



Meadowlark Hills Messenger

Meadowlark Hills Retirement

August 13, 2015

7th Annual Speedy PD Race *Join Team Meadowlark Hills!*

Submitted by Jeff
Heidbreder

The Speedy PD Race for Parkinson's Disease is fast approaching and Team Meadowlark Hills is looking for more members! The half-mile fun run and walk, 5k run/walk and 10k run are set for the morning of Saturday, Aug. 29, at Tuttle Creek State Park.

The event is open to all interested participants with the purpose of raising funds for the Parkinson's Program of Manhattan at Meadowlark Hills. Team Meadowlark Hills hopes to create the largest team to participate in this year's event.

Walkers, runners, track stars and the opposite are welcome to join our team, so pass along the information



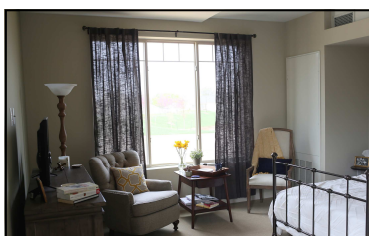
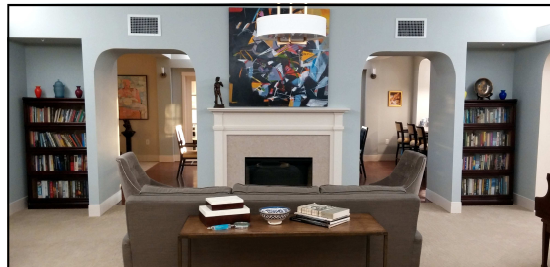
about Team Meadowlark Hills and this wonderful event to everyone

you know!

Registration can be completed online at www.runspeedypd.org or paper registration forms are available at the Hospitality Desk and in the Caul Fitness Center. Please contact Jeff Heidbreder, Fitness Leader, at (785) 341-2995 or jeff.heidbreder@meadowlark.org with any questions about Team Meadowlark Hills. We are also accepting monetary donations for our team if you would like to contribute, but prefer not to participate in the races!

The Piper Retirement Community *A Trip to Kansas City*

Steve Shields, former CEO of Meadowlark Hills, has invited us to visit and tour the new Piper Retirement Community located in Kansas City. The Piper was designed by Action Pact and developed and built by Assisted Living Associates, a partnership formed by Action Pact, PAR Development and Clarkson Construction Company. The Piper is managed and operated by Action Pact Management, a subsidiary of Action Pact Holdings.



We will be departing from the Village Entrance at 9:15 a.m. Wednesday, Aug. 19, and are scheduled to return to Manhattan by 3 p.m. We will tour the facilities and have a chance to visit with some of

Piper residents and staff. We will also be served lunch on campus. A sign-up sheet is available in the Blue Book at the Hospitality Desk. Cost for transportation is \$3.

UPCOMING EVENTS & ANNOUNCEMENTS

Part D Prescription Drug Open Enrollment for Year 2016

It is that time again to start thinking about Open Enrollment and your Part D plans. The North Central Flint Hills Area Agency on Aging will be coming to Meadowlark Hills Wednesday, Nov. 18.

Because there are new residents, Meadowlark Hills will have a Pre-Open Enrollment meeting to discuss the importance of Open Enrollment, how Part D enrollment works and what to bring to your appointment.

The Pre-Enrollment Meeting will be from 10 to 11 a.m. Tuesday, Sept. 15, in the KSU Classroom. This will be a question and answer time with Rita Harsch, Financial Counselor. If you cannot attend on Sept. 15 but would like to speak with Rita please contact her at (785) 323-3891.

Sign-up sheets will be available in the Blue Book located at the Hospitality Desk starting Thursday, Oct. 1.

Sundance Farms

Sundance Farms will join Meadowlark Hills with special mini-horse guest "Lil" Red. Friday, Aug. 21, at 6 p.m. on the Prairie Star Patio. Residents will have the opportunity to learn about the farms and some of the services the horses provide. Another treat is residents will be able to interact and get up close with "Lil" Red!



Summer Chorus Performance

Summer Chorus, a Manhattan Community Choir conducted by Pamela Kempton and Amanda Arrington on the piano, presents an evening of musical tradition featuring songs by classical composer favorites at 7 p.m.

Wednesday, Aug. 19, in the Community Room.

Summer Chorus will delight the audience by the work of music by many greats: "The Beatles in Revue" arranged by Ed. Lojeski, "If ye love me" by Thomas Tallis, "Sing We and Chant it" by Thomas Morley and "When I was a Lad" arranged by Arthur Sullivan & W.S. Gilbert (from HMS Pinafore). But wait - there's more! So stop by, take a seat and listen to the beautiful harmonies the Summer Chorus has for you!

Don't miss out on this spectacular evening performance by Summer Chorus, a program of Side by Side Music and Theatre of the Manhattan Arts Center!



Lunch Specials August 16 – August 22

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

Sunday, Aug. 16– Sausage Tortellini Bake with Soup or Chips	\$5.50
Monday, Aug. 17– Turkey Avocado Panini with Soup or Chips	\$3.75/\$5.50
Tuesday, Aug. 18– Ham and Cheese with Soup or Chips	\$3.75/\$5.50
Wednesday, Aug. 19– Quesadilla Day	
Cheese – \$3 Chicken – \$4 Steak – \$5	
Thursday, Aug. 20– Philly Cheese Steak with Soup or Chips	\$3.75/\$5.50
Friday, Aug. 21– Mushroom Swiss Burger with Melon Salad	\$5.50
Saturday, Aug. 22– Tuna Salad Sandwich with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Jokes of the Week

I wondered why the baseball was getting bigger. Then it hit me.

I'm reading a book about anti-gravity.
It's impossible to put down.

I used to be a banker but I lost interest.

Take Me Out to the Ball Game

Residents, staff and family members are invited to Kansas City's Kauffman Baseball Stadium to watch the Royals take on the Cleveland Indians at 7:05 p.m.

Friday, Sept. 25.

Transportation on a chartered 56-passenger bus

departs from the visitor parking area by Prairie Star Patio at 1 p.m. (please arrive by 12:30 p.m.). Upon arrival at the stadium, we will set up a tailgate supper catered by Prairie Star Restaurant, including wraps, sandwiches, chips and dip, salads, fruit, water and soda. Attendees should bring lawn chairs, coolers with adult beverages, tailgating games, cash for food/drinks inside the stadium (Sept. 25 is Buck Night! All hot dogs and peanuts are only \$1!) and snacks for the ride home. Plates and silverware will be provided. Adult beverages are permitted and can be transported in the storage area under the bus.

Registration for the event will close at 5 p.m. Tuesday, Sept. 1. Interested staff and residents can sign up in the Blue Book at the Hospitality Desk. Please include your phone number, indicate whether you are a resident or staff member and your method of payment. The cost for the trip is \$30 per person, which includes your ticket, transportation and tailgate supper. There is a limited amount of tickets available and registration will be on a first-come, first-served basis. Cancellations need to be made by Thursday, Sept. 17, for full reimbursement. Cost of the event can be paid via cash, check, credit card or can be charged to your monthly statement.

Departure from the stadium to return home will be contingent on when the game ends, but we expect to return around midnight. Please contact Monte Spiller, Resident Services Leader, at 323-3801 or Sarah Duggan, Community Relations Director, at 323-3860 with questions.



Eyeglass Adjustment

Alex's Affordable Eyewear will be here at 3 p.m. Saturday, Aug. 22, in the Community Room. They will adjust eyeglasses for residents at no charge.

Brownbag Series

Do you have a loved one or a friend who has been diagnosed with terminal illness? Are they in need of resources such as nurses, bath aids, medical equipment, medication and supplies?

Bring a lunch and watch a televised class presentation on "Hospice 101" at 12 p.m. Wednesday, Aug. 19, in the KSU Classroom. Join Liz Jones, as she presents and teaches about the qualifiers for hospice care.

Special Showing in the Grosh Theater

The PBS Special "Makers-Women Who Made America" will be showing at 10 a.m. Tuesday, Aug. 18 and Tuesday, Aug. 25.

This program tells the remarkable story of the sweeping social revolution in American history, as women have asserted their rights. Each session will be one hour in length and show a different section of the program.

DRINK SPECIALS



Aug. 17 to Aug. 22
Orange Monk

1.5 oz Benedictine
1 oz Grand Marnier

\$3.75

UPCOMING EVENTS & ANNOUNCEMENTS

Vespers Services

The Vespers service, led by Reverend Glenn Fogo, will begin at 7 p.m. Sunday, Aug. 16, in the Community Room. All are welcome.

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. Ten to 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.

Beach Museum of Art Discussion

Join Kim Richards from the Beach Museum of Art at 6:30 p.m. Wednesday, Aug. 19, in the KSU Classroom to learn about Wayne Thiebaud, American painter widely known for his colorful works. All residents who are interested are invited to participate.

Walmart/HyVee

Shopping Trip

Take advantage of the complimentary transportation to local shopping centers.

Transportation goes to the following locations: Walmart and HyVee.

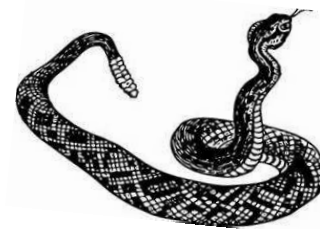
The next trip departs at 10 a.m. Wednesday, Aug. 19, from the Village Entrance. Please sign up in the Blue Book to register for transportation.



Outdoor Encounters

Submitted by Nathan Bolls

Because our typical lifestyle gradually has become more urban and more—and—more indoors, people have increasingly lost that sense of what to fear “in the wild.”



For our purposes, two or three easy rules will most always suffice. I know that my chances of being molested by deer, coyote, raccoon, skunk, opossum or leprechaun; by soaring bald eagle, gliding turkey vulture, or flapping heron; or of having a bat fly down and get tangled up in my hair (no snickers, please) are somewhere down there with winning the lottery.

It is almost certain that any snake I see is harmless, unless its harassed while trying to make its escape. If cornered, I also would punch, kick—or bite. Although both the timber rattlesnake, prairie rattlesnake and massasauga rattlesnake typically are shown on range maps that include NE Kansas, my chances of encountering one are exceedingly slight. I grew up in the woods and on the prairies of Pottawatomie County and never saw any of these three. Did see a prairie rattler once during a hike up the side of Mt. Antonio in NW New Mexico. The copperhead snake is somewhat common here, but they den under rocks and logs and are secretive and slow moving.

I never reach along or under a log or rock with my fingers—or toes. That is the Golden Rule of the outdoors anywhere in the wild. If you must do so, use a stick or shovel and be certain to stand back a bit.

But resist the urge if at all possible. All sorts of animals, mostly small (but ecologically important) invertebrate types, live under these rock, logs and neglected bits of boards. Surely, no more than we do they enjoy having the roofs of their homes picked up for no reason, save curiosity and then just dropped haphazardly back into place? Just a thought in honor of those millions of other forms with which we share Earth's crust.

Omaha Nebraska Trip Meeting

Monday, Aug. 24, is right around the corner and that means the Omaha Trip is near! We will have a meeting at 1:15 p.m. Monday, Aug. 17, in the KSU Classroom. We will hand out packets and also take time for the travelers to pick their choices of meals for the different eating establishments we will be visiting. We look forward to seeing everyone there!

Great News!

Submitted by Sarah Duggan

I have had the privilege of working at Meadowlark Hills for four and a half years. I joined the team in January 2011 with a couple of different focuses. I worked part of my hours at the Concierge Desk (now the smaller Reception Desk) and the rest as a leader for the front of house staff in Prairie Star Restaurant. When I'm speaking with new employees, I often tell them that I was lucky to start my Meadowlark Hills journey in both of these areas as I was able to meet residents and staff while learning a lot about how our community is organized. Now, as the Community Relations Director, I continue to be involved daily in the activities of the Hospitality team and occurrences in Independent Living.



The faces at the desk have been revolving for a few weeks between myself, Monte Spiller, Magye Loya and Mary Harness. It may seem like we're pulling deep from the bench to keep the desk functional, but each of us stays up to date on our "front desk training" so we're able to pull on our skills when needed. The times I am able to help out at the Hospitality Desk are a blessing, and a welcome break in my every day routine.

Another wonderful thing about working at Meadowlark Hills is the opportunity to work in a supportive team environment. I am pleased with our team working together to ensure the needs of our residents, visitors and employees continue to be met.

The great news? Monte has hired two new people to fill the open positions on the Hospitality team! Mattie King will work primarily at the Reception Desk and is scheduled to start Monday, Aug. 17. Robin Irvin will fill the position at the Hospitality Desk and is set to begin Monday, Aug. 24. You will see Monte and I taking turns to train both of the new staff members on the functions of their new jobs. I invite you to stop by and meet Mattie and Robin once they have started with Meadowlark Hills!

See you next week and thanks for stopping by!

Meadowlark Hills Auction

Please mark your calendars for the Meadowlark Hills Auction at 5 p.m. Tuesday, Sept. 1, at Cico Park's Pottorf Hall.

Proceeds benefit the Meadowlark Hills Foundation's Good Samaritan Fund, which assists residents in Meadowlark Hills healthcare households who have outlived their financial resources. Vern Gannon of Gannon Auctions is donating his time and that of his staff members so that more auction revenue will go toward the fund.

Donations will be accepted in apartment 401 from 2 to 5 p.m. Friday, Aug. 21, and from 10 a.m. to 1 p.m. on Friday, Aug. 28. A limited number of smaller items, such as glassware and knick-knacks, will be sold at the auction. Anything not reserved for the auction will be taken to Trinity Presbyterian Church, one of our six founding churches, for their annual rummage sale scheduled for Aug. 29. We will not accept clothing, shoes, books and outdated electronic equipment, such as old TVs. Flat-screen models are welcome.

If you have larger donations that cannot be brought to #401, please contact Becky at 323-3843 to arrange a pick-up time. Anyone may donate!

Volunteers are needed the day of the auction to arrange small items on tables and dust off furniture, etc., but no pricing of items is needed. What a time-saver! If you're willing to help during the morning of Sept. 1, please contact Becky. Transportation to and from Pottorf Hall will be provided.



Jean Kennedy Performance

Jean Kennedy, a jazz and classical guitarist, vocalist and song writer, who comes from a family tradition of performing music, will be showcasing her talents at 7 p.m. Friday, Aug. 14, in the Community Room.

Jean delights audiences throughout the Midwest with a one-woman show, offering the sounds of songwriting. You'll be swaying in your seat to her amazing classical and jazz guitar music!

PRAIRIE★STAR RESTAURANT

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

August 16 – August 22

Includes beverage, starter and dessert.

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

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

SUNDAY	August 16 ~ Lunch \$10	Dinner \$11
	Chicken Newburg in a Puff Pastry Shell Rice Pilaf Vegetable of the Day	Fog City Mac Vegetable of the Day
MONDAY	August 17 ~ Lunch \$11	Dinner \$13
	Brisket & Portabello Sandwich Mashed Potatoes Choice of Vegetable	Shrimp & Chicken in a Sherry Garlic Sauce with Sundried Tomatoes, Garlic Basil Portabello Garlic Toast
TUESDAY	August 18 ~ Lunch \$8	Dinner \$13
	Fajita Bar (does not include drink, starter or dessert)	Chicken Curry with Steamed Rice Sautéed Bananas & Apples with Cinnamon Vegetable of the Day
WED.	August 19 ~ Lunch \$10	Dinner \$12
	Grilled Cilantro Marinated Pork Medallion with Mango Salsa Mashed Potatoes Vegetable of the Day	Baked Chicken Legs Baked Sweet Potatoes Vegetable of the Day
THURS.	August 20 ~ Lunch \$8	Dinner \$12
	Potato Bar (does not include drink, starter or dessert)	Sautéed Pork Chops Mashed Potatoes with Mushroom Gravy Vegetable of the Day
FRIDAY	August 21 ~ Lunch \$10	Dinner \$13
	Fried Catfish French Fries Coleslaw	Maple Glazed Salmon Wild Rice Vegetable of the Day
SAT.	August 22 ~ Lunch \$11	Dinner \$14
	Pesto Grilled Chicken on Telera Bread Potato Salad Choice of Vegetable	Stuffed Flank Steak with Peppers, Mushrooms & Onions Oven Browned 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 16 - Saturday, August 22

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

2 and 6 p.m., Sunday

Sunday, August 16 – Diana (2013)

During the last two years of her life, Princess Diana embarks on a final rite of passage: a secret love affair with Pakistani heart surgeon Hasnat Khan.

Co-Starring: Naomi Watts, Naveen Andrews & Cas Anvar

Rated PG-13; 1 hr. 53 min.

Monday, August 17 – Grease (1978)

Good girl Sandy and greaser Danny fell in love over the summer. But when they unexpectedly discover they're now in the same high school, will they be able to rekindle their romance?

Co-Starring: John Travolta, Olivia Newton-John & Stockard Channing

Rated PG-13; 1 hr. 50 min.

Tuesday, August 18 – American Sniper (2014)

Navy SEAL sniper Chris Kyle's pinpoint accuracy saves countless lives on the battlefield and turns him into a legend. Back home to his wife and kids after four tours of duty, however, Chris finds that it is the war he can't leave behind.

Co-Starring: Bradley Cooper, Sienna Miller & Kyle Gallner

Rated R for strong war violence & language; 2 hrs. 13 min.

Wednesday, August 19 – Tinker Tailor Soldier Spy (2011)

In the bleak days of the Cold War, espionage veteran George Smiley is forced from semi-retirement to uncover a Soviet agent within MI6.

Co-Starring: Gary Oldman, Colin Firth & Tom Hardy

Rated R for violence, language & sexual content; 2 hrs. 7 min.

Thursday, August 20 – Noah (2014)

A man is chosen by his world's creator to undertake a momentous mission before an apocalyptic flood cleanses the world.

Co-Starring: Russell Crowe, Jennifer Connelly & Anthony Hopkins

Rated PG-13; 2 hrs. 18 min.

Friday, August 21 – Time Limit (1957)

During the Korean War former POW Major Cargill admits to having collaborated with the enemy but military investigator Colonel Edwards wants the details.

Co-Starring: Richard Widmark, Richard Basehart & Dolores Michaels

Not Rated; 1 hr. 36 min

Saturday, August 22 – Man on Fire (2004)

In Mexico City, a former assassin swears vengeance on those who committed an unspeakable act against the family he was hired to protect.

Co-Starring: Denzel Washington, Christopher Walken & Dakota Fanning

Rated R for language and strong violence; 2 hrs. 26 min.

This Week's Opportunities August 16 - August 22

SUNDAY • AUGUST 16

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 • AUGUST 17

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, MS

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

1:15 p.m. ~ Omaha Nebraska Trip Meeting, KSU CR

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

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

3:00 p.m. ~ MLH Singers Practice, CR

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

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

TUESDAY • AUGUST 18

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

10:00 a.m. ~ PBS Special Showing: Maker-Women Who Made America, GC

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

11:15 a.m. ~ Chair Yoga, CR

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

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

WEDNESDAY • AUGUST 19

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. ~ Worship 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

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

12:00 p.m. ~ Brownbag Lunch Series (Hospice 101), CON

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

1:30 p.m. ~ Pitch, GR

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

2:00 p.m. ~ General Support Group, CON

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

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

6:30 p.m. ~ Artist Discussion with the Beach, KSU CR

7:00 p.m. ~ Summer Chorus Performance, CR

THURSDAY • AUGUST 20

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

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

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

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

11:15 a.m. ~ Chair Yoga, CR

12:30 p.m. ~ Red Hat Luncheon, MR

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

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

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

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

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

7:30 p.m. ~ Son's of American Revolution, CON

FRIDAY • AUGUST 21

Breakfast at Verna Belle's—Waffle or Pancake

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. ~ Seat & Be Fit, CR

12:30 a.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 Rosary, CR

7:00 p.m. ~ Sundance Farms, Prairie Star Patio

SATURDAY • AUGUST 22

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

3:00 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

MS, Miller Spa

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WS, Woodshop