



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

August 27, 2015



Manhattan Reptile World Lecture

Learn about Reptiles, Amphibians & more!

Whether you like learning about reptiles, amphibians and feeders or just enjoy listening to educational fun presentations, The Manhattan Reptile World lecture with Vince Lombardi is for you!

Vince Lombardi with Manhattan Reptile World is presenting a lecture over reptiles, amphibians and feeders from 7 to 8 p.m. Friday, Sept. 4, in the Community Room.

The presentation is both educational and fun, offering a hands on approach to the better understanding of reptiles, amphibians and more. During the presentation, you will have the opportunity to learn about these creatures while also having fun.

Don't miss out on this unique presentation by a great knowledgeable presenter!



Searching for Volunteers

Intergenerational Experience

KSU for the Center on Aging is looking for volunteers from Meadowlark Hills to participate in an intergenerational class experience at the university.

They will need volunteers Thursday, Sept. 17, and Thursday, Dec. 3, from 12:30 to 4 p.m. in Willard Hall room 120. If you are not able to attend the class on the KSU campus, there is also an opportunity to participate here at Meadowlark Hills.

Tuesday, Sept. 8, from 5:30 to 7:30 p.m., a group of 50 students plus volunteers from outside of Meadowlark Hills will have a session in the Community Room. Transportation will be provided to the sessions on the KSU campus. If this is something you would be interested in, please contact Monte Spiller, Resident Services Leader at (785) 323-3801.

Sweet, Sweet Honey

For Sale at Verna Belle's

Get excited Meadowlark Hills—the sweet honey is back and for sale!

Verna Belle's is excited to announce that they will be selling 12 oz. bear bottles for \$6 and 16 oz. bottles for \$8 starting Monday, Aug. 31.

Due to limited honey this year, purchasers will be limited to five bottles per person the first week of sales. After the first week, it is unlimited purchasing!

Happy buzzing!



UPCOMING EVENTS & ANNOUNCEMENTS

Hatless Red Hat Luncheon

Curious about those Red Hat luncheons? Now is the time to find out what happens there.

All MLH ladies are invited to a HATLESS Red Hat Luncheon. Hostesses Pat Edwards and Polly Ferrell will welcome you with hands of friendship. The date is Thursday, Sept. 10, at 12:30 p.m. in the KSU Classroom. Leave your hats at home and come enjoy a lunch of chicken salad, fruit and fall dessert. The cost of your lunch will be \$8 and will be charged to your dining plan.

We look forward to seeing you! Please sign up in the Blue Book located at the Hospitality Desk soon.

Jokes of the Week

A man who survived mustard gas and pepper spray is now a seasoned veteran.

To write with a broken pencil is pointless.

If towels could tell jokes they would probably have a dry sense of humor.

Renovation Updates & Upcoming Concrete Work

Concrete work in front of the Physician's office and loading dock is scheduled to begin Tuesday, Sept. 8, and will last approximately four weeks, depending on weather.

The resident parking spaces will be available to the residents during the construction, however, there may be times that the delivery vehicles will block the drive. The parking spaces designated for the Physician's office will not be available during the concrete work, but temporary spaces will be located to the north of the building and marked with signage. Additionally, an alternate sidewalk will be installed coming from the north to the Physician's office door for use during the time of construction.

Traffic will not be able to pass through the construction zone in front of the Physicians Office.

There will be a walkway for residents to use coming from the west exit of the tower and around the construction to the Physician's office. And the renovation project continues in Honstead and Sloan House! The team has set a start date of Monday, Sept. 21, for the next phase on this renovation project, which will focus on the sun room area.

Meadowlark Hills staff thanks you for your patience during the times of construction. Please see Sarah Duggan, Community Relations Director, if you have questions or concerns. Thanks!



Lunch Specials August 30 – Sept. 5

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

Sunday, Aug. 30– Country Sausage Mac & Cheese with Soup or Chips	\$5.50
Monday, Aug. 31– Chicken Bacon Ranch Quesadilla with Corn	\$3.75/\$5.50
Tuesday, Sept. 1– Pesto & Tomato Grilled Cheese with Soup or Chips	\$3.75/\$5.50
Wednesday, Sept. 2– Cuban with Soup or Chips	\$3.75/\$5.50
Thursday, Sept. 3– BBQ Chicken Pizza	\$3.75/\$5.50
Friday, Sept. 4– Hotdogs with Ambrosia Salad	\$5.50
Saturday, Sept. 5– BLT with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

DRINK SPECIALS



Aug. 31 to Sept. 5
Apple Beer

2 oz Apple Schnapps
1 oz Root Beer Schnapps
2 oz Coke

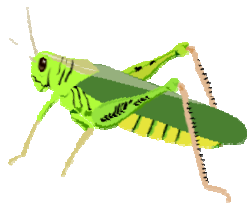
\$3.75

Outdoor Encounters

Submitted by Don Rasmussen

Going fishing in Bayer Pond but want bait other than worms from the worm farm?

Grasshoppers work well for the bluegill or bass. You will find them in the grass in the dawn and from August through the first freeze. Good fishing!



Auction Donations

If you have items you'd like to donate to an auction benefiting the Meadowlark Hills Foundation's Good Samaritan Fund, please bring them to **apt. 213** Friday, Aug. 28. Becky Fitzgerald and her merry band of volunteers will be available to collect your treasures from 10 a.m. to 1 p.m. Aug. 28. We'll accept anything you can carry: glassware, small appliances and gadgets, lamps, rugs, seasonal décor, hats, jewelry, linens, artwork, etc. If you have furniture or other large items you can't take to apt. 213, it will be picked up a day or two before the auction. This inaugural fundraiser is set for 5 p.m. Tuesday, Sept. 1, at Pottorf Hall in Cico Park. All are welcome to attend and/or donate!

Sorry, but we will not collect: clothes, books and outdated electronic equipment, such as video cassette recorders and VHS tapes.

If you have questions or would like to donate furniture or other large items, please contact Becky at 323-3843.

Memorial Service for Elsie Thompson

A memorial service will be held for Elsie Thompson at 5 p.m. Saturday, Aug. 29, in the Community Room.

7th Annual Speedy PD Race

The Speedy PD Race for Parkinson's Disease is this Saturday, Aug. 29, 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 at Tuttle Creek State Park.

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!

Crossing Guard Needed

Manhattan Catholic Schools, located on 306 S. Juliette Ave., is searching for a Crossing Guard before and after school hours 7:15 to 8 a.m. and 2:30 to 3 p.m. on school days. Please contact the school for an application at (785) 565-5050.

Vespers Services

The Vespers service, led by Marie Amthauer from First United Methodist Church, will begin at 7 p.m. Sunday, Aug. 30, in the Community Room. All are welcome.

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, Sept. 2, from the Village Entrance. Please sign up in the Blue Book to register for transportation.



LETTER TO THE MESSENGER

Honoring Their Daddy, Who Didn't Come Home

Submitted by Helen Roser

For readers too young to remember World War II, a little history: In 1945, the war in Europe had been won, but

there was still fierce fighting the Japanese in the South Pacific. Our Marines were terribly outnumbered when they fought in a little place called Iwo Jima. We had very heavy losses of lives.

But our Marines prevailed and exhausted survivors struggled to raise a heavy flag pole so that our Old Glory could fly in victory. A news photographer was there and took a photo of the Marines struggling to raise that heavy flag pole. That became the most popular photo of World War II. A statue was made of the Marines and their flag pole.

Flash forward to last year: My friend here in Manhattan, Phil Anderson, told me that his father volunteered to fight for his country. His father was one of the Marines killed in Iwo Jima. As a six-year-old little boy, Phil couldn't understand why his daddy wasn't coming home.

I was older than Phil, but I knew how much it hurt when some of my friends didn't come home. So I asked our U.S. Senator Moran to arrange in honor of Phil's father. That his father was honored is in the nation's record. The flag was sent to Phil, with a certificate attesting that it had been flown over the Capitol in honor of Phil's father. That his father was honored is in the nation's record. The flag over the Capitol for one day to honor Phil's father.



Phil and his brother (who lives in another state) were very touched, as were their children and grandchildren. But there was more...

The 70th anniversary of that terrible fight at Iwo Jima was celebrated a few months ago. And Phil and Dave were there, with their father's flag. They were permitted to fly their fathers flag on that famous flag pole the Marines has struggled to raise. As you can see, Old Glory waves in victory. Their daddy didn't come home but it was not in vain. Phil told me how impressed he was by the dignity and respect with which the Japanese officials treated the Americans at the ceremony.

I hope young ones who see the beautiful photo will have some idea of the heavy price paid in American lives so we may have freedom and fly our Old Glory.

ASK SARAH

Let's eat!

Submitted by Sarah Duggan

It's a little known secret that there are not two, not three, but *five* dining options at Meadowlark Hills! I am of course talking about Prairie Star Restaurant which hosts three of our dining choices (dine in, carry out or delivery). The fourth is Verna Belle's Cafe – a great place to pick up a specialty coffee or delicious breakfast burrito (the special on Wednesdays!) and the fifth is the Kansas Room Pub & Lounge.




The full restaurant menu is available for ordering in the Kansas Room Pub & Lounge. Order your appetizers or meal from the bartender and be served right in the Pub! And forget about settling up your bar bill before heading into dinner in the restaurant. Now residents and their guests can close out at the end of the meal in either the Pub or Restaurant instead of ringing out twice!

Maybe I'll see you in the Kansas Room Pub & Lounge, Prairie Star Restaurant or the Café. See you next week and thanks for stopping by!

September BIRTHDAYS

Residents

Health Care



9/1	Doc Achenbach
9/4	Pat Rooding
9/6	Jim Patulski
9/8	Evelyn White
9/10	Judith Enyart
9/15	Peggy Nelson
9/15	Bob Schoeff
9/18	McKinley Blake
9/18	Eleanor McEwen
9/28	Beatrice Campbell
9/28	Joanna Hosenev
9/29	Janie Hale

Assisted Living

9/1	Cecil Eyestone
9/1	Kathleen Newell
9/9	Byron Jacobson

Bold denotes milestone birthday of 80, 90, 100 or

Independent Living

9/2	Esther Headrick
9/2	Nelson Love
9/3	Case Bonebrake
9/3	Kent Smith
9/4	Doris Brothers
9/5	Martin Braaten
9/5	Mary Ann McCoy
9/5	Eula Mae Parker
9/10	Dick Brothers
9/12	Dorothy Buller
9/13	Bob Klemm
9/14	Dorothy Lufburrow
9/14	Velma Skidmore
9/16	C.G. Schinstock
9/16	Verta Riniker
9/17	Harry Carlson
9/17	Kay Halazon
9/20	Kip Williams
9/24	Yvonne Crawford
9/24	John Schlup

Employees

9/1	Allison Frihart	9/11	Chelsea Jacobson
9/2	Sherri Hooper	9/15	Renee Andritsch
9/2	Kayla Clapp	9/16	Dave Prockish
9/6	Bethany Schmitz	9/17	Trysta Williams
9/6	Courtney Anderson	9/18	Christen Miller
9/1	Chuck Tannehill	9/18	Jayme Minton
9/7	Chelsie Potter	9/19	Rebecca Barfield
9/7	Ieasha Garvin	9/21	Christine Norris
9/8	Melaney Coco	9/22	Aaron Swank
9/9	Viola VonPertz	9/22	Rose Ross
9/9	Chastity Nankivel	9/23	Jamie Schroeder
9/10	Pamela Martinez	9/26	Courtney Fronk
9/10	Alexandria Ander-	9/27	Brenda Grindstaff

PRAIRIE STAR RESTAURANT

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

August 30 - September 5

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	Aug. 30 ~ Lunch \$12	Dinner \$11
	Baked Ham with Peach Glaze Scalloped Potatoes Vegetable of the Day	Smothered Lemon Chicken Rice Pilaf Vegetable of the Day
MONDAY	Aug. 31 ~ Lunch \$10	Dinner \$12
	Chicken Parmesan with Fettuccini Garlic Toast Choice of Vegetable	Shrimp and Crab Cakes with Roasted Red Pepper Cream Sauce Roasted Red Potatoes Vegetable of the Day
TUESDAY	Sept. 1 ~ Lunch \$7	Dinner \$11
	Fajita Bar (does not include drink, starter or dessert)	Shepherd's Pie Vegetable of the Day
WED.	Sept. 2 ~ Lunch \$10	Dinner \$13
	Grilled Salmon with Mango Salsa White Rice Choice of Vegetable	Cumin Rubbed Tenderloin Soft Polenta Vegetable of the Day
THURS.	Sept. 3 ~ Lunch \$7	Dinner \$12
	Deli Bar (does not include drink, starter or dessert)	Chicken Marsala Caramelized Leek Mashed Potatoes Vegetable of the Day
FRIDAY	Sept. 4 ~ Lunch \$10	Dinner \$11
	Philly Sandwich French Fries Choice of Vegetable	Beef Stroganoff with Buttered Egg Noodles Vegetable of the Day
SAT.	Sept. 5 ~ Lunch \$10	Dinner \$13
	Chicken Enchiladas Black Beans Spanish Rice	Herb Crusted Cod with Sundried Tomatoes Wild Rice 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 30 - Saturday, September 5

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

Sunday, August 30 – Holes (2003)

At a Texas detention camp, delinquents are forced to dig holes every day as a character-building exercise. But what's the real reason for the digging?

Co-Starring: Shia LaBeouf, Sigourney Weaver & Jon Voight

Rated PG; 1 hr. 57 min.

Monday, August 31 – Grease 2 (1982)

Smitten with the leader of Rydell High's sexy Pink Ladies, the nerdy new British kid transforms himself to become the object of her affection.

Co-Starring: Michelle Pfeiffer, Maxwell Caulfield & Lorna Luft

Rated PG; 1 hr. 54 min.

Tuesday, September 1 – A Perfect World (1993)

A fugitive takes a young boy hostage and goes on the lam across the Lone Star state, hotly pursued by a police chief and a criminologist.

Co-Starring: Kevin Costner, Clint Eastwood & Laura Dern

Rated PG-13; 2 hrs. 18 min.

Wednesday, September 2 – Tin Cup (1996)

Reduced to running a Texas driving range, a burned-out professional golfer renews an old rivalry on the links to impress a fetching psychologist.

Co-Starring: Kevin Costner, Rene Russo & Don Johnson

Rated R for adult situations, language, and nudity; 2 hrs. 15 min.

Thursday, September 3 – Far from the Madding Crowd (1967)

Blessed with undeniable beauty and an independent spirit, country lass Bathsheba Everdene has her fair share of admirers. But while a sheep farmer, a landowner, and a soldier vie for her affections, only one can win her heart.

Co-Starring: Julie Christie, Alan Bates, Peter Finch & Terence Stamp

Rated G; 2 hrs. 48 min

Friday, September 4 – The Judge (2014)

A slick defense attorney uncovers some shocking family secrets when he decides to represent his senile father, who's charged with a brutal murder.

Co-Starring: Robert Downey Jr., Robert Duvall & Leighton Meester

Rated R for language, including some sexual references; 2 hrs. 21 min

Saturday, September 5 – Forrest Gump (1994)

Forrest Gump, a friendly, simpleminded man, finds himself in the middle of nearly every major event of the 1960s and '70s.

Co-Starring: Tom Hanks, Robin Wright & Gary Sinise

Rated PG-13; 2 hrs. 22 min.

This Week's Opportunities August 30 - September 5

SUNDAY • AUGUST 30

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, Marie Amthauer, CR

MONDAY • AUGUST 31

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

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

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

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

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

TUESDAY • SEPTEMBER 1

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

7:30 a.m. ~ 1st 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. ~ Seven Dolor's Book Discussion, LR

12:00 p.m. ~ Kimball/West Luncheon, MR

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 • SEPTEMBER 2

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. ~ Walmart/HyVee Shopping Trip, VE

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

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

12:30 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

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

THURSDAY • SEPTEMBER 3

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

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

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

2:00 p.m. ~ Parkinson's Education Group, 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 • SEPTEMBER 4

Breakfast at Verna Belle's—Waffle or Pancake

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

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

9:30 a.m. ~ Art Committee, LR

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. ~ Manhattan Reptile World Lecture, CR

SATURDAY • SEPTEMBER 5

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

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