



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Nov. 25, 2015

Festival of Trees entry earns two trophies!

*Submitted by
Becky Fitzgerald*

The top of the short wall in front of Magye Loya's desk has some additional bling this week. "In the Key of Christmas," a decorated tree entered in the annual Festival of Trees competition, won two awards at a gala on Friday, Nov. 20, at Houston Street Ballroom. The tree, designed and decorated by Meadowlark



Hills employees Kristin Bribiesca, Becky Fitzgerald, Mary Harness, Magye Loya and Kinzie Jo Zimmerman, earned the Festival Favorite and People's Choice awards.

Festival of Trees is a five-day event benefitting Flint Hills Volunteer Center. Local and area businesses and community members donate decorated Christmas trees, front porch displays, entryway displays and mantel displays to be auctioned off at the gala. The money raised from the auction goes directly to fund the center's programs.

2015 marks the eighth year Meadowlark Hills staff members have donated a decorated tree, with each of our trees winning at least one award since 2011. Festival Favorite is this year's top prize as determined by a judging panel; the People's Choice award is determined by votes from festival-goers.

The high bidder for the In the Key of Christmas tree was Penny Alonso, vice president for mortgage lending at KS



[above, left to right]
Decorating Committee:
Magye Loya, Kinzie Jo
Zimmerman, Becky
Fitzgerald, Kristin
Bribiesca and Mary
Harness at Festival of Trees
Gala, Friday, Nov. 20.



State Bank, and a good friend of Becky's. "It's just stunning," Alonso said when she saw the tree. A fan of music and fine arts, Alonso was taken with the theme and the tree's colors of cream,

bronze and gold.

For the past few years, the tree committee designed trees with an interactive component, and this year was no different. Twelve ornaments were carefully chosen to represent 12 beloved Christmas carols or songs, such as "Silver Bells" and "O Little Town of Bethlehem." Each ornament was numbered, and festival-goers were invited to find the numbered ornament which corresponded to the song or carol listed on a playing card.

About 70 people participated, and 44 correctly completed their playing cards. A card was drawn from the correct entries, with Leola Smith of Manhattan winning the contest. Her prize? Two tickets to the Canadian Brass holiday concert on Dec. 1 at McCain Auditorium. Meadowlark Hills is a sponsor of that show, and McCain staff generously donated the tickets.

The committee invites you to stop by the "trophy wall" in the Community Center to see the new awards.

UPCOMING EVENTS & ANNOUNCEMENTS

Boxed Dinners on Thanksgiving

Prairie Star Restaurant will be closed in the evening on Thanksgiving, but boxed dinners will be available. The boxed dinners will include:

- Choice of a turkey or ham sandwich
- Choice of white or wheat bread
- Choice of cheese or no cheese on the sandwich
- Chips
- Banana
- Choice of cherry, apple pie, No Sugar Added cherry pie or No Sugar Added apple pie

The cost for the boxed dinner is \$9, and they can be picked up starting at 4 p.m. in Prairie Star Host Station Thursday, Nov. 27. Sign up in the Blue Book if you would like a boxed dinner.

Card Making with Michelle

Join Michelle Lehmer at 1:30 p.m. Thursday, Dec. 10, in the KSU Classroom to create greeting cards for Christmas!

Joke of the Week

A woman was picking through the frozen turkeys at the grocery store for Thanksgiving Day, but couldn't find one big enough for her family. She asked a stock boy, "Do these turkeys get any bigger?" The boy replied, "No ma'am. They're dead."

R&R Jazz Combo

Come out and listen to the smooth, sultry sounds of Robert Rodriguez and his R&R Jazz Combo. They will be performing at 7 p.m. Friday, Nov. 27, in the Community Room.



Little Apple Chorus

The Little Apple Chorus presents the 5th Annual Harmony for the Holidays at 3 p.m. Sunday Dec. 13, at McCain Auditorium.

A special pre-show performance by the KSU Faculty Brass Quintet will start at 2:30 p.m. The event is also featuring: The Flint Hills Harmony Chorus (sweet Adelines), Timeless a Cappella, First United Methodist Church Rhapsody Ringers, First Christian Church, Praise Band, Scott Senn pianist, Janie Brokenicky soloist, Magician Ken Garwick and Santa Claus.

Advanced tickets are \$12.50 from chorus members. You may purchase tickets the week before or at the door at McCain Box Office for \$15 plus tax. The family pack includes parents and children and costs \$30.

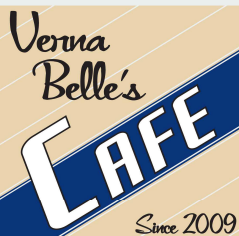
KSU Football Watch Party

Come and watch the Kansas State Wildcats take on the University of Kansas Jayhawks at the Football Watch Party hosted Saturday, Nov. 28, in the Game Room. The game will kick-off at 3 p.m. and refreshments will be served.

Lunch Specials

Nov. 29 – Dec. 5

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



Sunday, Nov. 29–	Chicken Enchilada with Soup or Chips	\$5.50
Monday, Nov. 30–	Triple Meat Pizza	\$3.75/\$5.50
Tuesday, Dec. 1–	Ultimate Grilled Cheese with Soup or Chips	\$3.75/\$5.50
Wednesday, Dec. 2–	Bierocks with Soup or Chips	\$3.75/\$5.50
Thursday, Dec. 3–	Chicken Taco Soup with Cornbread Muffin	\$3.75/\$5.50
Friday, Dec. 4–	Quesadilla Day	
	Cheese – \$3 Chicken – \$4 Steak – \$5	
Saturday, Dec. 5–	Egg Salad Sandwich with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Piano Group Performance

You are invited to attend a Piano Performance given by KSU students of Dr. Virginia Houser. It will take place at 7 p.m. Friday, Dec. 4, in the Community Room. All are welcome.

Maintenance

Contractors will be at Meadowlark Hills to replace speed bumps with rumble strips as long as the weather cooperates at 10 a.m. Tuesday, Dec 1. The work will be completed by 5 p.m. the same day. There will be four locations on Meadowlark Road that they will be working on. This will narrow traffic to one lane at these locations while they are doing the work.

Outdoors Encounters

Submitted by Nathan Bolls

Recently, while reading a short paper on an aspect of the history of Christianity, I ran across this quote from Saint Therese of Lisieux: Each small task of everyday is part of the total harmony of the Universe. I thought of hummingbirds.

Our beloved ruby-throated hummingbirds, as stated by Velma Skidmore in her Outdoor Observations article in the 3 September 2015 Messenger, winter in either southern Mexico, the Yucatan, or a bit farther south. And they cross the open water of the Gulf of Mexico.

The eternal question: How do such tiny, seemingly fragile, beasts do that? Perhaps some old data from a study of Florida ruddy-throats can shed some light. The male Rudy-throat weighs some 2.5 grams, of which it takes 28.35 to make an ounce! In preparation for their long over-water flight to the Yucatan, they put on about two grams of fat.

Scientists who study bio-energetics, using biochemical and biophysical formulae and considerations, have published a conservative estimate that the Rudy-throat, at a flight speed of 25 MPH, could pull off a sustained flight of some 650 miles without refueling—if no headwinds! The longest Florida-Yucatan distance would be some 500 miles.

It is unlikely that all Rudy-throats from Florida, Kansas, or farther north succeed, but even those who don't can be honored for attempting to uphold their part of harmony of the Universe.

December Focus Group

The staff attendee for the December Focus Group will be Jon Bechtel, Project Manager. Come meet Jon at 10 a.m. Friday, Dec. 4, in the KSU Classroom.

Thanksgiving closings

- **Environmental Services:** On call for emergencies on Thanksgiving
- **Finance Services:** Closed at noon on Wednesday and Thanksgiving
- **Exercise Classes:**
 - All exercise classes canceled on Thanksgiving and Friday, Nov. 27
 - Caul Fitness Center remains open
- **Pizazz Salon:** Closed on Thanksgiving and Friday, Nov. 27. Appointments for the week of Thanksgiving are filling up fast, so book soon!
- **Physician Office:** Closed on Thanksgiving and Friday Nov. 27
- **Hospitality Desk/Resident Services:** Closed after 5 p.m. Wednesday, Nov. 26 and on Thanksgiving
- **Verna Belle's:** Closed on Thanksgiving
- **Prairie Star:** Close at 2 p.m. on Thanksgiving
- **Kansas Room Pub and Lounge:** Closed on Thanksgiving



Clinics, Classes & Events

- **Technology Workshop:** Canceled on Tuesday, Nov. 24. Will resume Tuesday, Dec. 1
- **Unitarian Universalist Fellowship:** Canceled Wednesday, Nov. 26
- **Dementia Caregiver Support Group:** Canceled on Thanksgiving
- **Blood Pressure Clinic:** Canceled on Thanksgiving
- **Meadowlark Bible Study:** Canceled on Thanksgiving
- **St. Paul's Episcopal Church Service:** Canceled on Thanksgiving
- **IL Bingo:** Canceled on Thanksgiving
- **Parkinson's Exercise:** Canceled on Friday, Nov. 27

DRINK SPECIAL



Nov. 30 to Dec. 5
Irish Coffee

1.5 oz Jameson
2 oz Baileys
4 oz Coffee

\$3.75

EVENTS & ANNOUNCEMENTS

Nelson Atkins Museum

Meadowlark Hills will be taking a group to the Nelson Atkins Museum in Kansas City, Kan. Wednesday, Dec. 2. The featured exhibit is *American Epics: Thomas Hart Benton and Hollywood*. The cost for the trip is \$15 for transportation and \$10 for access into this specific exhibit.

Additionally, there are other exhibits on display which include, but not limited to, *Rising Up: Hale Woodruff's Mural at Talladega College and American Art—In Preparation*. The group will have lunch at the museum in the dramatic style of a 15th-century Italian courtyard; Rozzelle Court Restaurant serves artful cuisine worthy of its glorious setting. Enjoy masterfully crafted signature salads, sandwiches, soups, breads and desserts changed seasonally to utilize the freshest ingredients. Rozzelle Court Restaurant offers self-service and sit down dining for lunch. Gluten-free, dairy-free and vegetarian options are also down dinning for lunch. Gluten-free, diary free and vegetarian options are also available. Lunch will be the responsibility of the resident.

We will depart from the Village Entrance at 8:30 a.m. and returning back to Manhattan at approximately 3:30 p.m. A sign-up sheet is available in the Blue Book located at the Hospitality Desk. For questions, please call Monte Spiller at 323-3801.



Brownbag Series

Bring a lunch and watch a televised class presentation on “Dealing with the DPOA, Handling Family Conflicts & Other Legal Matters” at 12 p.m. Wednesday, Dec. 2, in the Living Room. Join James Berger, as he discusses Health Care Power of Attorney, Living Wills (Health Care Directives), Do Not Resuscitate Orders (DNR) and the documents needed in order to make sure the wishes of the patient are carried out.

Diabetes Support Group

The Diabetes Support Group will meet at 6 p.m. Thursday, Dec. 3, in the KSU Classroom. Guest speaker will be Dr. Tran, DPM.

Technology Class

Tuesday, Dec. 1, students from the Kansas State University Gerontology Club will be available from 6 to 7 p.m. in the KSU Classroom to answer any technology related questions you might have.

Vespers Services

The Vespers service, led by Reverend Michael Schmidt, from St. Luke's Lutheran Church, will begin at 7 p.m. Sunday, Nov. 29, in the Community Room. All are welcome.

Trip to the NEW Theatre Restaurant

Meadowlark Hills will be taking a group on a trip to the NEW Theatre Restaurant located in Kansas City, Kan. Wednesday, Dec. 9. The show for the day is “Out of the Order: just another corpse in Congress” starring Gary Sandy of WKRP in Cincinnati television fame.

The cost for the trip is \$15 for transportation and \$35 for the theater, which includes a fantastic dinner and show. Desserts and alcoholic beverages are available at additional cost. We will depart from the Village Entrance at 9 a.m. The show starts at 1:15 p.m.

A sign-up sheet is located in the Blue Book at the Hospitality Desk.

ASK SARAH

I am Thankful

Submitted by Sarah Duggan



I am thankful for my family. I am thankful for my faith. I am thankful that my husband and I are able to work. I am thankful I have a job that I love. I am thankful my daughter plays hard. I am thankful I have people in my life I can count on. I am thankful I have a home, food and clothing. I am thankful that someone invented whipped cream to top off my pumpkin pie. I am thankful for my dogs. I am thankful that we are not all the same. I am thankful to be here. I am thankful to have the opportunity to be thankful.

I could go on for pages, but I know there is turkey to eat and fellowship to enjoy. Happy Thanksgiving – what are you thankful for?



Meadowlark Hills Home Health offers a grocery shopping service that is delivered to you. If you are interested in learning more about this service, call Home Health at (785) 537-9497 to get additional information.

December Birthdays

Residents

Health Care



12/2	Lavenia Glymph
12/1	Nadine Walker
12/10	Bertha Imler
12/11	Mary Smith
12/13	Harold Hall
12/16	Betty Roudybush
12/17	Ina Dwyer
12/19	Betty Banks
12/23	Frederick Rohles Jr
12/26	Fred Atchison

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

Employees

12/1	Allison Pfeifer
12/1	Doug Fiser
12/1	Liz Birk
12/2	Kalina Stone
12/4	Ebonie Christion
12/4	Sara Huntwork
12/5	Signe Showalter
12/5	Stephanie Williams
12/6	Emily Hart
12/7	Amanda McMillan
12/7	Jaime Schultz
12/9	Amber Theobald
12/9	Ed Payne
12/10	Whitney Krause
12/11	Fernando Restrepo
12/11	Tracy Musselman
12/11	Xanare Flegel
12/13	Asha Neupane
12/13	Elizabeth Obesky

Assisted Living

12/2	Ann Weston
12/12	Patricia Hagan
12/15	Janice Lee
12/16	Marjorie Schlegel
12/29	Alice Edmunds

Independent Living

12/01	Donna Alexander
12/01	Robert Cranmer
12/02	Ann Arthur
12/02	Mertyce Rohles
12/04	Arnold Spencer
12/07	Pauline Lindgren
12/13	Wayne Engelhardt
12/14	Mary Dean Apel
12/14	Sue Hunt
12/16	Arliss Honstead
12/21	Verna Turnquist
12/24	Ed Call
12/26	Janice Parsons
12/27	Bea Rasmussen
12/28	Orlan Buller
12/28	Robert Robinson
12/30	Linda Hood
12/31	Don Emley

12/14	Katharine Wright
12/14	McKenna Breiby
12/18	Macy Hawkins
12/19	Jennie Brown
12/19	Makenzie Bexten
12/22	Brandi Evans
12/22	Emalynn Hartman
12/25	Brenda Emory
12/26	Deborah Gustafson
12/26	Sarah Shelton
12/28	Ryan Montgomery
12/29	Anthony Mies
12/29	Hannah Willett

PRAIRIE★STAR RESTAURANT

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

Nov. 29 - Dec. 5

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	Nov. 29 ~ Lunch \$10	Dinner \$11
	Grilled Lemon Thyme Chicken Breasts Polenta Vegetable of the Day	Beef Stew Cornbread Vegetable of the Day
MONDAY	Nov. 30 ~ Lunch \$10 **	Dinner \$12
	Turkey Pot Pie Swiss Steak Mashed Potatoes Carrots	Sautéed Chicken Breast Ala Orange Wild Rice Cake Vegetable of the Day
TUESDAY	Dec. 1 ~ Lunch \$6	Dinner \$13
	Taco Bar (does not include drink, starter or dessert)	Short Ribs Ranch Roasted Reds Potatoes Vegetable of the Day
WED.	Dec. 2 ~ Lunch \$10 **	Dinner \$14
	Baked Cod with Panko Crust Stir Fry Pork Steamed Rice Vegetable Medley	Grilled Salmon with Sun Dried Tomato Sauce Swiss and Green Onion Scalloped Potatoes Vegetable of the Day
THURS.	Dec. 3 ~ Lunch \$7	Dinner \$12
	Pizza Bar (does not include drink, starter or dessert)	Smothered Chicken in Cajun Cream Sauce Rice Pilaf Vegetable of the Day
FRIDAY	Dec. 4 ~ Lunch \$10 **	Dinner \$13
	Mozzarella Stuffed Meat Loaf Baked Orange Roughy Green Chili Mashed Potatoes Stir Fry Zucchini	Shrimp and Crab Fettuccine Alfredo Garlic Toast Vegetable of the Day
SAT.	Dec. 5 ~ Lunch \$10	Dinner \$12
	Catfish Poor Boy Sandwich Coleslaw French Fries	Grilled Pork Tenderloin with Cranberry Port Sauce Loaded Mashed Potatoes Vegetable of the Day

*You may substitute an extra vegetable for the starch

** Buffet Style (Includes Small Salad Bar, Condiments & Dressings, and the Soup Of The Day)

Grosh Cinema Movies

Sunday, November 29 - Saturday, December 5

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

2 p.m. and 6 p.m., Sunday

Sunday, November 29 – Dead Poets Society (1989)

An unconventional teacher inspires students through poetry—and when the school fires him, his devastated students rally behind him.

Co-Starring: Robin Williams, Robert Sean Leonard & Ethan Hawke

Rated PG; 2 hrs. 9 min.

Monday, November 30 – Holiday Inn (1942) **Resident Request*

At an inn which is only open on holidays, a crooner and a hooper vie for the affections of a beautiful up-and-coming performer.

Co-Starring: Bing Crosby, Fred Astaire & Marjorie Reynolds

Not Rated; 1 hr. 41 min.

Tuesday, December 1 – Catch Me If You Can (2002)

An FBI agent makes it his mission to put cunning con man Frank Abagnale Jr. behind bars. But Frank not only eludes capture, he revels in the pursuit.

Co-Starring: Leonardo DiCaprio, Tom Hanks & Christopher Walken

Rated PG-13; 2 hrs. 21 min.

Wednesday, December 2 – The Homesman (2014)

She's prim and proper. He's a sleazy opportunist. But they've got to work together to save three traumatized women.

Co-Starring: Tommy Lee Jones, Hilary Swank & Grace Gummer

Rated R for violence, sexual content, some disturbing behavior and nudity; 2 hrs. 2 min.

Thursday, December 3 – The Preacher's Wife (1996) **Resident Request*

When God overhears a church preacher despairing the potential loss of a youth center, he dispatches an angel to help him out.

Co-Starring: Denzel Washington, Whitney Houston & Courtney B. Vance

Rated PG; 2 hrs. 4 min.

Friday, December 4 – Dawn Patrol (2014)

He does everything possible to put his bloody past behind him. But it catches up when he least expects it.

Co-Starring: Scott Eastwood, Rita Wilson & Jeff Fahey

Not Rated; 1 hr. 27 min.

Saturday, December 5 – There's No Business Like Show Business (1954)

This all-star musical follows The Five Donohues, a vaudeville family whose act is threatened when one of the boys falls for a gorgeous outsider.

Co-Starring: Ethel Merman, Marilyn Monroe & Donald O'Connor

Rated TV-PG; 1 hr. 57 min.

This Week's Opportunities November 29 - December 5

SUNDAY • NOVEMBER 29

Breakfast at Verna Belle's—Omelets with Fruit

10:00 a.m. ~ Church Service, CR

7:00 p.m. ~ Vespers, Rev. Michael Schmidt, CR

MONDAY • NOVEMBER 30

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. ~ 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

12:00 p.m. ~ Yoga, KSU CL

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

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

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

TUESDAY • DECEMBER 1

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

7:30 a.m. ~ 1st Pres. Men's Bible Study, MR

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

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

12:00 p.m. ~ Seven Dolors Book Discussion, LR

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

1:00 p.m. ~ Tai Chi, CR

2:00 p.m. ~ Writing Group, LR

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

3:00 p.m. ~ LWV Meeting, CON

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

6:00 p.m. ~ Technology Workshop, KSU CL

WEDNESDAY • DECEMBER 2

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

9:00 a.m. ~ New Perspectives, MR

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

10:00 a.m. ~ Worship Service, KSU CL

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

10:20 a.m. ~ Weights 101, CR

11:00 a.m. ~ Sit & Be Fit, CR

11:30 a.m. ~ 1st Men's Club Luncheon, MR

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

12:00 p.m. ~ Yoga, KSU CL

12:00 p.m. ~ Brownbag Lunch Series: Dealing with the DPOA, Handling Family Conflicts, and Other Legal Matters, CON

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

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

1:30 p.m. ~ Pitch, GR

3:00 p.m. ~ Unitarian Universalist Fellowship, LR

3:00 p.m. ~ Fit 2 Fight PD, KSU CL

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

6:30 p.m. ~ KSU Gerontology Class, CR

THURSDAY • DECEMBER 3

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

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. ~ Parkinson's Support Christmas Celebration, CR

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

5:30 p.m. ~ Meadowlark Circle Supper, MR

6:00 p.m. ~ Diabetic Support Group, KSU CL

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

FRIDAY • DECEMBER 4

Breakfast at Verna Belle's—Waffle or Pancake

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. ~ Sit & 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

1:15 p.m. ~ Parkinson's Care Partner Support Group, LR

1:30 p.m. ~ Brain Booster, GR

3:30 p.m. ~ Catholic Mass, CR

7:00 p.m. ~ Resident Program: Dr. Virginia Houser's Piano Group Performance, CR

SATURDAY • DECEMBER 5

Breakfast at Verna Belle's—Omelets with Fruit

9:30 a.m. ~ Painting for Fun, KSU CL

3:30 p.m. ~ KSU vs. West Virginia Watch Party, GR

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 CL, 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