



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Jan. 8, 2015

Culture Story Writing Contest

Submit your entries today.

by Sarah Duggan, Community Relations Director

Happy New Year! Meadowlark Hills is kicking off 2015 with the second-ever Culture Story Contest beginning on Jan. 5. The purpose of this contest is to gather resident, family, staff and stakeholder's stories that speak to the uniqueness of Meadowlark Hills and how person-directed care has changed their thoughts on what it means to age.

There will be two categories: staff and non-staff. For each category, there will be three cash prizes awarded to the top three stories: \$500 (first), \$250 (second) and \$100 (third). Story submissions will be due by 5 p.m. Friday, Feb. 15, and must be submitted with a completed entry form. Winners will be announced at the March Town Meeting on Monday, March 2, and printed in the March 5 edition of the Meadowlark Hills Messenger.

Entry forms and topic packets are available at the Hospitality Desk, Human Resources office and on the Meadowlark Hills website

(www.meadowlark.org). If you have questions regarding the contest, please visit the Community Relations office or give me a call at (785) 323-3860. All submissions can be dropped off me in the Community Relations office (between the KSU Classroom and the CEO office) or via e-mail at sarah.duggan@meadowlark.org.

I hope you all will be motivated to share your story about the culture of Meadowlark Hills and how person-directed care has changed your perception on aging. Good luck!



ASK ANNIE

Q: What happened to Sunday Brunch? Are we going to have one anytime soon?

submitted by Annie Peace

Thank you for a perfect question. We will have three coming up in the very near future, one on Feb. 8, a pre-Valentine's Day brunch, one the March 15, as we march back in toward spring, and then one on April 5, for Easter Sunday. Thanks again for a great question and please keep them coming!



FOUNDATION NEWS

December 2014
Gifts In Honor of

*Lillian Pagenkopf
H. Wayne Fink
Phoebe Mullin
Jim Balding
Judy Cook
John Graham
Margaret Howe
Jack Goldstein
Russ Weisbender*

Donations were made to the Good Samaritan Fund, Lyle House Fund, Bramlage House Fund and Pond Project Fund.



Thank you for your continued support of the MLH Foundation and its mission.

The Meadowlark Hills Messenger is proudly sponsored by The Trust Company.

UPCOMING EVENTS & ANNOUNCEMENTS

Refocus the Focus!

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 Information Services Team member, Will Gold. Will is the Information Services Leader. Come meet Will at 10 a.m. Thursday, Jan. 8, in the KSU Classroom.

JPEGs

The JPEGs, Johnathan and Peg McBee, will be performing at 7 p.m. on Friday, Jan. 9, in the Community Room. They will be playing old-time country and rock & roll songs from the 50s, 60s and 70s. Come enjoy an evening of musical entertainment!

Red Hat Luncheon

Red Hat Ladies are invited to an luncheon at 12:30 p.m. Thursday, Jan. 8 in the Manhattan Room. You are invited to dine with your friends. Please RSVP by signing up in the Blue Book located at the Hospitality Desk.

Acoustic Musical Performance

Chris Biggs and Steve Hinrichs will be performing a vocal and acoustic show at 7 p.m. Friday, Jan. 16, in the Community Room. Chris and Steve play a variety of music including bluegrass, blues, rock, country and folk!

Marathon Bridge

Marathon Bridge will begin again in January. If you plan to play, please call Betty Grubb at (785) 776-3373 before Monday, Jan. 12. Newcomers are welcome!

Vespers Services

The Vespers service, led by the Reverend Ron Williams, will begin at 7 p.m. Sunday, Jan. 11, in the Community Room. All are welcome.

Lunch Specials Jan. 11 - 17

Sunday, Jan. 11 – Chicken Cordon Bleu Casserole with Corn	\$5.50
Monday, Jan. 12 – French Dip with Soup or Chips	\$3.75/\$5.50
Tuesday, Jan. 13 – Triple Meat Pizza	\$3.75/\$5.50
Wednesday, Jan. 14 – Quesadillas	
Cheese	\$3.00
Chicken	\$4.00
Steak	\$5.00
Thursday, Jan. 15 – Manicotti with Side Salad	\$3.75/\$5.50
Friday, Jan. 16 – Chili Cheese Dog with Soup or Chips	\$3.75/\$5.50
Saturday, Jan. 17 – Grilled Cheese with Tomato Soup	\$3.75/\$5.50



UPCOMING EVENTS & ANNOUNCEMENTS

2015 Winter Ball—Gold & Silver

The Meadowlark Hills 2014 Winter Ball is set for Saturday, Jan. 17, from 6 to 9 p.m. in the Community Center, including the Community Room, Game Room, and Prairie Star Restaurant.

Elegant silver and gold decorations will set the stage for this formal event. Feel free to dress the part in silver and gold! Formal attire is suggested, but not required.

Enjoy music provided by, not one, but two live bands! Beginning at 6 p.m. the quartet, Force de Femina, will play in Prairie Star Restaurant. Force de Femina specializes in classical music. Simultaneously, The Mainstreet Band will be performing in the Community Room. The Mainstreet Band is a cover band that will bring sock-hop favorites from the 1950s and 1960s. Feel free to mingle between both bands throughout the night!

The Winter Ball is always a great way to start off the new year. Come enjoy heavy appetizers, a cash bar, dancing and time with your friends.

All residents and staff are invited. No registration is required for this free event. You may come and go as you please.

Art Discussion Series

An Artist Discussion Series is coming to Meadowlark Hills. The sessions will be hosted by the Beach Museum of Art and will be held the second Wednesday of every month in the Manhattan Room. The first session will be at 6:30 p.m. Wednesday, Jan. 14, in the Manhattan Room. All residents who are interested are invited to participate.

The first Artist Discussion with the Beach Museum of Art will be about Francisco Goya, a Spanish painter during the 17th and 18th Centuries. Kim Richards, Education Assistant at the Beach Museum of Art, will be leading the discussion. She will also have examples of his work to share.

Exercise Classes Canceled

The following exercise classes will be canceled on Wednesday, Jan. 14: Weights 101, Sit & Be Fit and Beginner Tai Chi.

Men's Coffee Group

Come at 9 a.m. Friday, Jan. 9, to the Manhattan Room to enjoy coffee and fellowship.

Cultivating Community Through Shared Experiences

The Beach Museum of Art is hosting a program called Cultivating Community Through Shared Experiences. The staff at the museum invites past military wives to be paired with current military wives at 11 a.m. Thursday, Jan. 29, at the Beach Museum of Art. The goal of this meeting is for citizens to connect with people they might not otherwise talk to and thereby build the community in Manhattan.

The Beach Museum of Art is asking for 12 willing participants who were military wives in the past. Transportation is free and will depart from the Village entrance at 10:30 a.m., Thursday, Jan. 29. Please sign up in the Blue Book at the Hospitality Desk if you are interested in participating.

KSU Men's Basketball Watch Parties

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

- 6 p.m. Saturday, Jan. 10, against the University of Oklahoma
- 7 p.m. Wednesday, Jan. 14, against Texas Tech University
- 6 p.m. Tuesday, Jan. 20, against Iowa State University

Refreshments will be served.

LETTER TO THE MESSENGER

A Poem

submitted Wilma Hafenstein

The race through 2015 is well on the way
How many will make it to the finish I cannot say
It matters not when all I have to do is sing and play
I sure don't have to worry about making hay
Here at Meadowlark Hills they take such good care of me
I hope that many more days, months and years I get to see
The slower I go the faster time goes by—Golly! Gee!
But when the time is right I'll be home in Heaven for the
final victory

Whether I hurry or go slow
Makes no difference because I know
In God's Love, I'm always in the flow
No matter which way the wind may blow

TOWN MEETING MINUTES

January 5, 2015 the March 5th edition of the Meadowlark Messenger.

Welcome, Darcy Reinbold-Olson

Campus Update, Lonnie Baker

Lonnie discussed projects that have been completed or are near completion, including the concrete project and the second floor renovation. Within the next few months work is anticipated to begin on Honstead and Sloan houses. In the next six months, the 2016 Capital Expenditures planning will begin, and Lonnie asked for feedback from residents on things that are needed around campus, that might be considered for the Capital Expenditure Budget.

Community Relations Update, Sarah Duggan

Sarah announced that due to the success of last year's submissions for the Meadowlark Hills Culture Story, the contest will begin again as of Jan. 5. Entry forms and topic packets can be picked up at the front desk or in the Human Resources Office. The stories/essays should reflect person-directed care and the mission of Meadowlark Hills. All entries are due to Sarah Duggan by 5 p.m. on Feb. 15. There will be a category for staff and residents, and three cash prizes for each category. First place will win \$500, second place will win \$250, and second place wins \$100. The staff winners will be announced at the Feb. 20 employee recognition event. Resident winners will be announced at the March Town Meeting. All culture story winners will be published in

IL Update/Upcoming Events, Darcy Reinbold-Olson

Friday, Jan. 9, at 7 p.m., you are invited to join in the great music of Johnathan and Peg McBee, known as the JPegs. They will be performing country western and rock n' roll tunes from the 50's, 60's, and 70's.

Friday, Jan. 16, at 7 p.m. in the Community Room, enjoy the vocal and acoustic performance of Chris Biggs and Steve Hinrichs. Music will include bluegrass, blues, rock, country, and folk!

Join in the fun of the Winter Ball 6 p.m. on Saturday, Jan. 17, in the Community Room! This year's theme is Silver and Gold and formal attire is suggested. Music will be provided by the Mainstreet Band and Force de Femina.

Friday, Jan. 23, 7 p.m., in the Community Room, Kenrick Waite, owner of the Little Grill Restaurant, will be performing his own reggae music. Kenrick is a previous employee of Meadowlark Hills.

Come and enjoy a jazz performance on Friday, Jan. 30, 7 p.m. in the Community Room, by the R & R band, a group of KSU students, as they play instruments ranging from the drums, bass, trombone, and trumpet!

Adjourn

Submitted by Kristin Bribiesca

RESIDENT COUNCIL MINUTES

December 1, 2014

Members present: Sandra Emley, Ruth Wells, Ivan Tompkins, Ed Skidmore, Jean Beatty, Don Rasmussen, Bob Kruh, Betty Grubb, Orris Kelly, Jo Call, Sharon Smith, Ed Lindly and Polly Ferrell.

Staff present: Lonnie Baker and Darcy Reinbold-Olson

Updates:

1. Campus Update: Lonnie Baker reported Sloan/Honstead project is still on hold, approx. 6 weeks off target on completion date, exploring new options for heating & air units. 2nd floor renovation is almost complete.

2. Board of Trustees Update: Jean Beatty reported the Marketing and Resident Services Committee and Board has approved policies. Independent Living rate increase of 2.5 percent was approved by the Board. There will be a charge of 1percent of outstanding balance due. Orris

Kelly reported the Personnel Committee approved a 3% wage increase for CNA's, CMA's, and Homemakers. There were increases in employee health insurance, saving plans, fitness programs, and other benefits. These changes will encourage retention and ensure employees are appropriately compensated for their service to Meadowlark Hills. Loren Alexander was not present to provide his report on Long Term Planning, but sent a written report provided to each council member. Copy attached.

Approval of November Minutes:

Motion to approve the November minutes by Don Rasmussen. Motion seconded by Sharon Smith, and minutes were approved.

RESIDENT COUNCIL MINUTES CONT.

New Business:

1. Appreciation of Contracted Help- Sandra Emley revisited the discussion on ideas to show appreciation to our contracted help. Sharon Smith suggested gift cards. Don Rasmussen suggested Lonnie Baker seek legal advice because those individuals are not employees, Ivan Tompkins motioned we table the discussion, Jean Beatty seconded the motion. Bob Kruh reported the Employee Appreciation Gift was 20% higher this year. Bob was recognized for his leadership on this project.

2. Pond Donation- Don Rasmussen reported the donor is Carol Balding, in memory of Jim Balding. Carol asked for suggestions for the donation. One suggestion is a small structure on the east side of the pond, similar to the west side.

Old Business:

1. Shopping Carts- Five carts have been delivered.

Questions and Concerns

Don Rasmussen suggested construction materials be removed from the end of the Valley Rd. Add some shrubs to block the sight of Blue Hills Shopping Center. Lonnie

Baker approved clean up. He will talk to Mike Davis to move forward. Lonnie reported by next fall we should know our long range plan.

Sharon Smith brought up the dead trees and shrubs around campus. Lonnie Baker suggested a maintenance work order can be completed for removal.

Sharon Smith suggested council reps be notified when someone new moves in. Darcy Reinbold-Olson will do this.

Polly Ferrell mentioned a Frog Watching training can be provided to us by the Sunset Zoo, if there is enough interest. Sandra Emley suggested idea be taken to floor suppers to see if there is an interest. Don Rasmussen shared with the group that there are fewer frogs in the pond since adding catfish.

Identification of Action Items

See Table 1.

Adjourn

Submitted by: Darcy Reinbold-Olson

Table 1	Brief Description	Action to be Taken	By:	Status:
1.	Shopping Carts		Darcy Reinbold-Olson	Completed
2.	Frog watching training	Will discuss interest at floor/area suppers	Sandra Emley	In Progress
3.	Clean up at end of Valley Rd.		Lonnie Baker	In Progress

LETTER TO THE MESSENGER CONT.

Part D Open Enrollment Update

submitted by Rita Harsch

I would like to thank the residents and family members who came to the Part D Open Enrollment day on Nov. 25. Thirty-three individuals took advantage of the meeting with the North Flint Hills Area Agency on Aging/SHICK staff which also included seven couples.

The AAA reported that **\$17,293.00** was saved by those who came and decided that a different plan would still meet their needs with savings each month.

A reminder, if you have changed your medical insurance policies for 2015 (medical, prescriptions, etc.), please bring a copy of your new insurance cards to the finance office so your file can be updated.

My Second Winter Woods Walk

submitted by Sue Hunt

At the start, I noticed more trees have been signed. The first a very large Cottonwood (our native tree). Many more have been tagged including at Kentucky Coffee tree. The moss makes blue gray speckles on the north bark. The feeders are full of seeds, but I must have been too early to spot any birds. I did spy the red tail hawk patrolling his territory. More wood chips have been added and a trail start marker warning of uneven footing. At the bottom of the bottom of Meadowlark Valley Road walk south.

PRAIRIE★STAR

RESTAURANT

Jan. 11 – Jan. 17

Includes beverage, starter and dessert.

SUNDAY	Jan. 11 ~ Lunch \$12	Dinner \$11
	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Spaghetti & Meat Sauce Garlic Toast Vegetable of the Day
MONDAY	Jan. 12 ~ Lunch \$10	Dinner \$12
	Pulled Pork Sandwich Coleslaw French Fries	Crab Cakes Roasted Red Potatoes Vegetable of the Day
TUESDAY	Jan. 13 ~ Lunch \$6	Dinner \$11
	Taco Tuesday (does not include drink, starter or dessert)	Swiss Steak Mashed Potatoes Vegetable of the Day
WED.	Jan. 14 ~ Lunch \$10	Dinner \$12
	Hot Turkey Sandwich Choice of Vegetable	Sautéed Pork Tenderloin with Sherry Gravy & Green Chili Mashed Potatoes Vegetable of the Day
THURSDAY	Jan. 15 ~ Lunch \$7	Dinner \$11
	Pizza Bar (does not include drink, starter or dessert)	Chicken Parmesan Spaghetti Vegetable of the Day
FRIDAY	Jan. 16 ~ Lunch \$10	Dinner \$12
	Fish & Chips Cole Slaw	Trout Amandine Twice Baked Potato Vegetable of the Day
SATURDAY	Jan. 17 ~ Lunch \$10	Dinner \$15
	Tamale Pie Black Beans Mexican Rice	Grilled Rib Eye 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

Monday, January 12 - Sunday, January 18
Show Times: 1, 4 and 7 p.m., Monday – Saturday
2 and 6 p.m., Sunday

Monday, January 12 – Sense and Sensibility (1995)

Rich Mr. Dashwood Dies, leaving his second wife and her three daughters poor by the rules of inheritance. The two eldest daughters are the titular opposites.

Co-Starring: Emma Thompson, Kate Winslet & James Fleet

Rated PG; 2 hrs. 11 min.

Tuesday, January 13 – Frontera (2014)

A former Arizona sheriff's wife is killed while riding on their ranch property. It would appear a Mexican man illegally crossing into the US is at fault. As the former and the current sheriff search for answers, lives are changed forever.

Co-Starring: Ed Harris, Eva Longoria & Michael Pena

Rated PG-13; 1 hr. 43 min.

Wednesday, January 14 – Chef (2014)

A chef who loses his restaurant job starts up a food truck in an effort to reclaim his creative promise, while piecing back together his estranged family.

Co-Starring: Jon Favreau, Robert Downey Jr. & Scarlett Johansson

Rated R for language, including some suggestive references; 1 hr. 54 min.

Thursday, January 15 – Fire With Fire (2012)

A fireman takes an unexpected course of action when a man whom he's been ordered to testify against, after being held up at a local convenience store, threatens him.

Co-Starring: Josh Duhamel, Bruce Willis & Rosario Dawson

Rated R for strong violence, language and brief sexuality; 1 hr. 37 min

Friday, January 16 – Rush (2013)

The merciless 1970s rivalry between Formula One rivals James Hunt and Niki Lauda.

Co-Starring: Daniel Bruhl, Chris Hemsworth & Olivia Wilde

Rated R for sexual content, nudity, language, some disturbing images and brief drug use; 2 hrs. 3 min

Saturday, January 17 – The Hundred Foot Journey (2014)

The Kadam Family leaves India for France where they open a restaurant directly across the road from Madame Mallory's Michelin-starred Eatery..

Co-Starring: Helen Mirren, Om Puri & Manish Dayal

Rated PG; 2 hrs. 2 min.

Sunday, January 18 – Looking for Richard (1996)

Al Pacino's deeply-felt rumination on Shakespeare's significance and relevance to the modern world through interviews and an in-depth analysis of "Richard III."

Co-Starring: Al Pacino, Alec Baldwin & Kevin Spacey

Rated PG-13; 1 hr. 15 min.

This Week's Opportunities January 11 - January 17

SUNDAY • JANUARY 11

Breakfast at Verna Belle's—Omelets with Fruit

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

2:00 p.m. ~ Movie, GC

6:00 p.m. ~ Movie, GC

7:00 p.m. ~ Vespers, Rev. Ron Williams, CR

MONDAY • JANUARY 12

Trash pick-up day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

Dental Hygiene Clinic (By Appointment Only), Miller Spa

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

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

11:15 a.m. ~ Sit and Be Fit, CR

11:30 a.m. ~ Meadowlark Valley Lunch, LR

12:00 p.m. ~ 1st Presbyterian Men's Luncheon, MR

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

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

1:00 p.m. ~ Parkinson's Exercise Class, CR

1:30 p.m. ~ Hearing Aid Doctor, CON

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 • JANUARY 13

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, CON

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

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

7:00 p.m. ~ Dominoes, GR

WEDNESDAY • JANUARY 14

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

8:00 a.m. ~ Centering Prayer, TR

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

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

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

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

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

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

1:30 p.m. ~ Pitch, GR

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

3:00 p.m. ~ 3rd Floor Meeting, KSU CR

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

6:30 p.m. ~ Artist Discussion with the Beach, MR

7:00 p.m. ~ KSU Watch Party, GR

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

7:00 p.m. ~ Game Time, GR

THURSDAY • JANUARY 15

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. ~ Low Vision Support Group, KSU CR

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

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

7:30 p.m. ~ Sons of the American Revolution, CON

FRIDAY • JANUARY 16

Breakfast at Verna Belle's—Waffle or Pancake

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

10:00 a.m. ~ Veterans Group, Project Mercury Presentation, GC

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

11:15 a.m. ~ Sit and Be Fit, CR

12:30 p.m. ~ Mending Angel, GR

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

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

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

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

7:00 p.m. ~ Acoustic Musical Performance, CR

SATURDAY • JANUARY 17

Breakfast at Verna Belle's—Omelets with Fruit

9:00 a.m. ~ Acrylic/Watercolor Painting for Fun, KSU CR

9:30 a.m. ~ League of Women Voters, MR

1:00 p.m. ~ Movie, GC

4:00 p.m. ~ Movie, GC

6:00 p.m. ~ Winter Ball, CR & PS

7:00 p.m. ~ Movie, GC

• ROOM ABBREVIATIONS •

BP, Billiards Parlor

LB, Library

CR, Community Room

LR, Living Room

CON, Conference Room

MR, Manhattan Room

FC, Fitness Center

MCR, Miller Craft Room

GR, Game Room

PS, Prairie Star Restaurant

GC, Grosh Cinema

TR, Tranquility Room

KR, Kansas Room (Pub)

VE, Village Entrance

KSU CR, KSU Classroom

WS, Woodshop

DRINK SPECIAL



Jan. 12 to 17

Chocolate Raspberry Delight

1.5 oz Baileys

1.5 oz Chambord

\$3.75