

Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

July 16, 2015

Love & Kisses

P.S. I love you

Dear Meadowlark Hills, love is in the air! Cynthia Harris will be presenting a program titled "Love & Kisses," where she will be sharing letters that were saved by Meadowlark Hills' very own, Bea Campbell, that her husband wrote to her during WWII at 7 p.m. Thursday, July 30, in the Community Room.

Cynthia, along with two other ladies, compiled the letters and have turned it



into a book! As part of the presentation, Cynthia will bring display door prizes, which will be handed out at the end of the program.

Cynthia encourages all to be on time as she will do an interactive sing-along at the beginning of the presentation. Copies of the words to the songs will be provided for all. See you all there!

Catching Little Carl!

Who the Heck is He?



[Above] Alec Roberts and Little Carl

Rumors have been circulating around Meadowlark Hills that our famous catfish, Big Carl, has a son living in the depths of Bayer Pond. For the many of you that have pondered this theory—we finally have an answer!

Sunday, July 13, around 10 p.m., John and Mary Roberts' 15 year old grandson, Alec Roberts, was out fishing with his dad, Thom (and a swarm of

A 30 minute fight ensued with Alec finally getting the fish out of the water and into the net with the help of his dad.

Excited, Alec grabbed the fish by its mouth and posed for Thom as he snapped a quick picture of his catch. After the picture was taken Alec realized the big catfish had teeth to bite with and he quickly released the fish back into Bayer Pond!

With picture in hand, the fish was identified as NOT being Big Carl, but the illusive Little Carl. The fish weighs in at over 10 pounds 29 inches and is the second biggest catfish in the record book for Bayer Pond!



mosquitoes) when he felt a huge tug on his line. Could it be Big Carl?

Alec and Thom had been fishing for an hour, when suddenly the fish struck the worm baited hook.

UPCOMING EVENTS & ANNOUNCEMENTS

Prairie Star Restaurant Renovations

The Prairie Star Restaurant is getting renovated! This fall we will be renovating the restaurant with all new flooring, chairs and more! The wood flooring, chair material and wall colors have been chosen by our renovation team and we are ready to show them off to residents and guests!

Stop by Prairie Star to take a look at the design plan. Updates on the renovation will be published in the Messenger as we move forward with this project. Any questions about the renovation or design plan can be directed to Jayme Minton, Support Services Director, in her office or at 323-3835.



Riley County Historical Society

Thursday, July 23, we will be visiting the Riley County Historical Society. The group will be touring the museum gallery, Goodnow House and the Hartford House. The tour will last approximately an hour and a half, having the group back to Meadowlark Hills in time for lunch.

Admission for the tour is free and cost for transportation is \$3 per person. Transportation will depart from the Village Entrance at 9:10 a.m. The sign-up sheet is available in the Blue Book located at the Hospitality Desk.

Do Right Daddies

Back by popular demand, you're invited to see some of Meadowlark Hills' own perform. The "Do Right Daddies," also known as Dave and Karl Zerfas, will be performing at 7 p.m. Friday, July 24, in the Community Room.



Brownbag Series

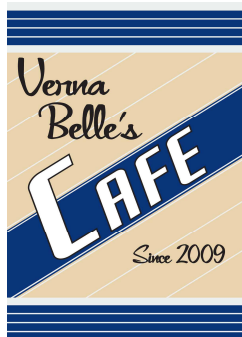
Bring a lunch and watch a televised class presentation on "Integrative Approaches to Medicine" at 12 p.m. Wednesday, July 22, in the KSU Classroom. Join Emily Curran Day, Advance Registered Nurse, present on the best therapies and integrative medicine approaches from a comprehensive system of biomedical care.

Eyeglass Adjustment

Alex's Affordable Eyewear will be here at 3:30 p.m. Saturday, July 25, in the Community Room. They will adjust eyeglasses for residents at no charge.

Messenger Ladies Lead/Chair

Looking for a resident who would like to lead/chair the clerical committee. The committee folds the Messengers every Thursday morning. The chairperson organizes the messengers into the sections to be delivered to the different areas on campus. For any questions please contact Sarah Duggan at 323-3860.



Lunch Specials July 19 – July 25

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

Sunday, July 19–	Ham and Potato Casserole with Soup or Chips	\$5.50
Monday, July 20–	Turkey Club with Soup or Chips	\$3.75/\$5.50
Tuesday, July 21–	Patty Melt with Soup or Chips	\$3.75/\$5.50
Wednesday, July 22–	Crispy Chicken and Potato Bowl	\$5.50
Thursday, July 23–	Tomato & Bacon Grilled Cheese with Soup or Chips	\$3.75/\$5.50
Friday, July 24–	Gold Dog with Potato Salad	\$5.50
Saturday, July 25–	Fiesta Chicken Pasta Salad with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Omaha Nebraska Trip

As most now know, we will be taking a trip to Omaha Nebraska! The trip is tentatively scheduled to depart Monday, August 24, at 8:30 a.m., with a return date of Thursday, August 27, arriving back to Manhattan around 1:30 p.m.

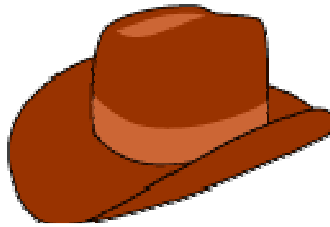
Sign-up sheets, registration forms and itineraries are available at the Hospitality Desk in the Omaha Trip book. The sign-up sheet is to let other residents know who is going and if they have requested a specific roommate on the trip.

More details will be available as they are confirmed!

Ron Wilson

Howdy, Meadowlark Hills!

Ron Wilson, a Poet Lariat, will be showcasing his unique cowboy poetry and humor appropriate for all ages, at 7 p.m. Friday, July 17, in the Community Room.



He's got a lot to say and you'll enjoy listening. Don't miss out on a spectacular summer event with lots of laughter, poetry and entertainment!

Vespers Services

The Vespers service, led by Reverend Diana Chapel, will begin at 7 p.m. Sunday, July 19, in the Community Room. All are welcome.

Great Overland Station

At the end of July, we will be traveling to Topeka, Kansas to visit the Great Overland Station All Veterans Memorial and Kansas Hall of Fame Center. The history of these areas has national significance which will resonate with people from across the nation.

There are exciting and important stories to be told—the birth and growth of the Santa Fe Railway, Union Pacific's race to create the first transcontinental railroad, the role of railroads in developing and settling the American West, social heritage of African-Americans, Hispanics and European immigrants who worked for the railroads and built our communities, the troop trains of World Wars I and II, memories of the "glory days of steam" and the elegance of the railroad depots.

After visiting the museum, the group will enjoy the great food of the Blind Tiger Restaurant. Transportation will depart from the Village Entrance at 8:40 a.m. The sign-up sheet is available in the Blue Book at the Hospitality Desk.

Trip to Concordia's WWII Prisoners of War Camps and the Orphan Train Museum

This Osher trip will visit Concordia, Kansas to view the first Prisoners of War Camp site north of town where the guard tower still stands, following a tour of the newly-opened Orphan Train Museum Friday, July 24.

Lowell May, instructor of the Osher course on the Prisoners of War Camps of Kansas, will be on board to give the group insights.

After a spectacular lunch at Marla's Joy Teahouse, known to have the best carrot cake in Kansas, the group will tour the National Orphan Museum. On the way out of town, the trip will end with a visit to the Nazareth Convent and Academy, the beautiful historic Mother house of the 160 Sisters of Joseph of Concordia.

Transportation will depart at 8:40 a.m. Friday, July 24, from the Village Entrance. A \$65 fee includes transportation, admissions and lunch. Please register online by going to http://www.continuinged.ku.edu/osher/event_detail.php?aid=AO15033014 to attend this event. Seats are filling up fast!

Joke of the Week

Morris, an 82 year-old man, went to the doctor to get a physical.

A few days later the doctor saw Morris walking down the street with a gorgeous young woman on his arm.

A couple of days later the doctor spoke to Morris and said, "You're really doing great, aren't you?"

Morris replied, "Just doing what you said, Doc: 'Get a hot mama and be cheerful.'"

The doctor said, "I didn't say that. I said, 'You've got a heart murmur. Be careful.'"

UPCOMING EVENTS & ANNOUNCEMENTS

The History of ROCK & ROLL

2 to 4 p.m.

Thursday, July 23

Community Rm.



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, as she teaches the last Osher course for this class Monday, July 20, 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.

McCain Tickets on Sale!

The McCain Performance Series is back! Friday, July 17, at 1 p.m. in the Living Room, there will be a representative from McCain Auditorium on Campus. They will be assisting residents in purchasing tickets for the McCain Performance Series for the 2015

through 2016 year. Make sure to have your credit

card information and the performances you would like tickets for available for the representative!



Roof Maintenance

Beginning this Monday, July 13, through next Monday, July 20, weather pending, the roofing company will be working on roofing maintenance between 7:30 and 8 a.m. due to the heat. The roofing contractor will be placing a 30 yard dumpster on the North end of the parking lot, taking up two resident parking spots. These spots are located on the North side of the island right outside Miller Place.

Laughter is the Best Medicine

The Laughter is the Best Medicine group will meet at 2:30 p.m. Saturday, July 18. Feel free to join us for 30 minutes of fun and lots of laughter in the Living Room.

Shopping Trip

Take advantage of the complimentary transportation to local shopping centers. Transportation now goes to the following locations: Dillons and Walmart. The next trip departs at 10 a.m. Wednesday, July 22, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

DRINK SPECIALS



July 20 to July 25
Salty Dog

1.5 oz Vodka Orgin
3.5 oz Grapefruit Juice

\$3.75

ASK SARAH

Hittin' the Road!

Submitted by Sarah Duggan

Greetings from somewhere between Manhattan, Kansas and Dayton, Ohio! The Duggans are headed to upstate New York for the annual O'Shea Family Reunion (my grandmother-in-law's family) via car on the wide-open highway. Keep us in mind as we take our first long road trip adventure with Murphy Rose, who turned one Thursday, July 9!



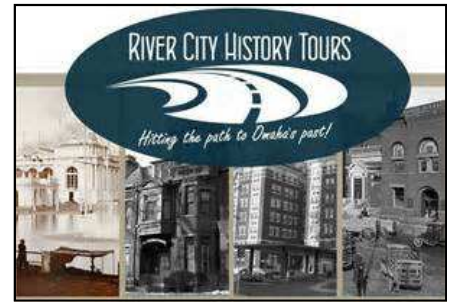
This year the Meadowlark Hills Travelers have opted for a smaller summer trip (and many are looking forward to the spring trip to New Orleans!) and will be traveling to Omaha, Nebraska. The group will leave Monday, Aug. 24, and return Thursday, Aug. 27. ***What can the travelers expect for the summer 2015 excursion to Omaha?***

Upon arrival to the Regency Lodge Hotel in Omaha around 11:45 p.m. Monday, Aug. 24, travelers will dine at the Regency Lodge Restaurant. Later that afternoon, the bus will leave the hotel to head to the Old Market where the travelers will have the opportunity to visit unique shops, boutiques, pubs, restaurants and see entertainment in a historic neighborhood. Dinner that evening will be at Spaghetti Works, an Old Market institution since 1974. The restaurant offers all-you-can-eat pastas, a fresh salad bar, pizza, grilled seafood and chicken dishes, along with full bar service.

The next morning, following breakfast at the hotel, the group will head to Omaha's Henry Doorly Zoo where they will spend most of the day, including lunch at one of the zoo's restaurants: Durham Tree Tops Restaurant, Omaha Steaks Grill & Patio or Tusker Grill at the African Lodge.

Dinner that evening will be at PF Changs China Bistro, which specializes in American Chinese cuisine. After dinner, the travelers will depart for the Durham Museum and River City History Tour – a trolley tour! This tour explores the neighborhoods north of Dodge Street in mid-town Omaha. Along the way, the group will learn about the Mercer Mansion, Joslyn Castle and the Louis Nash residence.

Wednesday morning after lunch at the hotel, the travelers will head for Village Pointe Shopping Center. Village Pointe is Omaha's premier shopping center and features more than 60 retail, dining and entertainment offerings. Lunch will be on your own at the shopping center. The afternoon excursion for Wednesday is to be determined, but that evening dinner will be catered by the Regency Lodge Hotel and live piano entertainment will follow at the 909 Lounge located on the hotel grounds.



Thursday morning the group will pack up, board the bus and head back to good ol' Manhattan and Meadowlark Hills. If you are interested in more information about the trip, please contact Monte Spiller at 323-3801.

LETTER TO THE MESSENGER

Empathy—a prophetic word

Submitted by Ed Call

President Roosevelt's use of the word empathy—on December 8, 1941 will long be remembered in the annals of history.

The same word empathy would apply also to August 6, 1945, when the “bomb” was deployed on Hiroshima. At that time, hundreds of thousand of allied troops and more than 3,000 surface vessels were staged on or near Okinawa in preparation for the invasion of Japan. That fateful day was predicted to be November 1, 1945.

The “bomb” hastened the unconditional surrender of the Japanese Empire and by so doing, tens of thousands of American soldiers were spared death or wounds by not having to assault the Japanese homeland.

PRAIRIE★STAR

RESTAURANT

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

July 12 - July 18

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	July 19 ~ Lunch \$12	Dinner \$13
	Pot Roast with Carrots, Celery & Onion Roasted Red Potatoes	Greek Chicken with Tomato Rice Salad Vegetable of the Day
MONDAY	July 20 ~ Lunch \$10	Dinner \$14
	Ham & Cheese Calzones Choice of Vegetable	Poached Salmon with Dill Sauce Roasted Vegetables Duchess Potato
TUESDAY	July 21 ~ Lunch \$7	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Beef Stroganoff Rice Vegetable of the Day
WED.	July 22 ~ Lunch \$10	Dinner \$12
	Fried Pork Tenderloin Sandwich Potato Salad Choice of Vegetable	Tamale Pie Black Beans Spanish Rice
THURS.	July 23 ~ Lunch \$7	Dinner \$13
	Deli Bar (does not include drink, starter or dessert)	Stuffed Pork Tenderloin with Spinach, Fresh Mozzarella, Sundried Tomatoes in a Balsamic Demi Glaze with Polenta Croutons Vegetable of the Day
FRIDAY	July 24 ~ Lunch \$10	Dinner \$14
	Cajun Steak Caesar Salad Garlic Toast	Stuffed Chicken Breasts with Cajun Cornbread Stuffing & Andouille Sausage Gravy Vegetable of the Day
SAT.	July 25 ~ Lunch \$10	Dinner \$14
	Penne with Chicken, Roasted Vegetables, Mozzarella & Marinara Garlic Toast	Seared Scallops Cheesy Potato Pancakes Vegetable of the Day

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

Grosh Cinema Movies

Sunday, July 19 - Saturday, July 25

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

Sunday, July 19 – 4 Minute Mile (2014)

A former track coach decides to train a student with natural athletic talent. Tragedy strikes right before the biggest race of his life, forcing him to confront everything that has been holding him back.

Co-Starring: Analeigh Tipton, Kim Basinger & Cam Gigandet

Rated PG-13: 1 hr. 36 min.

Monday, July 20 – Sweet Dreams (1985)

Jessica Lange stunningly portrays Patsy Cline, the velvet-voiced country music singer who died in a tragic plane crash at the height of her fame.

Co-Starring: Jessica Lange, Ed Harris & Wedgeworth

Rated PG-13; 1 hr. 55 min.

Tuesday, July 21 – Best of Me (2014)

A pair of former high school sweethearts reunite after many years when they return to visit their small hometown.

Co-Starring: James Marsden, Michelle Monaghan & Luke Bracey

Rated PG-13; 1 hr. 58 min.

Wednesday, July 22 – Muppets Most Wanted (2014)

While on a grand world tour, The Muppets find themselves wrapped into a European jewel-heist caper headed by a Kermit the Frog look-alike and his dastardly sidekick.

Co-Starring: Ricky Gervais, Ty Burrell & Tina Fey

Rated PG; 1 hr. 47 min.

Thursday, July 23 – Gifted Hands: The Ben Carson Story (2009)

Biography of Ben Carson who grew up to be Dr. Ben Carson, a world famous neurosurgeon at Johns Hopkins.

Co-Starring: Cuba Gooding Jr. Kimberly Elise & Aunjanue Ellis

Not Rated; 1 hr. 26 min.

Friday, July 24 – Big Hero 6 (2014)

The special bond that develops between plus-sized inflatable robot Baymax, and prodigy Hiro Hamada, who team up with a group of friends to form a band of high-tech heroes.

Co-Starring: Ryan Potter, Scott Adsit & Jamie Chung

Rated PG; 1 hr. 42 min.

Saturday, July 25 – Easy to Wed (1946)

To prevent a libel case against the paper, a reporter tries to compromise the reputation of a tycoon's slandered daughter.

Co-Starring: Van Johnson, Esther Williams & Lucille Ball

Not Rating; 1 hr. 46 min.

This Week's Opportunities July 19 - July 25

SUNDAY • JULY 19

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 • JULY 20

Trash pick-up day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

Dental Hygiene Clinic (By Appointment Only), Miller Spa

9:30 a.m. ~ Ride Around Campus, VE

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

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

1:30 p.m. ~ Hearing Aid Doctor, CON

2:00 p.m. ~ Ride Around Campus, VE

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

2:30 p.m. ~ Ralph Miller Memorial, CR

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

6:00 p.m. ~ Bus Departs to Osher Class (Prisoner of War in Kansas During WWII), VE

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

TUESDAY • JULY 21

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

7:30 a.m. ~ 1st Pres. Mens Bible Study, MR

9:30 a.m. ~ Ride Around Campus, VE

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

11:15 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. ~ Ride Around Campus, VE

2:00 p.m. ~ Life Story, LR

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

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

5:30 p.m. ~ 2nd Floor Supper, CR

6:00 p.m. ~ Bus Departs to Osher Class (The Movies You Didn't See: The Who, What, and Why of Censorship), VE

WEDNESDAY • JULY 22

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

9:00 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. ~ Shopping Trip, VE

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

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 (Integrative Approaches to Medicine), KSU CR

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

1:15 p.m. ~ Dr. Tran Foot Clinic, CR

1:30 p.m. ~ Pitch, GR

2:00 p.m. ~ Ride Around Campus, VE

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

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

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

THURSDAY • JULY 23

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

9:00 a.m. ~ Ride Around Campus, VE

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

9:10 a.m. ~ Bus Departs to Riley County Historical Trip, VE

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

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 Around Campus, VE

2:00 p.m. ~ Osher Class (The History of Rock N' Roll), CR

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

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

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

FRIDAY • JULY 24

Breakfast at Verna Belle's—Waffle or Pancake

8:40 a.m. ~ Concordia's WWII Prisoner War Camp Trip, VE

9:00 a.m. ~ Ride Around Campus, VE

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

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. ~ Do Right Daddies, CR

SATURDAY • JULY 25

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

2:30 p.m. ~ Laughing is the Best Medicine Group, LR

3:30 p.m. ~ Alex's Affordable Eyewear, 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