



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Feb. 12, 2015

## Free Tax Help

*Schedule an appointment for tax assistance*



AARP Tax-Aide volunteers will be at the Riley County Seniors' Service Center until Wednesday, April 15, to provide free tax assistance to seniors ages 60 and over. Appointments can be scheduled for those needing assistance with their simple IRS 1040 tax returns and Kansas returns. Tax returns will be filed electronically

allowing for faster tax refunds.

This free service is by appointment only at the Riley County Seniors' Service Center, 301 N. 4th Street, Manhattan, Kan. To schedule an appointment, call (785) 537-4040.

## ASK ANNIE

### Q: Who won the Not-So-Newlywed game?

*submitted by Annie Peace*

The Not-So-Newlywed game was a huge success and there was a great turn out. The audience enjoyed punch and cheesecake bites as the following four couples competed in the game: Nyle and Norma Larsen,

Max and Jean Brecheisen, Michael and Kristin Bribiesca and Shawn and Stefanie Morris. The event



was filled with lots of laughter, and we thank the participants for being so open and light hearted. Lots of amusing answers and terms of endearments were shared. It was a close game, but the winning couple

was Shawn and Stefanie Morris. Thank you for another great question and please keep them coming.



*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

### Vespers Services

The Vespers service, led by the Rev. Cam McConnell, will begin at 7 p.m. Sunday, Feb. 15, in the Community Room. All are welcome.

### Red Hatters Luncheon

This month's Red Hat Luncheon that was scheduled for today, Thursday, Feb. 12, has been canceled. Watch the Messenger for information about the March Red Hat Luncheon.

### Ash Wednesday Service

*submitted by Chaplain Patty Brown-Barnett:*

The Season of Lent begins Wednesday, Feb. 18, which is Ash Wednesday. Meadowlark Hills will be offering two worship services that day. The first service, scheduled for 10 a.m. in the KSU Classroom is not an Ash Wednesday service, just the regular third Wednesday (of the month) service. Pastor Dennis Ulrey from Manhattan Baptist Church, will be our preacher.

There will be an Ash Wednesday Service offered in the Community Room at 2 p.m., led by Chaplain Patty Brown-Barnett and assisted by Retired Chaplain Orris Kelly. Everyone is welcome to participate, and receiving ashes is always optional.

### Cadence A Cappella

The K-State singing group, Cadence A Cappella, will be performing at 7 p.m. Friday, Feb. 20, in the Community Room. Cadence members will sing barbershop, popular music, oldies, doo-wop and more.

Cadence A Cappella was founded in 1998 by a small group of students who love to sing, and it's been going strong ever since. It is a very versatile group, with men from every class and many different majors including education, engineering, graphic design, and more! You won't want to miss this fun, energetic and entertaining all male ensemble performance.

### Meadowlark Hills Singers Valentine's Day Concert

Come listen to the Meadowlark Hills Singers perform beautiful love songs at the Valentine's Day Concert at 7 p.m. Friday, Feb. 13, in the Community Room. Refreshments will be served.

### Eyeglass Adjustment

Alex's Affordable Eyewear will be here from 3 to 4 p.m. on Saturday, Feb. 21, in the Community Room. They will adjust eyeglasses for residents at no charge.



## Lunch Specials Feb. 15–21

<b>Sunday, Feb. 15 – Ham and Potato Casserole with Soup or Chips</b>	<b>\$5.50</b>
<b>Monday, Feb. 16 – Triple Meat Pizza</b>	<b>\$3.75/\$5.50</b>
<b>Tuesday, Feb. 17 – BBQ Pork Sandwich with Cheesy Potatoes</b>	<b>\$5.50</b>
<b>Wednesday, Feb. 18 – Sloppy Joes with Soup or Chips</b>	<b>\$5.50</b>
<b>Thursday, Feb. 19 – Baked Chicken with Mashed Potatoes &amp; Gravy</b>	<b>\$5.50</b>
<b>Friday, Feb. 20 – Ham and Beans with Cornbread Muffins</b>	<b>\$3.75/\$5.50</b>
<b>Saturday, Feb. 21 – Tuna Salad with Soup or Chips</b>	<b>\$3.75/\$5.50</b>

## UPCOMING EVENTS & ANNOUNCEMENTS

### Culture Story Writing Contest

Don't forget to submit your entry to the Culture Story Contest by 5 p.m. Friday, Feb. 13. There are 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). Entries must be submitted with a completed entry form.

Entry forms and topic packets are available at the Hospitality Desk, Human Resources office and on the Meadowlark Hills website ([www.meadowlark.org](http://www.meadowlark.org)). If you have questions regarding the contest, please visit the Community Relations office or call (785) 323-3860. All submissions can be dropped off in the Community Relations office (between the KSU Classroom and the CEO office) or via e-mail at [sarah.duggan@meadowlark.org](mailto:sarah.duggan@meadowlark.org).

### Informed Voters/Fair Courts Presentation

This event is sponsored by the League of Women Voters of Manhattan/Riley County and the Manhattan Branch of the American Association of University of Women and will be honoring Bob and Janet Kruh.

F. James Robinson, Jr. will be the presenter from 10 a.m. to 12 p.m. Saturday, Feb. 14, in the Little Theater at the K-State Union. He is the chairman of the Kansas Bar Association Legislative Committee and an expert on the issues of selection of judges. Mr. Robinson is the recipient of many awards for legal excellence and is listed in *Kansas and Missouri Superlawyers* as well as *Best Lawyers in American, 2014*. Transportation will depart at 9:45 a.m. from the Village Entrance and the cost is \$3. Sign up in the Blue Book for transportation.

### Techniques to Make Your Writing Memorable

This Osher course will focus on discovering techniques to make your writing come to life through the use of sense details, pacing, clarity, and choosing just the right topic. The first class of this course is Wednesday, Feb. 18, from 2 to 4 p.m. in the KSU Classroom. The second and third classes of this course will be held Wednesday, Feb. 25, and Wednesday, March 4. Prior registration is required to attend this course.

### Prairie Star Restaurant Closing Early, Feb. 20

Prairie Star Restaurant will be closing at 3 p.m. Friday, Feb. 20, so employees can attend the Annual Employee Recognition Event. Boxed meals will be available for pick up at 2:30 p.m. in the Prairie Star Lobby. The cost is \$5.95.

The boxed meal includes a choice of white or wheat bread, swiss or American cheese, ham or turkey, an apple, chips and a chocolate chip cookie. Sign up in the Blue Book at the Hospitality Desk.

### KSU Men's Basketball Watch Parties

Enjoy refreshments and watch the KSU Men's basketball games in the Game Room at:

- 7 p.m. Saturday, Feb. 14, against the University of Oklahoma
- 7 p.m. Wednesday, Feb. 18, against Texas Christian University
- 12 p.m. Saturday, Feb. 21, against Baylor University

### Brownbag Lunch Lecture Series

Bring a lunch and watch a televised class presentation on "Ask An Attorney About Elder Care: Living Wills and Health Directives" by Dana Pugh at noon Wednesday, Feb. 25, in the West Conference Room. No registration necessary.

### McCain Event—Raise the Roof

The departure time has been changed for this event. Transportation will depart at 6:15 p.m. Friday, Feb. 13, from the Village Entrance for Raise the Roof at the McCain Auditorium. The cost for transportation is \$3. A ticket is required to attend this event.

### Library Book Delivery

The Manhattan Public Library offers a service called Homebound Delivery. If you can't get to the library, the Manhattan Public Library can help make sure you can keep reading. Through Homebound Delivery, the Adult Services librarians select books and audiobooks, tailored to your tastes and interests, and deliver them to your door. To sign up for this service, stop at the Hospitality Desk and pick up a form. Once you have filled out the form, return it to the Hospitality Desk. The library's Homebound Coordinator will contact you to arrange delivery.

## UPCOMING EVENTS & ANNOUNCEMENTS

### Grandparents Staying Connected with their Grandchildren Through Social Media

Grandparents are a crucial component to the successful development of their grandchildren, regardless of the distance between them. With modern technology it is possible to bridge this distance with relative ease, allowing for consistence and valuable communication across the generations.

Come discover with the K-State Research and Extension team how you can better engage and interact with your grandchildren through the use of social media and technology. You will explore the possibilities modern technology has afforded us with the use of computers, cell phones, tablets and a host of social media sites and applications. This learning session will meet 10:30 a.m. to 12 p.m. Thursday, Feb. 12, at Nelson Landing, 107 Erpelding Street, Leonardville, KS. This session is free to attend but registration is required by going to [www.riley.ksu.edu](http://www.riley.ksu.edu) to sign up.

### Acrylic Watercolor Painting for Fun

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, Feb. 14, in the KSU Classroom. Don't forget to bring a canvas and paint supplies.

Future subjects will be textures with plastic wrap and color washes for skies and lakes. Hope to see you there!

### 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, Feb. 18, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

### Low Vision Support Group

Please join us in the KSU Classroom for Low Vision Support Group at 2 p.m. Thursday, Feb. 19, with Mandy Smith who will be providing Kitchen Safety training. Mandy specializes in low vision resources and plans to bring some kitchen utensils that can assist those with low vision difficulties who can benefit from additional kitchen safety awareness.

### Day Trip to Waterville

Climb aboard as we visit Waterville, Kan. for the day! Tuesday, Feb. 24, we'll tour the Weaver Hotel, Depot Museum and browse Anntie M's Attic.



The Weaver Hotel was built in 1905 and sits directly across the street from the railroad tracks. Passengers waited for their train in the front parlor of the hotel, found lodging upstairs, ate in the dining room, and stepped across the street for performances in the Opera House.

A landmark of railroad history, the Weaver Hotel is also a symbol of the partnership between local commerce and the transportation industry. It came into being because of the railroad and lives again as a railroad history preserved in Waterville. After sitting quietly empty for years, the Waterville Preservation Society purchased the building and set out to save a piece of the community's history. With the help of two grants and the hard work of many concerned citizens, the Weaver Hotel has been given a new face-lift inside and out and is ready for your visit. The facility hosts 10 lodging rooms, two party rooms, a visitor center with gift shop, and a 4-floor elevator.

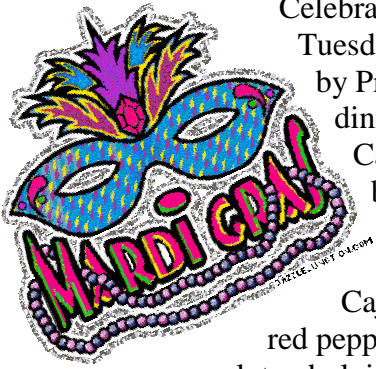
The bus will depart from the Village Entrance for Waterville at 10 a.m. Tuesday, Feb. 24. The group will go on a tour of the Weaver Hotel upon arriving to Waterville, then have lunch at the hotel. The lunch menu includes: chicken fettuccine alfredo, a green salad, garlic bread and a brownie sundae with Call Hall Ice Cream. After lunch, we'll tour the Depot Museum across the street then end our visit with a trip to Anntie M's Attic, a large collection of women's vintage hats, clothing and accessories from 1870's to the 1980's. The group plans to return to Meadowlark Hills around 3 p.m.

Please sign up in the Blue Book at the Hospitality Desk if you would like to come along. The cost for the trip is \$30 and includes lunch (gratuity and tax), all tours and transportation. Please contact Sarah Duggan at (785) 323-3860 with questions.



## UPCOMING EVENTS & ANNOUNCEMENTS

### Celebrate Mardi Gras



Celebrate Mardi Gras on Tuesday, Feb. 17, by stopping by Prairie Star Restaurant for dinner and enjoy some Cajun food. Gumbo will be served as the soup of the day and the dinner special will be grilled Cajun shrimp with roasted red pepper sauce and stuffed

pork tenderloin with Andouille sausage dressing and red beans and rice with

broccoli. King cake will be offered for dessert. The person who finds the baby in their cake will win a \$25 Meadowlark Hills gift certificate. Stop by the Prairie Star Restaurant to enjoy some good food, a chance to win and to celebrate the day.

### Lunch Outing

A lunch outing is planned for Thursday, Feb. 19, to Bella's Italian Restaurant in Manhattan, Kan. This new restaurant in town features authentic Italian meals. Transportation will depart from the Village Entrance at 11:30 a.m. Sign up in the Blue Book at the Hospitality Desk for this trip. Transportation will be \$3 and the meal will be pay-on-your-own.

### Celebration of Life—Remembering Alice Nichols

Come to the Community Room at 2:30 p.m. Saturday, Feb. 14, to celebrate Alice Nichols' life. Mingle and enjoy refreshments as we remember Alice. All are welcome.

### Joke of the Week

The problem with being retired is that you never know what day it is, what time it is, where you're supposed to be, or what you're supposed to be doing. It's a lot like working for the government.

### The Fire Still Burns: Highlights of the Center on Aging's Sexuality Research

This Center on Aging next lecture series will be at 4 p.m. on Thursday, Feb. 12, in the KSU Classroom. One of the Center on Aging's primary research areas is sexuality and aging. In this session, center staff members, Laci Cornelison and Dene Mosier will share findings from their studies of sexuality in long-term care settings and female cohort differences in sexual education. This session will be interactive and very informal. Bring an open mind and be ready to shout BINGO!

## LETTER TO THE MESSENGER

### Thank you!

*submitted by Meadowlark Hills Ambassadors*

Thank you to all that contributed to the Ambassador donation drive for the Crisis Center.

A special thanks to the household staff that gave a large supply of linens. To all of the residents and staff who purchased new needed items, and a great many residents who collected and donated extra items from their homes.

Thank you also to transportation that helped us deliver the amazing large amount of supplies on a cold and snowy day.

DRINK SPECIAL



### Feb. 15 to 21 Lincoln Club Cooler

1.5 oz Cruzan Rum  
3 oz Ginger Ale

**\$3.75**

# PRAIRIE★STAR

## RESTAURANT

**Feb. 15– Feb. 21**  
Includes beverage, starter and dessert.

SUNDAY	Feb. 15 ~ Lunch \$12	Dinner \$11
	Pot Roast with Carrots, Celery and Onions Roasted Reds	Beef Lasagna with Garlic Toast Vegetable of the Day
MONDAY	Feb. 16 ~ Lunch \$11	Dinner \$13
	BBQ Pulled Pork Sandwich Potato Salad Choice of Vegetable	Chicken Veronique Rice Pilaf Vegetable of the Day
TUESDAY	Feb. 17 ~ Lunch \$7	Dinner \$14
	Fajita Bar (does not include drink, starter or dessert)	Grilled Cajun Shrimp with Roasted Red Pepper Sauce and Stuffed Pork Tenderloin with Andouille Sausage Dressing Red Beans & Rice with Broccoli
WED.	Feb. 18 ~ Lunch \$10	Dinner \$14
	Spinach Quiche Choice of Vegetable	Baked Sole with Crabmeat Stuffing Roasted Ranch Red Potatoes Vegetable of the Day
THURSDAY	Feb. 19 ~ Lunch \$7	Dinner \$12
	Salad Bar (does not include drink, starter or dessert)	Chicken and Dumplings Mashed Potatoes Vegetable of the Day
FRIDAY	Feb. 20 ~ Lunch \$11	Dinner \$15
	Shrimp Pieces Hush Puppies Coleslaw	Baked Halibut with Shallot Crust served on an Asparagus Raft with Asparagus Sauce
SATURDAY	Feb. 21 ~ Lunch \$	Dinner \$15
	Beef Stew Garlic Toast Choice of Vegetable	Steak 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, February 15 - Saturday, February 21

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

### **Sunday, February 15 – Ella Enchanted (2004)**

Ella is under a spell to be constantly obedient, a fact she must hide from her new step-family in order to protect the prince of the land, her friend for whom she's falling for.

**Co-Starring: Anne Hathaway, Hugh Dancy & Cary Elwes**

**Rated PG; 1 hr. 36 min.**

### **Monday, February 16 – Funny Face (1957)**

An impromptu fashion shoot at a book store brings about a new fashion model discovery in the shop clerk.

**Co-Starring: Audrey Hepburn, Fred Astaire & Kay Thompson**

**Rated NR; 1 hr. 43 min.**

### **Tuesday, February 17 – The Lone Ranger (2013)**

Native American warrior Tonto recounts the untold tales that transformed John Reid, a man of the law, into a legend of justice.

**Co-Starring: Johnny Depp, Armie Hammer & William Fichtner**

**Rated PG-13; 2 hrs. 29 min.**

### **Wednesday, February 18 – U-571 (2000)**

A German submarine is boarded by disguised American submariners trying to capture their Enigma cipher machine.

**Co-Starring: Matthew McConaughey, Bill Paxton & Harvey Keitel**

**Rated PG-13; 1 hr. 56 min.**

### **Thursday, February 19 – Last Weekend (2014)**

When an affluent matriarch gathers her dysfunctional family for a holiday at their Northern California lake house, her carefully constructed weekend begins to come apart at the seams, leading her to question her own role in the family.

**Co-Starring: Patricia Clarkson, Zachary Booth & Joseph Cross**

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

### **Friday, February 20 – Kindergarten Cop (2013)**

A tough cop is given his most difficult assignment ever: to masquerade as a kindergarten teacher in order to find a drug dealer.

**Co-Starring: Arnold Schwarzenegger & Penelope Ann Miller**

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

### **Saturday, February 21 – All Is Lost (2013)**

After a collision with a shipping container at sea, a resourceful sailor finds himself, despite all efforts to the contrary, staring his mortality in the face.

**Starring: Robert Redford**

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

# This Week's Opportunities February 15 - February 21

## SUNDAY • FEBRUARY 15

*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, Cam McConnell, CR

## MONDAY • FEBRUARY 16

*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

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

1:30 p.m. ~ Ladies Pool Table Time, BP

2:15 p.m. ~ Parkinson's Voice Class, KSU CR

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

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

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

## TUESDAY • FEBRUARY 17

*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



## WEDNESDAY • FEBRUARY 18

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

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

8:45 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

10:00 a.m. ~ Wal-Mart/Dillon's Shopping Trip, VE

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

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

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

1:30 p.m. ~ Pitch, GR

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

2:00 p.m. ~ Ash Wednesday Service, CR

2:00 p.m. ~ Osher Class (Writer's Workshop-Techniques to Make Your Writing Memorable), KSU CR

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

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

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

7:00 p.m. ~ KSU Watch Party (K-State vs TCU), GR

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

## THURSDAY • FEBRUARY 19

*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

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

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

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

## FRIDAY • FEBRUARY 20

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

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

10:00 a.m. ~ Veterans Group, 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. ~ Cadence A Cappella Performance, CR

## SATURDAY • FEBRUARY 21

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

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

12:00 p.m. ~ K-State Watch Party (K-State vs Baylor), GR

1:00 p.m. ~ Movie, GC

3:30 p.m. ~ 12:00 p.m. ~ Eyeglass Repair by Alex's Affordable Eyewear, CR

4:00 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