



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Jan. 15, 2015

Kansas Day Celebration

Take a trip to the Kansas Museum of History!

by Pam Reding

Residents and Passport members are invited to join the day trip adventure to Topeka, Kan., in celebration of Kansas Day. The trip will include lunch at Red Robin Restaurant and a tour of the Kansas Museum of History. The excursion is set for Kansas Day, Thursday, Jan. 29.



History has been named one of the 8 Wonders of Kansas.

The special exhibit on display is *The Great Soldier State: Kansas and the Civil War*. Frontier Kansas was pivotal in the Union victory. As Kansas impacted the war effort, the war was also impacted by Kansas. After the war, settlement by

Transportation will depart for Topeka at 10:30 a.m. from the Village Entrance. Upon arriving, we will enjoy lunch at Red Robin Restaurant, famous for their gourmet burgers and bottomless fries.

After departing Red Robin Restaurant, we will head to the Kansas Museum of History. The Kansas Museum of History is an award-winning museum that tells the story of the people of Kansas. We will see the Santa Fe's oldest surviving locomotive, No. 132, from 1880, and A. K. Longren's 1914 version of the plane in which he made the first successful flight of a Kansas-built plane in 1911. The Kansas Museum of

hundreds of thousands of veterans who created new towns, businesses and railroads led Kansas to become known as the Great Soldier State. This special exhibit tells the Kansas story of the Civil War and features related objects from the collections of the Kansas Historical Society.

Transportation to Topeka and admission into the museum will be free. Lunch at Red Robin will be pay on your own. If you are interested in coming on this trip, register by signing up in the Blue Book. For further information, contact Pam Reding, Community Relations Assistant, at 323-3890.

Committee Member Sign Up

It is that time of year again to begin thinking about signing up for committees here on campus. You will find the sign up sheets in the Blue Book at the Hospitality Desk. At this time, you are able to retract your membership by marking off your name or apply for open positions on a committee by writing your

name on the corresponding committee sheet you would like to join. The committees include the Resident Ambassador Committee, Buildings and Grounds Committee, Messenger/Clerical Committee, Bingo Committee, Art Committee, Messenger Delivery Committee and the History Committee.



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

Reggae Musical Performance

Kenrick Waite will be performing reggae music at 7 p.m. on Friday, Jan. 23, in the Community Room. Kenrick owns the Little Grill Jamaican Restaurant in Manhattan and is a previous employee of Meadowlark Hills.

KSU Men's Basketball Watch Parties

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

- 6 p.m. Tuesday, Jan. 20, against Iowa State University
- 11 a.m. Saturday, Jan. 24, against Oklahoma State University
- 6 p.m. Tuesday, Jan. 27, against West Virginia University

Refreshments will be served.

Closings for Winter Ball

Prairie Star Restaurant will be closing at 2 p.m., on Saturday, Jan. 17. Verna Belle's Café will remain open till 6 p.m., and you will be able to order from the Prairie Star Menu or order the Grilled Ribeye Special.

A movie will not be shown in the Grosh Cinema on Saturday, Jan. 17, due to Winter Ball.

Vespers Services

The Vespers service, led by the Zona Sarff, will begin at 7 p.m. Sunday, Jan. 18, in the Community Room. All are welcome.

2015 Winter Ball—Gold & Silver

The Meadowlark Hills 2015 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. Formal attire is suggested, but not required.

Enjoy music provided by two live bands! Beginning at 6 p.m. the quartet, Forza 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 perform favorites from the 1950s and 1960s. Feel free to mingle between both bands throughout the night!

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.

Lunch Specials Jan. 18 -24

Sunday, Jan. 18 – Baked Spaghetti with Green Beans	\$5.50
Monday, Jan. 19 – White Chicken Chili with Cornbread Muffin	\$3.75/\$5.50
Tuesday, Jan. 20 – Upside-Down Shepherd's Pie	\$5.50
Wednesday, Jan. 21 – Mexican Chicken Rice Bowl	\$5.50
Thursday, Jan. 22 – Tomato & Pesto Grilled Cheese with Soup or Chips	\$3.75/\$5.50
Friday, Jan. 23 – Turkey Club Panini with Soup or Chips	\$3.75/\$5.50
Saturday, Jan. 24 – Ham Salad Sandwich with Soup or Chips	\$3.75/\$5.50



UPCOMING EVENTS & ANNOUNCEMENTS

Hale Library Concert Series

Meadowlark Hills is a sponsor of the Hale Library Concert Series. The second concert will be at 7:30 p.m. on Friday, Jan. 30, in the Hemisphere Room in the Hale Library.

The Friends of the K-State Libraries will be presenting a very special performance honoring composer Gail Kubik. Performers include K-State music faculty, including Amanda Arrington, piano, Paul Hunt, trombone, Tod Kerstetter, clarinet, David Littrell, strings, Kristin Mortenson, violin, and Craig Parker, trumpet.

Transportation will depart at 6:45 p.m. from the Village Entrance, and there will be no charge. Sign up in the Blue Book for transportation.

Service of Remembrance

You are invited to attend the Service of Remembrance to celebrate the lives of those we've lost in the last month. The service will begin at 3 p.m. Friday, Jan. 23, in the Living Room. All are welcome to attend.

Veterans Group Meeting

The next Veteran's Group meeting will be at 10 a.m. Friday, Jan. 16, in the Grosh Cinema. Duane Miksch will be giving a special presentation on Project Mercury.

Brownbag Lunch Lecture Series

Bring a lunch and listen to a televised class presentation on "Hard to Dodge Topics for Seniors" by Cathy Borgman, Chris Duncan and Connie Fahey at noon Wednesday, Jan. 21, in the West Conference Room. No registration necessary.

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. Come out and enjoy some good music!

Messenger Delivery

An additional person is needed to deliver Messengers on Thursday mornings to the Valley Road duplexes. If you are interested in helping, contact Sarah Duggan at 323-3860.

Culture Story Writing Contest

Happy New Year! Meadowlark Hills is kicking off 2015 with the second-ever Culture Story Contest. 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. 13, 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!

DRINK SPECIAL



Jan. 19 to 24

CranApple Cocktail

1.5 oz Red Apple Schnapps
1.5 oz Cranberry Juice

\$3.75

ANNOUNCEMENTS

Shopping Trip

Take advantage of the complimentary transportation to local shopping centers. Transportation now goes to the following locations: Dillons and Walmart. The next trip departs at 10 a.m. Wednesday, Jan. 21, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

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.

Lynette Ford's Retirement Party

A retirement party for Hospitality staff member, Lynette Ford, is scheduled from 2 to 4 p.m. on Thursday, Jan. 22, in the Community Room. Come wish Lynette all the best. All are welcome.



Alice Nichols' 90th Birthday Party

You are invited to the Game Room from 2 to 4 p.m. on Thursday, Jan. 29, to celebrate Alice Nichols' 90th birthday. Stop by for cake, celebration and conversation. All are welcome.

ASK ANNIE

Q: How does Meadowlark Hills decide which driveways to replace?

submitted by Annie Peace

I heard this question came up at Town Meeting. What a great question! Each fiscal year we budget capital dollars to replace two or three driveways, and we prioritize the replacement based on the highest need. Therefore, the driveways with the most wear are replaced first. Certainly after this week I am looking forward to the spring when we begin to look at more concrete work and more so for the beautiful green grass, sunshine and flowers. Thank you for another great question, please keep them coming. You can e-mail me your questions at annie.peace@meadowlark.org or place them in the Ask Annie box at the Hospitality desk.



Joke of the Week

Proofreading is a dying art...

- Notice in a farmer's field: The farmer allows walkers to cross the field for free, but the bull charges.
- In a Laundromat: Automatic washing machines. Please remove all your clothes when the light goes out.
- In a London department store: Bargain basement upstairs.
- In an office: Would the person who took the step ladder yesterday please bring it back or further steps will be taken.
- In an office: After tea break, staff should empty the teapot and stand upside down on the draining board.
- Outside a secondhand shop: We exchange anything—bicycles, washing machines, etc. Why not bring your wife along and get a wonderful bargain?
- Spotted in a safari park: Elephants, please stay in your car.
- Seen during a conference: For anyone who has children and doesn't know it, there is a day care on the first floor.
- Message on a leaflet: If you cannot read, this leaflet will tell you how to get lessons.
- On a repair shop door: We can repair anything. (Please knock hard on the door—the bell doesn't work.)

PRAIRIE★STAR

RESTAURANT

Jan. 18 – Jan. 24

Includes beverage, starter and dessert.

SUNDAY	Jan. 18 ~ Lunch \$12	Dinner \$11
	Roast Pork Loin with Balsamic Cherry Sauce Scalloped Potatoes Vegetable of the Day	Beef Tips Fettuccine Vegetable of the Day
MONDAY	Jan. 19 ~ Lunch \$10	Dinner \$12
	BBQ Chicken Sandwich Steak Fries Cole Slaw	Chicken Newburg in Savory Cream Puff Wild Rice Vegetable of the Day
TUESDAY	Jan. 20 ~ Lunch \$7	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Baked Ham with Brown Sugar Glaze Au Gratin Potatoes Vegetable of the Day
WED.	Jan. 21 ~ Lunch \$10	Dinner \$13
	Roasted Vegetable Pasta Garlic Toast	Baked Cod Filet with Sundried Tomato Sauce Roasted Baby Reds Vegetable of the Day
THURSDAY	Jan. 22 ~ Lunch \$7	Dinner \$13
	Hamburger & Hot Dog Bar (does not include drink, starter or dessert)	Chicken Breast Florentine with Supreme Sauce Rice Pilaf Vegetable of the Day
FRIDAY	Jan. 23 ~ Lunch \$10	Dinner \$13
	Grilled Ham & Cheese Sandwich Cream of Tomato Soup	Grilled Pork Chop with Homemade Apple Sauce Garlic Mashed Potatoes Vegetable of the Day
SATURDAY	Jan. 24 ~ Lunch \$10	Dinner \$15
	Fried Catfish Filet Steak Fries Choice of Vegetable	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 19 - Sunday, January 25

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

Monday, January 19 – 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.

Tuesday, January 20 – Begin Again (2013)

A chance encounter between a disgraced music-business executive and a young singer-songwriter new to Manhattan turns into a promising collaboration between the two talents.

Co-Starring: Keira Knightley, Mark Ruffalo & Adam Levine

Rated R for language; 2 hrs. 4 min.

Wednesday, January 21 – The Prince (2014)

When his daughter is kidnapped, a retired assassin is drawn back into the life he gave up. To rescue her, he must confront his former rival.

Co-Starring: Jason Patric, Bruce Willis & John Cusack

Rated R for language, drug content and violence; 1 hr. 33 min.

Thursday, January 22 – In the Name of the King (2007)

A man named Farmer sets out to rescue his kidnapped wife and avenge the death of his son —two acts committed by the Krugs, a race of animal-warriors who are controlled by the evil Gallian.

Co-Starring: Jason Statham, Ron Perlman & Ray Liotta

Rated PG-13; 2 hrs. 7 min

Friday, January 23 – Jersey Boys (2014)

The story of four young men from the wrong side of the tracks in New Jersey who came together to form the iconic 1960's rock group The Four Seasons.

Co-Starring: John Lloyd Young, Erich Bergen & Michael Lomenda

Rated R for language throughout; 2 hrs. 32 min

Saturday, January 24 – Guardians of the Galaxy (2014)

A group of intergalactic criminals are forced to work together to stop a fanatical warrior from taking control of the universe.

Co-Starring: Chris Pratt, Vin Diesel & Bradley Cooper

Rated PG; 2 hrs. 1 min.

Sunday, January 25 – Stardust (2007)

In a countryside town bordering on a magical land, a young man makes a surprise to his beloved that he'll retrieve a fallen star by venturing into the magical realm.

Co-Starring: Charlie Cox, Claire Danes & Sienna Miller

Rated PG-13; 2 hrs. 7 min.

This Week's Opportunities January 18 - January 24

SUNDAY • JANUARY 18

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, Zona Sarff, CR

MONDAY • JANUARY 19

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

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. ~ Ladies Pool Table Time, BP

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

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

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

7:00 p.m. ~ Woodwinds Anonymous, LR

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

TUESDAY • JANUARY 20

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

7:30 a.m. ~ 1st Presbyterian 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

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

2:00 p.m. ~ Life Story, LR

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

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

5:30 p.m. ~ 2nd Floor Supper, CR

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

6:00 p.m. ~ KSU Watch Party (K-State vs Iowa State), GR

7:00 p.m. ~ Dominoes, GR

WEDNESDAY • JANUARY 21

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

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

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

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

10:00 a.m. ~ Wal-Mart/Dillons Shopping Trip, VE

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

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

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

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

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

12:00 p.m. ~ Brownbag Lunch Series (Hard to Dodge Tropics for Seniors), CON

1:30 p.m. ~ Pitch, GR

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

2:30 p.m. ~ General Support Group, CON

2:30 p.m. ~ Lutheran Communion, LR

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

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

THURSDAY • JANUARY 22

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

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

2:00 p.m. ~ Lynette's Retirement Party, CR

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

4:00 p.m. ~ St. Paul's Episcopal Church Service, LR

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

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

FRIDAY • JANUARY 23

Breakfast at Verna Belle's—Waffle or Pancake

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

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

11:15 a.m. ~ Sit and 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 Caregiver Support Group, LR

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

3:00 p.m. ~ Service of Remembrance, LR

7:00 p.m. ~ Reggae Music with Kenrick Waite, CR

SATURDAY • JANUARY 24

Breakfast at Verna Belle's—Omelets with Fruit

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

11:00 a.m. ~ KSU Watch Party (K-State vs Oklahoma State), GR

1:00 p.m. ~ Movie, GC

4:00 p.m. ~ Movie, GC

7:00 p.m. ~ Movie, GC

• 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 CR, KSU Classroom

LB, Library

LR, Living Room

MR, Manhattan Room

MCR, Miller Craft Room

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WS, Woodshop