



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Dec. 3, 2015

Meadowlark Hills Art Committee

What is it?

Submitted by Jo Lindly

What is it? It consists of residents who volunteer, plus an advisor (Jay Nelson) who helps direct and facilitate the collection. The advisor is non-voting member. Committee functions are to manage content, placement and condition of the collection house in independent living and Community Center areas. They work closely with the administration representative on the committee who keeps records and inventory of the collection.

The gallery is considered to be on the first floor. The other four floors contain works primarily, but not entirely, of museum quality works.

The committee has criteria for the collection pieces, which include that the art work must be an original work of art. The artist should be a significant member of the art community as determined by their exhibit record, sales history and/or academic career. The artist should be from Kansas area of the subject of work be of

Kansas area.

Our yearly inventory assures monitoring of art works on all five floors. The most fun is learning about the history of pictures and other works. Our Prairie Star sculpture on the patio off the restaurant was a contestant for the figure to be put atop the Topeka Capitol building. The Indian with his bow and arrow looks great atop the Capitol, but we have the "Prairie Star" right here at Meadowlark Hills! She depicts the Roman Goddess of grain, from which the word cereal comes! Also, there is a series of original prints (Stamey Collection) chosen by 'Friends of Art' Association and awarded to their patrons each year. The series began in 1934 and we continue to collect to this day. They are found in the West corridor (office area) of first floor. Find your favorite!

Sign up for Resident Committees

Attention residents! Every year during the month of January, residents have the opportunity to sign up (or remove themselves from committees). The following committees are:

- Ambassador Committee
- Art Committee
- Bingo Committee
- Building & Ground Committee
- Messenger Delivery Committee
- Messenger/Clerical Committee

Committee rosters will be available in January and located in the Blue Book at the Hospitality Desk. In January, residents will be contacted to confirm their membership.

Gift Wrapping

Gift wrapping will be available at the Hospitality Desk for \$0.75 per package. You can pick from a variety of wrapping paper and bows. If possible, please bring your gift already packaged. Gift services will be available starting Dec. 7 through Dec. 23. Times designated to have gifts wrapped are from:

5:30 to 8 p.m. Monday through Friday and
10 a.m. to 7 p.m. Saturday and Sunday.

The Hospitality Staff is excited to wrap your gifts!



UPCOMING EVENTS & ANNOUNCEMENTS

Manhatter Ladies Luncheon

Join the Manhatter Ladies for lunch Thursday, Dec. 10, at the Manhattan Country Club. Lunch will consist of a quiche lunch with Christmas dessert. The cost will be \$17 per person. Becky Fitzgerald will be joining the group and will be charging each person's to their monthly bill. Transportation will depart from the Village Entrance at 12 p.m. Please sign up in the Blue Book at the Hospitality Desk to attend.

Center of Aging Lecture Series

There will be no Center on Aging Lecture Series for the month of December. The series will resume Thursday, Jan. 14. The lecture will be over "Lessons of a Lifetime: What College Students Learn Living with their Elders" by Mike Wesch. More details to come in the new year.

Update to Verna Belle's schedule, Dec. 16

Verna Belle's will have a dinner special available the day of Christmas Carousel, Dec. 16. For those who will not be attending the Carousel and would like to pick up a dinner special, all meals will need to be ordered and picked up by 5 p.m. The special will include meatloaf, mashed potatoes and green beans for \$7. Prairie Star Restaurant will be closed all day Wednesday, Dec. 16, due to preparations for the Christmas event. However, a to-go buffet-style lunch will be available in the Kansas Room & Pub from 11 a.m. to 1 p.m. The menu will be announced in the Messenger Thursday, Dec. 10. Please contact Monte Spiller, Resident Services Leader, with questions.

Jokes of the Week

What do you get if you cross Santa with a detective?
Santa Clues!

What happened when the snowwoman got angry at the snowman?
She gave him the cold shoulder.

What did the Gingerbread Man put on his bed?
A cookie sheet!

What do you call an Eskimo cow?
An Eskimoo.

Lunch Specials Dec. 6 – Dec. 12

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



Sunday, Dec. 6–	Sausage Tortellini with Soup or Chips	\$5.50
Monday, Dec. 7–	Chicken Carbonara Panini with Soup or Chips	\$3.75/\$5.50
Tuesday, Dec. 8–	Patty Melt with Soup or Chips	\$3.75/\$5.50
Wednesday, Dec. 9–	Chicken and Mac & Cheese Bowl	\$5.50
Thursday, Dec. 10–	Grilled Ham and Cheese with Soup or Chips	\$3.75/\$5.50
Friday, Dec. 11–	Loaded Baked Potato Soup with Side Salad	\$3.75/\$5.50
Saturday, Dec. 12–	Ham Salad Sandwich with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Outdoors Encounters

Submitted by Nathan Bolls

If you want to “save 15 percent or more on car insurance, you...” That’s what you do! If you are a fish living in a place that enjoys four distinct seasons, you adapt. That’s what you do! We tough, adaptive Midwesterners may now enjoy a moment of silent smugness.

Having certain addictions, I went fishing on Monday, 23 November 2015. I sought not fins, but fact. My heavy duty spinning rod outfit was rigged with thermometer and bobber, set to measure water temperature in the piscine world of Bayer Pond. The meter, cast out twenty feet south of the east fishing pier, read 42 degrees Fahrenheit at a depth of three feet. Submersed in this water in our street clothes, we would last only a few minutes. Both water and fish will get much colder. The air temperature was 64 degrees.

Watching us succumb, the resident fish would simply do their thing: swim by or float nearby. They are active 24/7/365 1/4th. Taking into account all of the world’s fish species that endure significant water temperature variations, the picture is very complex. But, as Don Rasmussen mentioned in his “Outdoor Encounters” article in the 5 November 2015 *Messenger*, the Bayer Pond fish are slowing down and eating less.

Our fish, although now adapting to lower water temperatures, will remain active. The suggestion, not yet thoroughly investigated, is that each fish species makes some shifts, physiologically, to different enzymatic pathways to maintain a somewhat lower, but adequate, metabolic rate and activity level. The reaction rate of any given enzyme is both extremely temperature-sensitive and can function only within a temperature range specific to that enzyme. People who ice fish for the first time often are amazed at how active are the fish they pull up through that hole in the ice. Is that cool, or what?!

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.

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.

Memorial Service for Ann Arthur

A memorial service will be held for Ann Arthur from 7 to 8:30 p.m. Thursday, Dec. 3, in the Community Room. All are welcome and light refreshments will be served.

DRINK SPECIAL



Dec. 7 to Dec. 12
Spiced Cider

1.5 oz Captain Morgan
6 oz Hot Apple Cider

\$3.75

Meadowlark Singers Winter Concert

Mark your calendars for the Meadowlark Singers Winter Christmas Performance at 7 p.m. on Friday, Dec. 11, in the Community Room. This festive event will include wonderful Christmas music performed by some of our very own!



Christmas Recital

You are invited to attend the Christmas Recital given by students of Emily Gallagher. It will take place on Saturday, Dec. 12, at 1 p.m. in the Community Room. A reception with refreshments provided by Emily will follow.

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, 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.

Hot water off, Dec. 4

Maintenance will be shutting off the water from 2 p.m. to 3 p.m. Friday, Dec. 4. Staff apologize for the inconvenience.

EVENTS & ANNOUNCEMENTS

Walmart/Dillon's

Shopping Trip

Take advantage of the complimentary transportation to local shopping centers. Transportation goes to the following locations: Walmart and Dillons.

The next trip departs at 10 a.m. Wednesday, Dec. 13, from the Village Entrance. Please sign up in the Blue Book to register for transportation.



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.

Technology Class

Tuesday, Dec. 8, 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 Paul Allen, from First Christian church, will begin at 7 p.m. Sunday, Dec. 6, in the Community Room. All are welcome.

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!



Store 2 Door

Groceries & More

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.

ASK SARAH

AH, AH, AH-CHOOO!

Submitted by Sarah Duggan

Get ready, world – flu season is upon us and it's time to remind ourselves what to look for and how to take extra care of ourselves to avoid getting sick. Most, if not all of us, have had our flu shot already. If you haven't, I encourage you to contact your primary care physician about receiving the vaccine.



The flu often comes on suddenly and people who have the flu experience all or some of the following symptoms:

- fever, or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue

The flu spreads from person to person, up to about six feet away. Many experts believe the flu is spread mainly by droplets made from people with the flu when they sneeze, cough or talk. To avoid this, stay home if you are sick and stay away from others who are ill. It is important to wash your hands often with soap and water and disinfect surfaces and objects that may be contaminated with germs like the flu.

If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except for medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine. When sick, limit your contact with others as much as possible. Thanks for stopping by – see you next week!

UPCOMING EVENTS & ANNOUNCEMENTS

KSU Football Watch Party

Come and watch the Kansas State Wildcats take on the West Virginia Mountaineers at the last Football Watch Party hosted Saturday, Dec. 5, in the Game Room. The game will kick-off at 3:30 p.m. and refreshments will be served.

Video Worship Service

You're invited to watch a televised worship sermon by Reverend Dr. Walter Maier III, titled "I Thank God—For You," at 4 p.m. Wednesday, Dec. 9, in the Living Room.

Beach Museum of Art Discussion

Join Kim Richards from the Beach Museum of Art at 6:30 p.m. Wednesday, Dec. 9, in the KSU Classroom to learn and discuss the illustrations of *Twas the Night Before Christmas* through the years. All residents who are interested are invited to participate.

Yoga canceled

Yoga is canceled until Monday, Jan. 4.

CHRISTMAS RECIPES

Eggnog Cookies

Ingredients

- 1 cup unsalted butter
- 2 cups confectioners' sugar or glazing sugar
- 2 tablespoons light corn syrup
- 3/8 teaspoon eggnog flavor
- 1/4 to 1/2 teaspoon ground nutmeg, optional
- 3/4 teaspoon salt
- 1 large egg lightly beaten with 2 tablespoons water
- 1 teaspoon baker's ammonia or 2 teaspoons baking powder
- 3 1/2 cups King Arthur Unbleached All-Purpose Flour



Instructions

1. Cream together the butter, confectioners' sugar, and corn syrup until light and fluffy.
2. Beat in the eggnog flavor, nutmeg, and salt.
3. Add the baker's ammonia or baking powder to the egg and water, and stir to dissolve.
4. Add this mixture, along with the flour, to the ingredients in the bowl, and beat until smooth.
5. Divide the dough in three pieces, wrap them in plastic wrap, and refrigerate for 1 hour, or overnight.
6. If the dough has been in the fridge for 1 hour, give it about 20 to 25 minutes to warm up a bit. If it's been refrigerated overnight, let it rest at room temperature, covered, for about an hour and 15 minutes. While the dough is resting, preheat your oven to 350°F.
7. Roll the dough 1/8" thick on a lightly floured work surface (a silicone rolling mat works well here).
8. Cut out shapes, and transfer to ungreased or parchment-lined cookie sheets.
9. If desired, whisk 1 egg white with 1 tablespoon water, paint the cookies with this egg wash, and sprinkle with colored sugar.
10. Bake the cookies just until they're slightly brown on the edges, or until they feel firm, about 8 to 10 minutes.
11. Let the cookies cool on the baking sheet for several minutes, or until they're set. Transfer them to a rack to cool completely.

Christmas Delight

Ingredients

- 1 cup blanched, slivered almonds
- 1 3/4 cups mixed slated nuts
- 4 cups chopped dates
- 1 cup shredded coconut, sweetened or unsweetened, toasted or not
- 1 cup candied red cherries
- 8 cups regular marshmallows or 5 1/2 cups mini marshmallows
- Confectioner's sugar for coating



Instructions

1. Lightly grease a 9" x 13" pan. Line with parchment, and grease the parchment. If you don't have parchment, use waxed paper or plastic wrap.
2. Place the nuts, dates, coconuts, and cherries in the work bowl of a food processor, and process until finely chopped, but not puréed. You may also do this using an old-fashioned food grinder.
3. Melt the marshmallows in a double boiler on the stovetop, or in a microwave. Stir till smooth.
4. Place the chopped nuts and fruit in a bowl, and stir in the melted marshmallows. Use your hands to thoroughly combine marshmallow and fruit/nuts. This will be a very sticky business; it helps to rinse your hands with cold water frequently, then plunging back in with them wet, not dried off.
5. Press the mixture into the prepared pan, smoothing the top as best you can.
6. Cover with plastic, and let set till cool, preferably overnight. Next day, cut the candy into 1" squares.
7. Place the squares, 6 or 8 at a time, into a plastic bag with confectioners' sugar. Shake to coat with the sugar. Place finished candies on a rack until all are coated with sugar, then wrap loosely in plastic to store.

PRAIRIE★STAR RESTAURANT

Monday to Saturday, 10:30 to 8 p.m.

Sunday, 10:30 a.m. to 7 p.m.

Dec. 6—Dec 12

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	December 6 ~ Lunch \$13	Dinner \$11
	Pot Roast with Carrots, Onions & Celery Roasted Red Potatoes Vegetable of the Day	Chicken & Dumplings Vegetable of the Day
MONDAY	December 7 ~ Lunch \$10	Dinner \$12
	Cuban Sandwich French Fries Cole Slaw	Chicken Piccata Rice Pilaf Vegetable of the Day
TUESDAY	December 8 ~ Lunch \$7 **	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Soy & Honey Grilled Pork Chop Mashed Sweet Potatoes Vegetable of the day
WED.	December 9 ~ Lunch \$9	Dinner \$14
	Chicken & Broccoli Casserole Choice of Vegetable	Stuffed Sole with Crab Duchess Potato Vegetable of the Day
THURS.	December 10 ~ Lunch \$7 **	Dinner \$12
	Baked Sweet Potato & Potato Bar (does not include drink, starter or dessert)	Sautéed Chicken Breast with Shallots & Blue Cheese Wild Rice Vegetable of the Day
FRIDAY	December 11 ~ Lunch \$10	Dinner \$13
	Turkey Reuben Potato Salad Choice of Vegetable	Shrimp Scampi with Linguini Garlic Toast Vegetable of the Day
SAT.	December 12 ~ Lunch \$10	Dinner \$15
	Baked Chicken Drumsticks Roasted Red Potato Choice of Vegetable	Steak Night Baked Potato Vegetable of the Day

*You may substitute an extra vegetable for the starch

Grosh Cinema Movies

Sunday, December 6 - Saturday, December 12

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

Sunday, December 6 – Little Red Wagon (2012)

A huge natural disaster. A young man on a mission to help the homeless. One force of nature deserves another.

Co-Starring: Chandler Canterbury, Anna Gunn & Frances O'Connor

Rated PG; 1 hr. 43 min.

Monday, December 7 – Elf (2003)

Buddy the Elf doesn't fit in with the other North Pole elves, so he travels to New York to find his real father and spread some Christmas cheer.

Co-Starring: Will Ferrell, James Caan & Bob Newhart

Rated PG; 1 hr. 35 min.

Tuesday, December 8 – O Brother, Where Art Thou? (2000) **Resident Request*

In the vein of Homer's Odyssey, three convicts break out of a Depression-era Mississippi jail, embarking on an epic quest for a hidden cache of loot.

Co-Starring: George Clooney, John Turturro & Tim Blake Nelson

Rated PG-13; 1 hr. 46 min.

Wednesday, December 9 – The Aviator (2004)

A talented movie producer and visionary businessman is blessed with an extraordinary mind. And cursed by it.

Co-Starring: Leonardo DiCaprio, Cate Blanchett & Kate Beckinsale

Rated PG-13; 2 hrs. 50 min.

Thursday, December 10 – Miracle on 34th Street (1947) **Resident Request*

When Santa falls down drunk in the Thanksgiving Day Parade, reluctant Macy's supervisor Doris Walker offers the job to a bearded Kris Kringle purporting to be the real Santa!

Co-Starring: Edmund Gwenn, Maureen O'Hara & John Payne

Not Rated; 1 hr. 36 min.

Friday, December 11 – McFarland, USA (2015)

At a largely Latino high school in California's Central Valley, a track coach motivates his athletes to excellence both on and off the field.

Co-Starring: Kevin Costner, Maria Bello & Ramiro Rodriguez

Rated PG; 2 hrs. 9 min.

Saturday, December 12 – Eight Below (2006) **Resident Request, No 1:00 p.m. Showing*

When an accident forces a trio of Antarctic scientists to leave their sled dogs behind, the animals must survive a cruel winter on their own.

Co-Starring: Paul Walker, Jason Biggs & Bruce Greenwood

Rated PG; 1 hr. 59 min.

This Week's Opportunities December 6 - December 12

SUNDAY • DECEMBER 6

Breakfast at Verna Belle's—Omelets with Fruit

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

7:00 p.m. ~ Vespers, Rev. Paul Allen, CR

MONDAY • DECEMBER 7

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

8:30 a.m. ~ IL Resident Council, KSU CL

9:30 a.m. ~ Town Meeting, CR

10:00 a.m. ~ Meadowlark Hills Mentors, KSU CL

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

11:00 a.m. ~ St. Luke's Communion, LR

12:00 p.m. ~ Weights 101, 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

5:30 p.m. ~ Tuttlecreek Supper, MR

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

TUESDAY • DECEMBER 8

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

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

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

3:30 p.m. ~ Ambassador Committee Meeting, CON

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

5:30 p.m. ~ 4th Floor Supper, MR

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

WEDNESDAY • DECEMBER 9

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

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

9:00 a.m. ~ Building and Grounds Meeting, LR

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

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

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

10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE

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

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

12:00 p.m. ~ 2nd Men's Club Luncheon, LR

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

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

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

1:30 p.m. ~ Pitch, GR

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

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

4:00 p.m. ~ Video Worship Service, LR

6:30 p.m. ~ Artist Discussion with the Beach Museum of Art, KSU CL

7:00 p.m. ~ LWV Board Meeting, CON

THURSDAY • DECEMBER 10

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

10:00 a.m. ~ Great Decisions, LR

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

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

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

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

1:30 p.m. ~ Card Making with Michelle, KSU CL

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

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

FRIDAY • DECEMBER 11

Breakfast at Verna Belle's—Waffle or Pancake

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

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

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

1:00 p.m. ~ Hand & Foot Card Games, GR

1:15 p.m. ~ Parkinson's Exercise Class, LR

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

2:30 p.m. ~ Trust Company Holiday Classic, CR *(Please call The Trust Company of Manhattan to RSVP)*

7:00 p.m. ~ Resident Program: MLH Singers Winter Concert, CR

SATURDAY • DECEMBER 12

Breakfast at Verna Belle's—Omelets with Fruit

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

1:00 p.m. ~ Christmas Recital: Emily Gallagher & Students, 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 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