



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Dec. 24, 2015

## Christmas Carousel *And the winners are....*

Residents, passport members and group leaders were in for a big surprise at this years Christmas Carousel—Christmas in the Movies! As attendees reached the end of their “movie watching,” they had the opportunity to vote for their overall favorite room at the event.

The theme for 2015 Christmas Carousel was classic Christmas movies that included: Miracle of 34th Street, Christmas Story, Polar Express, White Christmas and How the Grinch Stole Christmas.

Each room radiated with innovative and enjoyable party decorations that matched the holiday movie. Along with decorations, tasty buffets and desserts, each room entertained their guests with skits, movie clips and music performances!

Without further ado, results are in and the winners of the 2015 Christmas Carousel awards go to...

### **Best Entertainment**

How the Grinch Stole Christmas

### **Best Decorations**

White Christmas

### **Peoples Choice Award**

How the Grinch Stole Christmas

Help us in congratulating this years winners—Kinzie Jo Zimmerman, Trysta Williams, Cheyenne Strunk, Mary Harness, Doug Fiser, Jeff Heidbreder and Kelly Miller!

We would like to thank everyone for their hard work on each room and attendees for joining us in the fun! Christmas Carousel Goes to the Movies was a great success!



## Meadowlark Hills Memory Program

### **Class & Meeting Schedule**

*All classes and meeting are held at Meadowlark Hills (2121 Meadowlark Rd). Anyone affected by memory &/or cognitive changes in the Flint Hills Region is invited to attend!*

**Classes & Meetings are free and open to ALL!**

### **Memory Activities Class (MAC):**

Education, activities and discussions about memory & cognition in an informal setting. All levels of abilities are welcome. Snacks provided. This group meets weekly on Wednesdays from 10 to 11 a.m. in the West Conference Room.

### **Memory Care Partner Support Group:**

Meets the first and third Wednesday of every month from 10 to 11 a.m. in the Tranquility Room (coincides with MAC).

**Memory Luncheon:** Those with memory changes and those caring for individuals with memory/cognition changes are welcome to attend this monthly informal luncheon immediately after the MAC and Care Partner Support Group on the first Wednesday of each month from 11 a.m. to noon in the West Conference Room. This luncheon series begins February 3, 2016.

# ANNOUNCEMENTS

## Christmas & New Years Closings

The following are service areas and their holiday schedules for Christmas and New Years.

- **Environmental Services:**
  - On-call for emergencies Friday, Dec. 25
  - On-call for emergencies Friday, Jan. 1
- **Finance Services:**
  - Closing at noon Thursday, Dec. 24, and closed on Friday, Dec. 25
  - Closing at noon Thursday, Dec. 31, and closed Friday, Jan. 1
- **Exercise Classes:**
  - All exercise classes canceled Thursday, Dec. 24, through Friday, Dec. 25
  - All exercise classes canceled Friday, Jan. 1
  - Caul Fitness Center remains open
- **Pizazz Salon:**
  - Closed Thursday, Dec. 24, and closed Friday, Dec. 25
  - Closed Friday, Jan. 1
- **Physician Office:**
  - Closing at noon Thursday, Dec. 24, and closed Friday, Dec. 25
  - Closing at noon Thursday, Dec. 31, and closed Friday, Jan. 1
- **Hospitality Desk/Resident Services:**
  - Closing at 5 p.m. Thursday, Dec. 24, and closed Friday, Dec. 25
  - Closing at 5 p.m. Thursday, Dec. 31, and closed Friday, Jan. 1

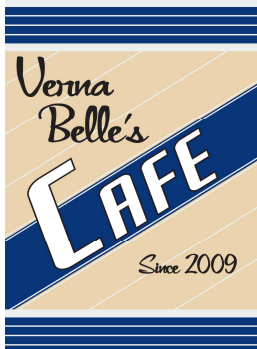
## Food and Beverage

- **Verna Belle's Café:**
  - Closed Friday, Dec. 25
  - Open 8 to 5 p.m. Thursday, Dec. 31 and Friday, Jan 1
- **Prairie Star Restaurant:** Closing at 2 p.m. Friday, Dec. 25, and boxed dinners available (advance sign up in the Blue Book required)
- **Kansas Room Pub & Lounge:** Closed Friday, Dec. 25



## Clinics and events

- **Blood Pressure Clinic:** Canceled Thursday, Dec. 24
- **IL Bingo:** Canceled Thursday, Dec. 24
- **Meadowlark Bible Study:** Canceled Thursday, Dec. 24
- **Dementia Caregiver Support Group:** Canceled Thursday, Dec. 24
- **St. Paul's Episcopal Church Service:** Canceled Thursday, Dec. 24
- **Brain Booster:** Canceled Friday, Dec. 25
- **Parkinson's Caregiver Support Group:** Canceled Friday, Dec. 25
- **Resident Program:** No resident program scheduled Friday, Dec. 25



## Lunch Specials Dec. 27 – Jan. 2

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

Sunday, Dec. 27– Baked Spaghetti with Soup or Chips	\$5.50
Monday, Dec. 28– California Quesadilla with Soup or Chips	\$3.75/5.50
Tuesday, Dec. 29– BBQ Chicken Pizza	\$3.75/\$5.50
Wednesday, Dec. 30– Turkey Bruschetta Panini with Soup or Chips	\$3.75/\$5.50
Thursday, Dec. 31– Philly Cheese Steak with Tomato Soup	\$3.75/\$5.50
Friday, Jan. 1– Chili with Cinnamon Rolls	\$3.75/\$5.50
Saturday, Jan. 2– Egg Salad Sandwich with Soup or Chips	\$3.75/\$5.50

## UPCOMING EVENTS & ANNOUNCEMENTS

### Outdoor Encounters

*Submitted by Nathan Bolls*

The omnivorous hunting raccoon ambled along the trail leading to the East Gazebo in our Natural Area and then out onto the Bayer Pond Dam. Its first serious stop was near the deer feeder; it has no aversion to good corn kernels. Later it moved to the shrubs and trees west and north of the dam, looking, no doubt, for fruits and berries.

Did it ever once look up? Did it ever notice or wonder about the stars, even an especially bright star? Had it ever noticed the cattle in the adjoining K-State pasture? Would it have noticed if some of them had been gathered beside a manger? Would it have noticed if shepherds had been tending the herd by night?

It surely would have noticed the singing or presence of coyotes or of wandering dogs. Would it have picked up on any unusual singing or exclamations that occurred during one particular night?

Would it have felt gladness of heart, a lightness in its soul? Would it have had an increased hope that its life could be richer, more fulfilled? That its life could be channeled toward even greater purpose?

Would the raccoon, with its single reproductive season each year, ever have noticed that human mothers may give birth any month of the year. Would it have noticed one particular night when large stained glass windows glowed with light as those within celebrated a birth that occurred during a winter long ago in a land far away?

A multiple-choice question, with the supposedly intelligent answer being "NO to all of the above." I wonder. Does this mean the raccoon is less sacred, less worthy of being appreciated for what it is? Less worthy of living among us?

### Art Committee Meeting canceled

Art Committee will not be meeting at 9:30 a.m. Friday, Jan. 1, in the Living Room. The meeting will resume Friday, Feb. 5, at the same time and location.

### New Years Eve Party

You are invited to celebrate the New Year "Rio de Janeiro" style, Thursday, Dec. 31, from 6:30 to 8 p.m. We will be in the Game Room and Kansas Room/Pub with entertainment provided by the J-Pegs!

Drink specials and appetizers will be available with a champagne toast at 8 p.m. central, which will be midnight in Rio de Janeiro, Brazil.

So come ring in the New Year RIO style with friends and staff!



### KSU Men's Basketball Watch Parties

Watch the KSU Men's basketball games in the Game Room at:

- 11 a.m. Saturday, Jan. 2, against West Virginia
- 7 p.m. Tuesday, Jan. 5, against the University of Texas
- 3:30 p.m. Saturday, Jan. 9, against the University of Oklahoma

Refreshments will be served.

### Jokes of the Week

What did the snowman say to the other?  
(Sniff, sniff) Do you smell carrots?

What is a cow's favorite holiday?  
Moo Years Day!

A New Year's resolution is something that goes in one year and out the other.

## EVENTS & ANNOUNCEMENTS

### Part D Open Enrollment

*Submitted by Rita Harsch*

Part D Open Enrollment again was a success this year. Twenty-eight people signed up and 21 of the 28 changed their Part D drug plan for an average savings of \$556.70 per person or \$11,690.70 total savings. A big thank you to residents and MLH staff for making the day successful.

Please remember to have copies of your new 2016 Medical or Part D prescription insurance cards turned into the Finance Office as soon as you get them.

### AutoZone Liberty Bowl Watch Party

Mark your calendars for the Kansas State University AutoZone Liberty Bowl football game against the University of Arkansas, Razorbacks.

A tailgate party will be hosted in the Game Room and Kansas Room & Pub at 1:45 p.m. with the game kicking off at 2:20 p.m. Saturday, Jan. 2. Watch the game and cheer on K-State! Refreshments will be served.

### MLH Singers Practice

Meadowlark Hills Singers practice is canceled Monday, Dec. 28, in the Community Room. Practice will resume in the new year. Details will be available soon.

### Sign up for Resident Committees

Attention residents! A friendly reminder that 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 & Grounds Committee, Messenger Delivery Committee and Messenger/Clerical Committee. Committee rosters will be available in January in the Blue Book at the Hospitality Desk.

### Acrylic Watercolor Painting for Fun

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, Dec. 27, in the KSU Classroom. Don't forget to bring paint supplies and be ready to paint away!

## ASK SARAH

### Golf carts?

*Submitted by Sarah Duggan*



There is a dull buzz starting at Meadowlark Hills regarding personal golf cart usage. Can residents purchase and utilize a golf cart on our campus? The short answer is yes!

Personal golf cart usage is okay on the Meadowlark Hills campus! Purchasing a golf cart for use on campus is something that some of you may have considered to create an easier way to get to different areas. Historically, there have not been many residents that choose to purchase and utilize a golf cart for this purpose, but it is an option that is available to residents.

If you acquire a personal golf cart, you can park it in a regular automobile parking spot. Keep in mind that purchasing a golf cart does not give you access to an additional parking spot or area exceeding what you are currently assigned. If you are considering a cart, but find yourself lacking information on pricing, maintenance and/or use, please feel free to contact me for more information.

Lastly, let me know if you are interested in getting a personal golf cart. This will help staff determine the level of need for golf-cart only parking in the future. Depending on the level of interest, a committee of residents and staff will develop a draft of recommendations regarding golf cart parking. You can contact me by phone at (785) 323-3860, via e-mail at [sarah.duggan@meadowlark.org](mailto:sarah.duggan@meadowlark.org), or stop by my office located in the Community Center next to Monte Spiller.

Thanks for stopping by – see you next week!





## UPCOMING EVENTS & ANNOUNCEMENTS

### Eyeglass Adjustment

Alex's Affordable Eyewear will be here at 3:15 p.m. Saturday, Dec. 26, in the Community Room. They will adjust eyeglasses for residents at no charge.

### Chaplain's Book Discussion

On Tuesday, Jan. 12, at 10 a.m. Chaplain Patty Brown-Barnett will begin leading a six-week book discussion on *Friedman's Fables* by Edwin H. Friedman. In this collection of fables, and in his other works, the author leaves a lasting legacy of wisdom as a family therapist, an ordained rabbi, and a leader in Murray Bowen's family systems approach to understanding human behavior. Using the ancient art form of fables, Friedman offers a fresh way of understanding "human foibles" with "outrageous tales" that help readers catch glimpses of their own relationships and lives. In one story, participants will see how people may be "controlled, and even tyrannized, by the sensitivities of others." In another, one domino that manages not to be dominoed saves the day for all the others. We will also read and discuss the story that features Murray Bowen's famous line, "If all else fails, don't just do something, stand there!" You are invited to join these discussions in the Living Room near the main desk at Meadowlark Hills. Please sign up in the Blue Book at the front desk, where you may also purchase books for \$17.

The fables we will read and discuss are (in order):

- "The Bridge"
- "A Nervous Condition"
- "The Power of Belief"
- "An American Holly"
- "Panic" and
- "Net Results"

### Vespers Services

The Vespers service, led by Rev. Paul Allen from First Christian Church, will begin at 7 p.m. Sunday, Dec. 27, in the Community Room. All are welcome.

### Exercise Classes, Dec. 31

The following exercise classes are not canceled for Thursday, Dec. 31:

- Steady Yourself—10:30 a.m.
- Chair Yoga—11:15 a.m.

DRINK SPECIAL



**Dec. 28 to Jan. 2**

**French Martini**

3 oz. Vodka  
1/2 oz. Chambord Raspberry Liquor  
1/2 oz. Pineapple Juice

**\$3.75**

## LETTER TO THE MESSENGER

### Joy of Friendship

*Submitted by Teresa Wells*

JOY of friendship.

JOY of friendship is a blessing. It can be found in many things.

So simple is this blessing that if your eyes aren't open its blessing may remain unseen.

JOY in a smile.

JOY in the touch of a hand.

JOY of being accepted as you are.

JOY of exchange of love with a wink or a nod of a head.

When all other forms of communication have disappeared with the challenges of life.

JOY of belonging and not feeling alone.

JOY of friendship so simple so true brings meaning, reason and purpose.

JOY of thanks for friendships through the years.

JOY of witnessing the paying forward of new friendships generated for each act of kindness.

JOY of opportunity to know and be a part of so many lives here and now.

JOY of strength received from knowing and caring for ones that have passed on.

JOY of being able to experience those friendships and create a life and full purpose for living.

JOY of accepting the friendships so freely offered in this community.

JOY of friendships and many blessings to all during this Christmas Season.

JOY of thanks for opportunity to be apart of so many lives.

Merry Christmas to my Meadowlark Family! May you have an amazing New Year!

# PRAIRIE★STAR

## RESTAURANT

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

## Dec. 27 - Jan. 2

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 27 ~ Lunch \$10	Dinner \$12
	Grilled Chicken Breast with Raspberry Sauce Wild Rice Vegetable of the Day	Spaghetti & Meatballs Garlic Toast Vegetable of the Day
MONDAY	December 28 ~ Lunch \$10	Dinner \$12
	Philly Sandwich French Fries Choice of Vegetable	Chicken Breast Oscar White Cheddar Gratin Vegetable of the Day
TUESDAY	December 29 ~ Lunch \$6	Dinner \$12
	Taco Bar (does not include drink, starter or dessert)	Roasted Pork Loin with Apricot Horseradish Glaze Roasted Red Potatoes Vegetable of the Day
WED.	December 30 ~ Lunch \$9	Dinner \$15
	Chicken Tetrazzini Choice of Vegetable	Swiss Steak Mashed Potatoes Vegetable of the Day
THURS.	December 31 ~ Lunch \$7	Dinner \$14
	Deli Bar (does not include drink, starter or dessert)	Smoked Salmon Appetizer Roasted Tenderloin of Beef with Béarnaise Sauce Gorgonzola Mashed Potatoes Vegetable of the Day
FRIDAY	January 1 ~ Lunch \$11	Dinner \$11
	Fried Shrimp Pieces with Cocktail Sauce French Fries Coleslaw	Black-Eye Peas & Ham White Cornbread Vegetable of the Day
SAT.	January 2 ~ Lunch \$10	Dinner \$14
	BLAT (Bacon, Lettuce, Avocado & Tomato Sandwich) Potato Salad Choice of Vegetable	Sautéed Orange Roughy with Sun Dried Tomato Sauce Twice Baked Potato Vegetable of the Day

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

## Grosh Cinema Movies

Sunday, December 27 - Saturday, January 2

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

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

### **Sunday, December 27 – Little Boy (2015)**

They've branded him "Little Boy." But his faith in a higher power is bigger than any of the bullies.

**Co-Starring: Jakob Salvati, Emily Watson & David Henrie**

**Rated PG-13; 1 hr. 46 min.**

### **Monday, December 28 – Chicago (2002)**

This Oscar-winning musical set in the Roaring 20s tells of Roxie Hart, who played the media with razzle-dazzle to parlay a murder rap into stardom.

**Co-Starring: Renee Zellweger, Catherine Zeta-Jones & Richard Gere**

**Rated PG-13; 1 hr. 53 min.**

### **Tuesday, December 29 – Inside Out (2015) \**Resident Request***

When her family relocates across the country, tween Riley Anderson struggles with the stress of her new situation and her animated emotions get carried away—quite literally—on a fantastic journey through her mind.

**Co-Starring: Amy Poehler, Bill Hader & Lewis Black**

**Rated PG; 1 hr. 34 min.**

### **Wednesday, December 30 – Destry Rides Again (1939)**

A homily-spouting lawman who doesn't like guns takes on a town overrun by corruption and is aided by a sultry saloon singer who takes a shine to him.

**Co-Starring: Marlene Dietrich, James Stewart & Mischa Auer**

**Not Rated; 1 hr. 35 min.**

### **Thursday, December 31 – Last Holiday (2006)**

Given the news she's terminally ill, Georgia throws caution to the wind, breaks out of her shell and takes a no-holds-barred European vacation.

**Co-Starring: Queen Latifah, LL Cool J & Timothy Hutton**

**Rated PG-13; 1 hr. 51 min.**

### **Friday, January 1 – Some Kind of Beautiful (2014)**

An aging professor with a bad-boy libido makes for a surprisingly good dad. But of course, there's always growing pains.

**Co-Starring: Pierce Brosnan, Salma Hayek & Jessica Alba**

**Rated R for language, sexual content, some nudity and drug use; 1 hr. 39 min.**

### **Saturday, January 2 – Three Coins in the Fountain (1954)**

Three American working women pin their hopes for love on wishes they make as they toss coins into the famous Trevi Fountain in Rome.

**Co-Starring: Clifton Webb, Dorothy McGuire & Jean Peters**

**Rated TV-PG; 1 hr. 41 min.**

# This Week's Opportunities December 27 - January 2

## SUNDAY • DECEMBER 27

*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 28

*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. ~ 1st Pres. Men's Luncheon, MR

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

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

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

## TUESDAY • DECEMBER 29

*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

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

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

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

## WEDNESDAY • DECEMBER 30

*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

## 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, Jan. 6, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

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

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

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

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

1:30 p.m. ~ Pitch, GR

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

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

## THURSDAY • DECEMBER 31

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*

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

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

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

6:30 p.m. ~ New Year's Eve Party, GR

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

## FRIDAY • JANUARY 1

*Breakfast at Verna Belle's—Waffle or Pancake*



## SATURDAY • JANUARY 2

*Breakfast at Verna Belle's—Omelets with Fruit*

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

11:00 a.m. ~ KSU Men's Basketball Watch Party, GR

2:20 p.m. ~ KSU Football Bowl Game 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