



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Dec. 31, 2015

Jean Kennedy

Big band & Broadway performance

Jean Kennedy, a jazz and classical guitarist, vocalist and song writer, who comes from a family tradition of performing music, will be showcasing a Big band and Broadway musical performance 7 p.m. Friday, Jan. 8, in the Community Room. Jean will be highlighting 30's and 40's big band music as well as some favorite Broadway show tunes

Jean delights audiences throughout the Midwest with a one-women show, offering the sounds of song writing.

You will be snapping your fingers in your seat to her delightful show tunes. Don't miss out on a great performance!



New Years Eve Party

Rio de Janeiro Style

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. Come ring in the New Year RIO style with friends and staff!



New Year Closings

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

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

Food and Beverage

- **Verna Belle's Café:**
 - Open 8 to 5 p.m. Thursday, Dec. 31 and Friday, Jan 1
- **Kansas Room Pub & Lounge:** Closed Friday, Jan. 1

Clinics & events

- **Meadowlark Bible Study:** Canceled Thursday, Dec. 31
- **Dementia Caregiver Support Group:** Canceled Thursday, Dec. 31
- **Brain Booster:** Canceled Friday, Jan. 1
- **Parkinson's Caregiver Support Group:** Canceled Friday, Jan. 1
- **Resident Program:** No resident program scheduled Friday, Jan. 1

UPCOMING EVENTS & ANNOUNCEMENTS

Meadowlark Hills Travelers Meeting

With the new year here, March is only a few months away which means the NEW ORLEANS TRIP is fast approaching!

We will have a Meadowlark Hills Travelers meeting at 2 p.m. Wednesday, Jan. 6, in the Living Room. At the meeting we will go over several details including cost, departure dates and times, scheduled tours and events. The full itinerary and a sign-up sheet for those who are interested will be available. For any questions, please contact Monte Spiller, Resident Services Leader, at 323-3801.

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. Come watch the game and cheer on K-State! Refreshments will be served.

Lutheran Communion Service

St. Luke's Lutheran Church will host a Communion Service the first Monday of every month. The service is scheduled from 11 a.m. to 12 p.m. Monday, Jan. 4, in the Living Room.

Yoga is back!

Yoga is back for the new year! Join certified yoga instructor, Kerry Regan for an hour of traditional yoga. Mats and blocks will be available for use, but feel free to bring your own equipment if preferred.



Classes are starting back up Monday, Jan. 4, from 12 to 1 p.m. in the KSU Classroom. Classes are Monday and Wednesday of every week. See you all there!

Resident Focus Group

The Focus Group scheduled for January, will once again spotlight a staff member. Each month the Focus Group hour will be used to get to know a different staff member from our service area leadership teams.

Attendees will have the opportunity to learn more about the employee, both on a personal and professional level. Every day staff is doing great things at Meadowlark Hills and this time will be used to hear more and ask questions.

The staff attendee for the January Focus Group will be Brook Niehues, Verna Belle Café Leader. Come meet Brook at 10 a.m. Thursday, Jan. 14, in the KSU Classroom.

Vespers Services

The Vespers service, led by Reverend John Wright from First United Methodist Church, will begin at 7 p.m. Sunday, Jan. 3, in the Community Room. All are welcome.

Lunch Specials **Jan. 3 – Jan. 9**

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



Sunday, Jan. 3 – Tator Tot Casserole with Soup or Chips	\$5.50
Monday, Jan. 4 – Pesto and Tomato Grilled Cheese	\$3.75/5.50
Tuesday, Jan. 5 – Triple Meat Pizza	\$3.75/\$5.50
Wednesday, Jan. 6 – Reuben with Soup or Chips	\$3.75/\$5.50
Thursday, Jan. 7 – Chicken Bacon Ranch Panini with Tomato Soup	\$3.75/\$5.50
Friday, Jan. 8 – Loaded Baked Potato Soup with Side Salad	\$3.75/\$5.50
Saturday, Jan. 9 – BLT with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Outdoor Encounters

Submitted by Nathan Bolls

The beasties, those that survived the noise and flash of the 4th of July, now are bracing for another blast of chaos during the current Holiday Season.

During these days, and during one particular day and night, crossing a busy street is even more dicey because of having to deal with an increased number of drivers whose eyes and compassions are dimmed by alcohol. A time even more dangerous than the five-times-each-week rat race to beat the time clock at work or the afternoon race of escape toward home, bar, gym, or to somewhere unadvertised.

Then comes that one time in the middle of the night, always the same night, always at the same time, when THAT song rolls out across hill and prairie from the dens of assembled humans. That song always is accompanied by much kissing and glass clinking, and sometimes with noisy fireworks. Amid this madness, many do not know, nor care about, the meaning of what they sing. Here-and-there, glass balls are made to descend to Earth. None are edible.

The rollicking party noises, and those of crashing cars, serve both to awaken animals trying to rest and to frighten prey for those night hunters searching for a meal.

Wise wild mothers surely have warned their young that the absolute worst time to be caught crossing a street is after the madness dies down, the den doors open, and cars begin to weave, “wobble, and careen” from parking lots.

What was being celebrated? Was it just a frivolous mood of wishing that next month—or year--will be better, that those mostly flippant resolutions will be pursued?

For most living organisms, tomorrow is just another day in the never-ending search for adequate food, water, and cover—and, for most, eternal vigilance against becoming someone’s lunch. Who has time to plan a party?

LETTER TO THE MESSENGER

Thank you

Submitted by Tom & Betty Holder

Tom and I are passport members. We were invited to the Christmas in the Movies. The entertainment—food—all was wonderful. Thank you so much!

Jokes of the Week

What do you tell someone you didn't see on New Year's Eve?
Haven't seen you since last year!

What do you call a cold ghost?
Casp-burr!

What do you call always wanting a date for New Year's Eve?
Social Security.

What do you call a cat on ice?
One cool cat.

Winter—the days of shovelry.

Tomorrow, you'll remember 2015
like it was just yesterday.

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.

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
- Messenger/Clerical Committee

Committee rosters are available and located in the Blue Book at the Hospitality Desk.

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

Chaplain's Book Discussion

Greet the new year with an intellectual challenge. Join Chaplain Patty Brown-Barnett and some of your Meadowlark neighbors for a lively discussion of *Friedman's Fables* by Edwin H. Friedman. Our six week series begins Tuesday, January 12, at 10 a.m. in the Living Room. Please sign up in the Blue Book at the Hospitality Desk, where there is currently one copy of the book left with, hopefully, a few more coming soon.

Several people who have expressed an interest in this opportunity confess that 10 a.m. is simply too early for anyone to expect to see them. If you are one of these residents, there may be yet be hope for another session scheduled, at a later date, for the afternoon.

Acrylic Watercolor Painting for Fun

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, Jan. 3, in the KSU Classroom. Don't forget to bring paint supplies and be ready to paint away!



Store 2Door

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

Goodbye, 2015!

Submitted by Sarah Duggan



Today is the last day of 2015 and tomorrow the New Year begins. You might be considering a resolution or two for the New Year (lose weight, save money, quit smoking). Or, like me, you may instead be focusing on what great things happened in the past twelve months and what you are looking forward to in the year 2016.

For me, 2015 is the year that my husband and I bought our first house. It is the year in which our daughter celebrated her first birthday. In 2015, I adopted our second dog, Addison. I traveled to two places I had never been – Minneapolis, Minnesota and Nashville, Tennessee. My family went on our first family vacation as one big group, to include the two babies. And 2015 is the first Christmas my husband, daughter and I celebrated Christmas morning together in our home.

In 2016, I looked forward to continued growth in my career and Meadowlark Hills. I am excited to watch my daughter learn new things and explore the world around her. My family and I will celebrate our one-year anniversary living in our house and many more great things that are yet to be revealed.

I wish each of you a prosperous and joyful New Year. Thanks for stopping by – see you next year!



Jan. 4 to Jan. 9
Commodore

1.5 oz. Bourbon
3/4 Vodka
1/2 oz. Lemon Juice
1/2 oz. Grenadine
2 dashes Angostura Bitters

\$3.75

DRINK SPECIAL

January BIRTHDAYS

Residents

Health Care

1/3	Betteann Jennings
1/5	Glenn Busset
1/9	Ruth Windham
1/16	Lois Meisekothen
1/23	Barbara Myhre
1/24	Phyliss Finn

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

Employees

1/1	Kari Novak
1/5	Deidra Miller
1/5	Amber Stifter
1/5	Lenita Glanzer
1/5	Luchia Sicari
1/7	Shelbie Oickel
1/8	Kilie Unrein
1/8	Kelsey Grindstaff
1/13	Tamera Garibay
1/14	Chris Wataha
1/15	Katie Evans
1/15	Steven Skinner
1/15	Camille Whiteside
1/16	Christina Strange
1/17	Barbara McCosh
1/18	Davonte Williams
1/19	Kaitlyn Motley
1/19	Thatcher Damman

Independent Living

1/1	Norma Larson
1/3	Jo Call
1/5	Ruth Wells
1/5	Edith Jorns
1/6	Edith Chaput
1/9	Jo Anne Gordon
1/9	Ivan Tompkins
1/10	Mary Buatte
1/12	Donald Marks
1/13	Rae Stamey
1/13	Anna Walsh
1/14	Robert Reeves
1/20	Pat Niernberger
1/21	Ed Skidmore
1/23	Mary Schoeder
1/25	Zona Sarff
1/26	Bob Smith
1/27	Ila Pultz
1/29	Rosemary Burroughs
1/30	Betty Campbell
1/30	Theda Loehr

1/20	Jennifer Ortiz
1/21	Alison Vetter
1/13	Haylee Grubbs
1/24	Meghan Hitchcock
1/24	Gia Melton
1/25	Mercedez Cabrera
1/27	Chris Jensen
1/27	Julie Crabb
1/28	Lori DeMint
1/29	Mariah Premo
1/30	Janell Huffaker
1/30	Megan Chase

PRAIRIE★STAR

RESTAURANT

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

Jan. 3 - Jan. 9

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	January 3 ~ Lunch \$11	Dinner \$11
	Pot Roast Roasted Red Potatoes Vegetable of the Day	Chili Cornbread Vegetable of the Day
MONDAY	January 4 ~ Lunch \$11	Dinner \$11
	Baked Sole Rice Pilaf Vegetable of the Day	Cheeseburger Pie Vegetable of the Day
TUESDAY	January 5 ~ Lunch \$7	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Smoked Ham with Mustard & Chutney Glaze Mashed Sweet Potatoes Vegetable of the Day
WED.	January 6 ~ Lunch \$10	Dinner \$14
	BBQ Pulled Pork Sandwich French Fries Coleslaw	Maple Glazed Salmon Buttered Beets Rice Pilaf
THURS.	January 7 ~ Lunch \$7	Dinner \$12
	Pizza Bar (does not include drink, starter or dessert)	Smothered Chicken Leg & Thigh Roasted Red Potatoes Vegetable of the Day
FRIDAY	January 8 ~ Lunch \$10	Dinner \$13
	Manicotti with Spinach & Chicken Choice of Vegetable	Chicken Fried Steak Mashed Potatoes & Gravy Vegetable of the Day
SAT.	January 9 ~ Lunch \$10	Dinner \$13
	BBQ Chicken Wings Celery Sticks Potato Salad	Shrimp & Crab Spaghetti in Lemon Caper Sauce Garlic Toast Vegetable of the Day

* You may substitute an extra vegetable for the starch

Grosh Cinema Movies

Sunday, January 3 - Saturday, January 9

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

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

Sunday, January 3 – October Baby (2011)

A horrible truth surrounding her birth. A journey to discover her past. And a future that has yet to be decided.

Co-Starring: Rachel Hendrix, Jason Burkey & John Schneider

Rated PG-13; 1 hr. 48 min.

Monday, January 4 – Under the Tuscan Sun (2003)

After divorcing her cheating husband, Frances Mayes tries to overcome her depression and writer's block by taking a vacation to Tuscany.

Co-Starring: Diane Lane, Raoul Bova & Sandra Oh

Rated PG-13; 1 hr. 53 min.

Tuesday, January 5 – Time Out of Mind (2014)

A broken homeless man has a damaged relationship with his daughter. He's finally found shelter: next up is his self.

Co-Starring: Richard Gere, Ben Vereen & Jena Malone

Not Rated; 2 hrs. 1 min.

Wednesday, January 6 – North to Alaska (1960)

A tough, hard-drinking gold prospector agrees to go pick up his partner's fiancée, but winds up with a beautiful substitute instead. When both partners vie for her favor, trouble breaks out—in spades!

Co-Starring: John Wayne, Stewart Granger & Ernie Kovacs

Not Rated; 2 hrs. 1 min.

Thursday, January 7 – A Farewell to Arms (1932)

While serving in the Italian ambulance corps during World War I, an adventurous American begins a passionate romance with an English nurse.

Co-Starring: Gary Cooper, Helen Hayes & Adolphe Menjou

Not Rated; 1 hr. 18 min.

Friday, January 8 – Aloha (2015)

Returning to Hawaii to coordinate the launch of a revolutionary weapons satellite, defense contractor Brian Gilcrest reconnects with an old flame. Before long, however, he's distracted by the alluring Air Force officer assigned to be his escort.

Co-Starring: Bradley Cooper, Rachel McAdams & Emma Stone

Rated PG-13; 1 hr. 45 min.

Saturday, January 9 – The Best of Men (2012)

Society saw them as invalids waiting to die. He saw them as men with a lot of living left to do.

Co-Starring: George MacKay, Bee Bee Sanders & Leigh Quinn

Rated TV-PG; 1 hr. 29 min.

This Week's Opportunities January 3 - January 9

SUNDAY • JANUARY 3

Breakfast at Verna Belle's—Omelets with Fruit

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

7:00 p.m. ~ Vespers, Rev. John Wright, CR

MONDAY • JANUARY 4

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 Meeting, KSU CL

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

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

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

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

12:00 p.m. ~ Weights 101, 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

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

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

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

TUESDAY • JANUARY 5

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

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

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

12:00 p.m. ~ Parkinson's Webinar: Managing Anxiety in Parkinson's, CON

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

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

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

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

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

7:00 p.m. ~ KSU vs. Texas Men's Basketball Watch Party, GR

WEDNESDAY • JANUARY 6

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 Care Partner Support Group, TR

10:00 a.m. ~ Memory Activities Class, 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

11:00 a.m. ~ Technology Workshop, CON

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

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

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

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

2:00 p.m. ~ New Orleans Trip Meeting, LR

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

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

THURSDAY • JANUARY 7

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

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 Education Group, CR

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

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

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

FRIDAY • JANUARY 8

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 and 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: Jean Kennedy: Big Band & Broadway Musical Performance, CR

SATURDAY • JANUARY 9

Breakfast at Verna Belle's—Omelets with Fruit

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

3:30 p.m. ~ KSU vs. Oklahoma Men's Basketball 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