


Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

July 30, 2015

Off we go to Omaha!

Calling all Meadowlark Travelers! An itinerary and registration forms are now available in the Omaha Trip Book at the Hospitality Desk. The cost for single occupancy is \$622, while the double occupancy price is \$495 per person. Packages include a three-night stay at Regency Lodge Hotel, admission to all attractions, motor coach transportation, most meals and gratuity for our guides. This cost could decrease if we have more commitments prior to 8 p.m. Aug. 7, which is the registration due date, so encourage your friends to join the fun!

You won't want to miss the butterfly pavilion and the orangutan forest at Omaha's Henry Doorly Zoo, but perhaps you'd rather visit the desert dome and jungle exhibit. Rated the top zoo in the world by



TripAdvisor, the zoo and aquarium promises to be one of the highlights of this trip. In addition, our four-day getaway also offers an opportunity to learn about Omaha's bootlegging history during a trolley tour and view thought-provoking artwork during a guided tour at Joselyn Museum. Like to shop? We haven't forgotten you retail therapists. Travelers have the opportunity to browse and/or buy at Omaha's historic Old Market district as we'll stroll among the specialty stores at Village Pointe Shopping Center.

Staff support for this trip are Kinzie Jo Zimmerman, Sales Leader, and Monte Spiller, Resident Services Leader. If you have questions, please contact Monte at 785-323-3801.

Arts in the Park *Grand Marquis*

You're invited for a relaxing summer evening at the Larry Norvell Band Shell at City Park listening to the classic, timeless, "straight-from-the-Kansas-City-speakeasy" sound of swinging jazz and jumping blues. Arts in the park will be hosting Grand Marquis Friday, August 7, 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.



Jokes of the Week

How do trees access the internet?
They log in.

How do you count cows?
With a cowculator.

What happens to a frog's car when it breaks down?
It gets toad away.

Why does Humpty Dumpty love fall?
Because Humpty Dumpty had a great fall.

UPCOMING EVENTS & ANNOUNCEMENTS

Leroy Johnson Performance

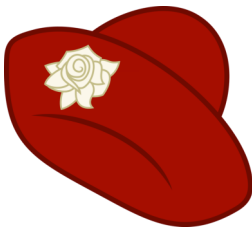
Friday, August 7, at 7 p.m. in the Community Room
Leroy Johnson will present a program of Music composed by Hungarian Composer Franz Liszt. Leroy promises this is a show you do not want to miss!

Brownbag Series

Bring a lunch and watch a televised class presentation on “Substance Abuse and Seniors: The Boomers are Coming” at 12 p.m. Wednesday, August 5, in the West Conference Room. Join Myra Hyatt, Licensed Specialist Clinical Social Worker, as she presents on substance abuse and how it is a looming problem for seniors, families and society.

Red Hat Luncheon

Red Hat Ladies are invited to a luncheon at 12:30 p.m. Thursday, August 13, in the Manhattan Room. Hostess Jo Ann Edwards and Janice Parsons invite you to dine with your friends. Please RSVP by signing up in the Blue Book located at the Hospitality Desk.



MLH Singers Practice

Michael Oldfather, Music Director of the Meadowlark Hill Singers, would like to remind the singers that practice will start back up at 3 p.m. Monday, August 17, in the Community Room.

Outdoor Encounters

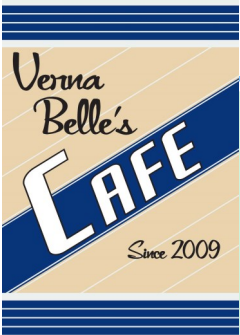
Submitted by Don Rasmussen

This past March Nathan Bolls alerted me to an opportunity to further feed my interest in everything nature. The Manhattan Zoo was about to conduct training on how to identify the hogs and toads of Riley County. Once trained and tested, participants could qualify new observation sites and submit observation data, all to contribute to the Frog Watch Program.

It turns out that the health of earthly ecosystems is often first revealed by the health of the amphibians there in. A reduced number of frogs and toads worldwide has prompted the Association of Zoo's to reach out to amateurs using strict protocols to monitor the numbers, rangers and general health of amphibian species.

I successfully completed the training and find myself a certified hog watcher. Of the 11 species of hogs and toads believed to be present in Riley County, I have identified four at the Bayer Pond. They are the bull frog, the plains leaopard hog, the copes grey tea frog and the northern cricket hog. They are identified not by their appearance but by their distinctive mating calls.

I often collect data no less than 30 minutes after sundown—it takes only five minutes. If you would like to accompany me sometime just let me know.



Lunch Specials
August 2 – August 8

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

Sunday, Aug. 2- Baked Spaghetti with Soup or Chips	\$5.50
Monday, Aug. 3- Southwestern Chicken Panini with Soup or Chips	\$3.75/\$5.50
Tuesday, Aug. 4- Hawaiian Pizza	\$3.75/\$5.50
Wednesday, Aug. 5- Sloppy Joes with Soups or Chips	\$3.75/\$5.50
Thursday, Aug. 6- Grilled Cheese with Tomato Soup	\$3.75/\$5.50
Friday, Aug. 7- Grilled Chicken Sandwich with Broccoli Salad	\$5.50
Saturday, August 8- Ham Salad Sandwich with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

August Focus Group

The Focus Group scheduled for August will once again spotlight a staff member. Attendees will have the opportunity to learn more about the employee, both on a personal and professional level. Every day, staff is doing great things at Meadowlark Hills and this time will be used to hear more and ask questions.

The Staff attendee for the August Focus Group will be Sarah Duggan, Community Relations Director. Come meet her at 10 a.m. Thursday, August 6, in the KSU Classroom.

Speedy PD Art Classes

Individuals with Parkinson's 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 to attend these art classes.

The last Speedy PD Art Class will be from 1 to 2:30 p.m. Wednesday, August 5, in the West Conference Room.

Vespers Services

The Vespers service, led by Pastor Melanie Martin from FUMC, will begin at 7 p.m. Sunday, August 2, in the Community Room. All are welcome.

Walmart/Hyvee Shopping Trip

Take advantage of the complimentary transportation to local shopping centers. Transportation now goes to the following locations: Walmart and Hyvee. The next trip departs at 10 a.m. Wednesday, August 5, from the Village Entrance. Please sign up in the Blue Book to register for transportation.



Exercise Classes Canceled

Thursday, July 30, Seat Yourself and Chair Yoga will be canceled in the Community Room. All exercise classes will be canceled Friday, July 31, including Parkinson's Exercise Class.

Video Worship Service

Come watch a televised worship sermon by Reverend Dr. Walter Maier III titled "The Words of Eternal Life," at 4 p.m. Wednesday, August 12, in the Living Room.

Kinesiology Research Participants Needed

The K-State Department of Kinesiology is looking for residents to participate in an upcoming research project. The study will look at how aging influences cardiovascular variables such as blood pressure and blood flow during a breathing test. The researchers will compare the responses to those of college-aged individuals to further their understanding of how breathing during physical activity affects exercise tolerance across age.

Participants would need to visit the research lab, in Ahearn Fieldhouse, three times over a two or three week period. They estimate that each lab visit would last around one hour. 10-30 participants, both male and female are needed, subjects must be healthy (no chronic/acute illness), and need to be at least 60 years of age. Please contact K-State graduate student, Josh Smith at (317) 652-7496 or smith424@ksu.edu if you are interested in participating or have any questions.

1st Lutheran Church Service Canceled

The 1st Lutheran Church, that meets every third Wednesday of the month, will not be doing a service for the month of August.

DRINK SPECIALS



**Aug. 3 to Aug. 8
Southern Peach**

1 oz Markers Mark
3/4 oz Peach Schnapps
2 oz Sweet & Sour
1 oz Orange Juice

\$3.75

ASK SARAH

There's No Place Like Home

Submitted by Sarah Duggan

The Duggans have returned home after spending a couple weeks with our family in New York. What a fun-filled family vacation! Murphy really enjoyed all the sights and sounds of the city, and *man* was she spoiled by her NYC family.

What are the top five greatest things about returning home from an awesome trip away?

#5: Sleeping in your own bed! There is nothing like sleeping in your bed, on your sheets in your house. Ahhh...

#4: Seeing the dogs! Sometimes when we travel to NYC, we take our miniature dauschaunds with us, but this time they stayed home and we **missed** them. It appears they missed us too, jumping and wagging their tails and licking our faces when we picked them up.

#3: Coming back to work! It's great to have a break from your daily routine and feels even better once you get back into it. I missed everyone at Meadowlark Hills – staff and residents – and am delighted to return and hear what you've all been up to!

#2: Sharing and recording the memories we made! Since this was Murphy's first trip to NYC, we have a vast amount of pictures to print and put in an album so we can tell her about it for years to come. Until next

time, we can reminisce about the great trip we took!

#1: Time to plan the next trip! Once you return from a great vacation, it can be a bit of a letdown. Especially if you spent a long time planning, so setting your sights on the next awesome getaway is something I look forward to after returning from a trip.

There truly is no place like home. Thanks for stopping by – see you next week!



[Above] Murphy & Sarah swimming at Coney Island Beach.



[Above] Sarah, Emma & Parker at Central Park Zoo.



[Above] Staten Island Ferry that Sarah & family rode to pass the Statue of Liberty and Ellis Island.

UPCOMING ANNOUN. & EVENTS

Lutheran Communion Service

St. Luke's Lutheran Church will host a Communion Service the first Monday of every month. The service is scheduled from 11 a.m. to 12 p.m. Monday, August 3, in the Living Room.

Acrylic Watercolor Painting for Fun

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, August 1, in the KSU Classroom. Don't forget to bring paint supplies and be ready to paint away!

Bramlage Coliseum Trip

Wednesday, August 5, we will be traveling to the campus of Kansas State University to tour Bramlage Coliseum and the Football Indoor Complex.

We will be departing from the Village Entrance at 9:45 a.m.

The cost of the trip is \$7 total (\$3 for transportation and \$4 for the tour) The cost of the tour will go towards the Ahearn Fund.



LETTER TO THE MESSENGER

Hollowell Family Reunion

Submitted by Ila Pultz

Well! Once again at age ninety-one I have enjoyed and survived the Wayne and Aleta Hollowell Family Reunion. Wow! It took place at three different locations in Riley County. We were blessed with great weather for outdoor gatherings, lots of good and even homemade ice cream.

At the first evening we had dessert at my sister Wanda Goff's home, west of Manhattan, Kansas. The second night we met at the University Park Shelter area for more great food and visiting. My oldest sister Wilma, husband Henry Herrman and family were our hosts that evening and wow what a nice evening that was also. Our last gathering was at the nice Keats Parks Sheltered area for more good food catered by a niece of Onaga, Kansas for lots more visiting.

A nephew and wife of Albuquerque, New Mexico and cousins from Council Grove also joined us, plus cousins family from Arkansas. Once again we were blessed with great weather and more great food.

Was I tired of the sun? Well I think you could probably call it that, but really, I enjoyed all of it and hope to be at the next one also.



August BIRTHDAYS

Residents

Health Care

8/2	Judy Pinnick
8/3	Leroy Welliver
8/10	Stephen Stover
8/12	Mickey Sharp
8/18	Eloise Bourque
8/25	Cora Miles
8/28	Mary Murray
8/29	Newton Cox

***Bold denotes milestone
birthday of 80, 90, 100 or 100+***

Assisted Living

8/1	Pat Sullivan
8/24	Wilda Connell
8/31	Elsie Thompson

Independent Living

8/2	Avis Bidwell
8/6	Judy Cattell
8/6	Jack Vanier
8/9	Loren Alexander
8/9	Joseph Ponte
8/11	Dick Cattell
8/15	Nancy Marks
8/18	Jo Lindly
8/20	Elsie Hall
8/24	Helen Toburen
8/25	Ellie Cox
8/28	Sue Reeves

Employees

8/1	Lisa Schwarz	8/12	Katrina Hall
8/1	Janice Bates	8/12	Jhane' Davis
8/2	Baylee Nutt	8/13	Kirsten Covello
8/3	Darnell Newett	8/16	Madison Wood
8/4	Bailey Turley	8/18	Diane Mies
8/4	Bathany Hollis	8/19	Katherine Boettcher
8/5	Ashley Meeker	8/20	Sydney Chornak
8/6	Marvin Thompson	8/21	Michel Knight
8/6	Paul Bridges	8/21	Michael Gier
8/7	Judy Womack	8/23	Carol Neal
8/8	Sheila Frihart	8/24	Larry Wesche
8/8	Angela Gerena	8/27	Paige Krause
8/8	Jasmine Gaines	8/27	Brynn Wright
8/9	Sarah Duggan	8/29	Mary Harness
8/11	Ginger Ruhnke	8/30	Pamela Mann
8/11	Samantha Krause	8/31	Mariah Cangemi
8/11	Tom Barcellina	8/31	Rhonda Lund
8/12	Annie Peace		

PRAIRIE★STAR
RESTAURANT

August 2– August 8

Includes beverage, starter and dessert.
Hours: Sunday, 10:30 a.m. to 7 p.m.
Monday—Saturday, 10:30 to 8 p.m.

SUNDAY	Aug 2 ~ Lunch \$12	Dinner \$13
	Baked Ham with Cherry Balsamic Sauce Au Gratin Potatoes Vegetable of the Day	Coconut Shrimp Roasted Red Potatoes Vegetable of the Day
MONDAY	Aug 3 ~ Lunch \$10	Dinner \$13
	Meatloaf Sandwich Tator Tots Choice of Vegetable	Beef Brisket with Bordelaise Sauce Hashbrown Casserole Vegetable of the Day
TUESDAY	Aug 4 ~ Lunch \$7	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Sautéed Pork Tenderloin Medallions Mashed Potatoes & Cream Gravy Vegetable of the Day
WED.	Aug 5 ~ Lunch \$10	Dinner \$12
	Italian Sausage with Sweet Peppers & Penne Garlic Toast Choice of Vegetable	Three Cheese Tortellini with Prosciutto & Pesto Marinated Chicken Garlic Toast Vegetable of the Day
THURSDAY	Aug 6 ~ Lunch \$7	Dinner \$13
	Pizza Bar (does not include drink, starter or dessert)	Swedish Meatballs Buttered Egg Noodles Vegetable of the Day
FRIDAY	Aug 7 ~ Lunch \$9	Dinner \$12
	Tator Tot Casserole Choice of Vegetable	Artichoke Almond and Spinach Stuffed Chicken with Supreme Sauce Wild Rice Vegetable of the Day
SATURDAY	Aug 8 ~ Lunch \$10	Dinner \$15
	Chicken Salad Melt French Fries Choice of Vegetable	Sesame Crusted Tuna with Fresh Tomato Vinaigrette Anna Potatoes Vegetable of the Day

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

Grosh Cinema Movies

Sunday, August 2 - Saturday, August 8

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

2 and 6 p.m., Sunday

Sunday, August 2 – Neptune's Daughter (1949)

A swimsuit fashion designer is determined to protect her scatterbrained sister from a South American heart-breaker, but a case of mistaken identity complicates matters.

Co-Starring: Esther Williams, Red Skelton & Ricardo Montalban

Not Rated; 1 hr. 35 min.

Monday, August 3 – Prefontaine (1997)

Based on the life of Olympic hopeful Steve Prefontaine, a long distance runner who lived in Oregon and died young.

Co-Starring: Jared Leto, R. Lee Ermey & Ed O'Neill

Rated PG-13; 1 hr. 46 min.

Tuesday, August 4 – Millions Like Us (1943)

When Celia Crowson is called up for war service, she hopes for a glamor job in one of the services, but as a single girl she is directed into a factory making aircraft parts.

Co-Starring: Patricia Roc, Gordon Jackson & Anne Crawford

Not Rated; 1 hr. 43 min.

Wednesday, August 5 – Fury (2014)

As the Allies make their final push in the European Theatre, a battle-hardened Army sergeant named Wardaddy commands a Sherman tank and his five-man crew on a deadly mission behind enemy lines.

Co-Starring: Brad Pitt, Shia LaBeouf & Logan Lerman

Rated R for strong violence, some grisly images & language; 2 hrs. 14 min.

Thursday, August 6 – Song One (2015)

A young woman strikes up a relationship with her ailing brother's favorite musician.

Co-Starring: Anne Hathaway, Johnny Flynn & Mary Steenburgen

Rated PG-13; 1 hr. 26 min.

Friday, August 7 – Kill the Messenger (2014)

A reporter becomes the target of a vicious smear campaign that drives him to the point of suicide after he exposes the CIA's role in arming Contra rebels in Nicaragua and importing cocaine into California.

Co-Starring: Jeremy Renner, Robert Patrick & Jena Sims

Rated R for language and drug content; 1 hr. 52 min.

Saturday, August 8 – Dirty Dancing (1987)

Spending the summer in a holiday camp with her family, Frances "Baby" Houseman falls in love with the camp's dance instructor Johnny Castle.

Co-Starring: Patrick Swayze, Jennifer Grey & Jerry Orbach

Rated PG-13; 1 hr. 40 min.

This Week's Opportunities August 2 - August 8

SUNDAY • AUGUST 2

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, Pastor Melanie Martin, CR

MONDAY • AUGUST 3

Trash pick-up day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy
Dental Hygiene Clinic (By Appointment Only), Miller Spa

- 8:30 a.m. ~ Dental Hygiene Clinic, KR
- 8:30 a.m. ~ Resident Council, KSU CR
- 9:30 a.m. ~ Ride Around Campus, VE
- 9:30 a.m. ~ Town Meeting, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:00 a.m. ~ St. Luke's Communion, LR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 1:00 p.m. ~ Omaha Trip Meeting, KSU CR
- 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
- 5:30 p.m. ~ Tuttlecreek Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

TUESDAY • AUGUST 4

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

- 7:30 a.m. ~ 1st Pres. Men's 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. ~ Kimball Luncheon, MR
- 12:00 p.m. ~ Seven Dolor's 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

WEDNESDAY • AUGUST 5

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

- 9:00 a.m. ~ New Perspectives, MR
- 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, CON
- 10:00 a.m. ~ Walmart/Hyvee Shopping Trip, VE
- 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 Series, CON
- 1:00 p.m. ~ Parkinson's Art Class, CON

- 1:15 p.m. ~ Dr. Tran Foot Clinic, CR
- 1 to 2 p.m. ~ Fitness Center Office Hour, FC
- 1:30 p.m. ~ Pitch, GR
- 2:00 p.m. ~ Ride Around Campus, VE
- 3:00 p.m. ~ Call Hall Ice Cream, KR

THURSDAY • AUGUST 6

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 9:00 a.m. ~ Ride Around Campus, VE
- 9:00 a.m.~ Messenger Ladies, CON
- 10:00 a.m. ~ Meadowlark Bible Study, LR
- 10:00 a.m. ~ Resident Focus Group, KSU CR
- 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. ~ Parkinson's Education Program, CR
- 3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR
- 7:00 p.m. ~ IL Bingo, CR

FRIDAY • AUGUST 7

Breakfast at Verna Belle's—Waffle or Pancake

- 9:00 a.m. ~ Ride Around Campus, VE
- 9:30 a.m. ~ Art Committee, LR
- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Seat & 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
- 2:00 p.m. ~ Ride Around Campus, VE
- 3:30 p.m. ~ Catholic Mass, CR
- 7:00 p.m. ~ Leroy Johnson Performance, CR
- 7:30 p.m. ~ Bus Departs for Arts in the Park (Grand Marquis), VE

SATURDAY • AUGUST 8

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

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