor's home to get to the next street, but wouldn't that be odd to have a stranger passing by you in your living room as you relax in the kitchen with a cup of coffee and the newspaper? Please remember that all of the households at Meadowlark Hills are home to many residents and their space is as important to them as yours is to you. I invite all of us, staff and residents, to be vigilant in respecting our neighbor's homes and walk around, not through.

Thanks of stopping by – see you next week.



WHAT YOU AND YOUR FAMILY SHOULD  
KNOW ABOUT **PARKINSON'S DISEASE**

## PARKINSON'S 101

This educational program is intended for  
patients, families, caregivers and all those  
affected by Parkinson's disease.

**Thursday, June 25, 2015**

**6:00 pm**

**Manhattan Public Library Auditorium**

**629 Poyntz Ave**

**Manhattan, Kansas**

For additional information,  
please contact Michelle Haub, at 785-323-3899 or  
[michelle.haub@meadowlark.org](mailto:michelle.haub@meadowlark.org)

**MADE POSSIBLE BY**



# July BIRTHDAYS

## Residents

### Health Care

7/4	Jo Ann Horton
7/14	Dorothy Horsch
7/16	Arnold Levenson
7/18	Dorothy Slimmer
7/19	Bonnie Rapp
7/22	Jean Simmonds
7/23	Lea Bunker
7/24	Nanette Kaup

### Assisted Living

7/1	Theda Campbell
7/30	Jim Mitchell

### Independent Living

7/5	Charlotte Kelly
7/9	Pat Edwards
7/12	Nyle Larson
7/13	Mary Lou Farmer
7/19	June Benedict
7/27	Jan Kruh
7/27	Roger Shanks
7/28	Orris Kelly

***Bold denotes milestone***

## Employees

7/1	Ashley Green	7/13	Brenna McQuitty
7/1	Lori Manbeck	7/13	Faydra Rice
7/2	Mike Davis	7/14	Leah Buiza
7/2	Joshua Allen	7/15	Hope Abarr
7/3	Lydia Archibong	7/16	Ananda Richstrew
7/5	John Miles	7/16	Kyra Dettmer
7/5	Kieya Reward	7/18	Megan Srna
7/6	Trisha Reichert	7/19	Lauren Ellis
7/7	David Zerfas	7/21	Caroline Leis
7/8	Maria McHenery	7/23	Kristin Bribiesca
7/8	Kimberly Friedrichs	7/24	Sam Broll
7/8	Genee Robinson	7/26	Megan Warren
7/9	Vanessa Payne	7/27	Natalie Hendricks
7/9	Trevor Gamble	7/27	Tiffany VanAusdale
7/9	Meghan Heinen	7/28	Linda Wilson
7/9	Astin Rodriguez	7/28	Patricia Garibay
7/10	Victoria Grabau	7/30	Nicholas Genz
7/11	Margaret Frost		
7/12	Rachel Dillard		

# PRAIRIE★STAR RESTAURANT

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

## June 28 – July 4

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 28 ~ Lunch \$12	Dinner \$11
	Fried Chicken Mashed Potatoes Vegetable of the Day	Ham & Beans Cornbread Vegetable of the Day
MONDAY	June 29 ~ Lunch \$10	Dinner \$14
	Cuban Sandwich Potato Salad Choice of Vegetable	Stuffed Chicken Breast with Artichokes & Parmesan Wild Rice Vegetable of the Day
TUESDAY	June 30 ~ Lunch \$6	Dinner \$14
	Taco Bar (does not include drink, starter or dessert)	Shrimp & Chicken Penne With Sherry Garlic Sauce, Spinach, Sun Dried Tomatoes, Portobello Mushroom, Garlic, & Fresh Basil Garlic Toast Vegetable of the Day
WED.	July 1 ~ Lunch \$10	Dinner \$14
	Cajun Stewed Chicken Wild Rice Choice of Vegetable	Roasted Pork Tenderloin with Balsamic Cherry Sauce Soft Polenta Vegetable of the Day
THURS.	July 2 ~ Lunch \$7	Dinner \$12
	Breakfast Bar (does not include drink, starter or dessert)	Turkey Loaf Roasted Ranch Red Potatoes Vegetable of the Day
FRIDAY	July 3 ~ Lunch \$10	Dinner \$12
	BBQ Pork Loin Sandwich Colesaw Steak Fries	Fried Catfish With Tartar Sauce American Fries Colesaw
SAT.	July 4 ~ Lunch \$10	Dinner \$12
	Grilled Brats Pasta Salad Potato Chips	BBQ Brisket Corn on the Cob Au Gratin Potatoes

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

## Grosh Cinema Movies

Sunday, June 28 - Saturday, July 4

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

2 and 6 p.m., Sunday

### **Sunday, June 28 – The Bad News Bears (1976)**

An aging, down-on-his luck ex minor league coach coaches a team of misfits in an ultra-competitive California little league.

**Co-Starring: Walter Matthau, Tatum O'Neal & Vic Morrow**

**Rated PG; 1hr. 42 min.**

### **Monday, June 29 – Moulin Rouge (2001)**

A poet falls for a beautiful courtesan whom a jealous duke covets in this stylish musical, with music drawn from familiar 20th century sources.

**Co-starring: Nicole Kidman, Ewan McGregor & John Leguizamo**

**Rated PG-13; 2 hrs. 7 min.**

### **Tuesday, June 30 – Whiplash (2014)**

A promising young drummer enrolls at a cut-throat music conservatory where his dreams of greatness are mentored by an instructor who will stop at nothing to realize a student's potential.

**Starring: Miles Teller, J.K Simmons & Melissa Benoist**

**Rated R for violence, sexual content & strong language; 1 hr. 47 min.**

### **Wednesday, July 1 – The Sandlot (1993)**

A new kid in town is taken under the wing of a young baseball prodigy and his team. Together, they get themselves into many adventures involving rival teams, lifeguards, and a vicious dog.

**Starring: Tom Guiry, Mike Vitar & Patrick Renna**

**Rated PG; 1 hr. 41 min.**

### **Thursday, July 2 – Big Eyes (2014)**

A drama about the awakening of the painter Margaret Keane, her phenomenal success in the 1950s, and the subsequent legal difficulties she had with her husband, who claimed credit for her works in the 1960s.

**Co-starring: Amy Adams, Christoph Waltz & Danny Huston**

**Rated PG-13; 1 hr. 46 min.**

### **Friday, July 3 – Wild (2014)**

A chronicle of one woman's 1,100-mile solo hike undertaken as a way to recover from a recent catastrophe.

**Co-starring: Reese Witherspoon, Laura Dern & Gaby Hoffmann**

**Rated R for violence & sexual content; 1 hr. 55 min.**

### **Saturday, July 4 – St. Vincent (2014)**

A young boy whose parents have just divorced finds an unlikely friend and mentor in the misanthropic, bawdy, hedonistic war veteran who lives next door.

**Co-Starring: Bill Murray, Melissa McCarthy & Naomi Watts**

**Rated PG-13; 1 hr. 27 min**

# This Week's Opportunities June 28 - July 4

## SUNDAY • JUNE 28

*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. Diana Chapel, CR

## MONDAY • JUNE 29

*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. ~ Beginner Tai Chi, CR  
1:00 p.m. ~ Blood Pressure Clinic, GR  
1:00 p.m. ~ Office Open House  
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  
3:00 p.m. ~ Therapy Meet and Greet, CR  
7:00 p.m. ~ Community Bingo, CR

## TUESDAY • JUNE 30

*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  
12:00 p.m. ~ Seven Dolors Book Discussion, LR  
1:00 p.m. ~ Tai Chi, CR  
2:00 p.m. ~ Life Story, LR  
2:00 p.m. ~ Ride Around Campus, VE  
3:00 p.m. ~ Coffee Corner, CR  
3:30 p.m. ~ Ambassador Committee, CON  
4:00 p.m. ~ Newspaper & Bible, LR  
7:05 p.m. ~ Depart for Manhattan Municipal Band, VE

## WEDNESDAY • JULY 1

*Breakfast at Verna Belle's—Breakfast Burrito with Fruit*

9:00 a.m. ~ Welcome Breakfast, MR  
9:00 a.m. ~ New Perspectives, LR  
9:30 a.m. ~ Ride Around Campus, VE  
9:30 a.m. ~ Seated Strength, CR  
10:00 a.m. ~ Church Service, KSU CR  
10:00 a.m. ~ Memory Support Group, LR  
10:20 a.m. ~ Weights 101, CR  
11:00 a.m. ~ Sit and Be Fit, CR  
11:30 a.m. ~ 1st Men's Club, MR  
12:00 p.m. ~ Beginner Tai Chi, CR  
12:00 p.m. ~ Brownbag Lunch Special (Learn How You Can Be Supported to Remain Active, Independent, and Mobile), KSU CR

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  
3:00 p.m. ~ Call Hall Ice Cream, KR  
4:30 p.m. ~ First Friends on the First, CR  
7:00 p.m. ~ Woodwinds Anonymous, LR

## THURSDAY • JULY 2

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*

9:00 a.m. ~ Messenger Ladies, KSU CR  
9:30 a.m. ~ Ride Around Campus, VE  
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. ~ Parkinson's Education Group, CR  
2:00 p.m. ~ Ride Around Campus, VE  
3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR  
5:30 p.m. ~ Meadowlark Circle Dinner, CR  
7:00 p.m. ~ IL Bingo, CR

## FRIDAY • JULY 3

*Breakfast at Verna Belle's—Waffle or Pancake*

9:30 a.m. ~ Ride Around Campus, VE  
12:30 p.m. ~ Mending Angel, GR  
1:00 p.m. ~ Hand & Foot Card Games, GR  
1:30 p.m. ~ Brain Booster, GR  
2:00 p.m. ~ Ride Around Campus, VE  
3:30 p.m. ~ Catholic Mass, CR  
7:00 p.m. ~ Karaoke, GR & KR Pub

## SATURDAY • JULY 4

*Breakfast at Verna Belle's—Omelets with Fruit*

9:30 a.m. ~ Painting for Fun, KSU CR  
2:00 p.m. ~ Ride Around Campus, VE  
2:00 p.m. ~ Jean Lundin 90th Birthday Party, CR  
2:30 p.m. ~ Laughing is the Best Medicine Group, LR  
8:30 p.m. ~ MLH 4th of July Celebration, Lyle Patio

## 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