



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Feb. 19, 2015

## Visit the Salt Museum

*Come on an adventure 650 feet below the surface*

Residents and Passport members are invited to come on a day trip to Hutchinson, Kan., for a tour of the Strataca Kansas Underground Salt Museum and lunch at Jillian's Italian Grill. This exciting trip is set for Tuesday, March 10.



medicine & medical equipment, jackets, walkers, canes, scooters and wheelchairs. It will be 68 degrees underground so be sure to dress to stay warm.

After departing the museum, we will head to lunch at Jillian's Italian

Transportation will depart for Hutchinson at 8 a.m. from the Village Entrance. After arriving, we will take a self-guided walking tour and then hop on the handicap-accessible tram Dark Ride.

Strataca Kansas Underground Salt Museum is 650 feet below the Kansas prairie and is the only salt mine tour of its kind in North America. The following items are not allowed underground: firearms, knives, pets, tobacco products or drinks. Bottled water and snacks are available for purchase underground. Coin operated lockers and a coat rack are available near the restrooms for personal items. The following items are you can take underground: flashlights, cameras, purses,

Restaurant and enjoy a lunch combo of soup or salad and choice of half a sandwich, half a pizza or half a calzone.

The cost of the trip will be between \$58 and \$65 per person depending on the number of people in attendance. This cost will include admission to the salt museum, lunch at Jillian's Italian Grill (including lunch combo, a beverage and gratuity) and transportation.

If you are interested in coming on this day trip, register by signing up in the Blue Book at the Hospitality Desk. The cost of the trip will be added to your March finance statement that you will receive at the beginning of April.

## Meadowlark Hills *Got Talent!*

*Show off your unique talent*

It's that time of year again to show your friends and neighbors just how talented you really are at the Meadowlark Hills Talent Show! The show will start at 7 p.m. Friday, March 20, in the Community Room.

Talented amateurs and skilled performers will gather to compete for the title of Meadowlark Hills' Most Talented. Bring your songs, poetry, artwork, comic routine or unique talent to share with the crowd. Acts

are limited to a five-minute maximum.

A panel of judges will decide who the most talented Meadowlarkian is! The top three winners will receive a prize. Residents, employees and family members are invited to sign up to compete in the show. Sign up in the Blue Book at the Hospitality Desk. Notify Mary Irsik at the Hospitality Desk of any set-up needs for your performance by Monday, March 16. Good luck!



*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. 22, in the Community Room. All are welcome.

### 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.

### Card Making with Michelle

Join Michelle Lehmer at 2 p.m. Tuesday, Feb. 24, in the Living Room to create greeting cards for all occasions!

### Lunch Outing

A lunch outing is planned for today, 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.

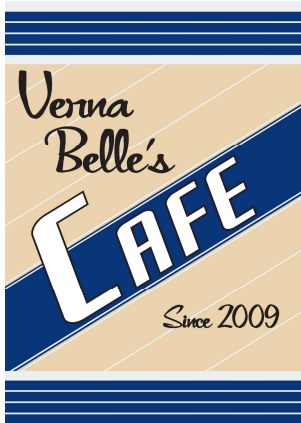
### KSU Men's Basketball Watch Parties

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

- 12 p.m. Saturday, Feb. 21, against Baylor University
- 8 p.m. Monday, Feb. 23, against the University of Kansas
- 3 p.m. Saturday, Feb. 28 against Iowa State

### 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.



# Lunch Specials Feb. 22-28

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

<b>Sunday, Feb. 22 – Chicken and Potato Bake with Soup or Chips</b>	<b>\$5.50</b>
<b>Monday, Feb. 23 – Hawaiian Quesadilla</b>	<b>\$5.50</b>
<b>Tuesday, Feb. 24 – Black and White Pizza</b>	<b>\$3.75/\$5.50</b>
<b>Wednesday, Feb. 25 – Goulash with Green Beans</b>	<b>\$5.50</b>
<b>Thursday, Feb. 26 – White Chicken Chili with Cornbread Muffin</b>	<b>\$3.75/\$5.50</b>
<b>Friday, Feb. 27 – Fish Enchiladas with Mexican-Style Corn</b>	<b>\$5.50</b>
<b>Saturday, Feb. 28 – Ham Salad Sandwich with Soup or Chips</b>	<b>\$3.75/\$5.50</b>

## UPCOMING EVENTS & ANNOUNCEMENTS

### Free Tax Help

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.

### 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 second class of this course is Wednesday, Feb. 25, from 2 to 4 p.m. in the KSU Classroom. The third class of this course will be held Wednesday, March 4. Prior registration is required to attend this course.

### New Perspectives Book Club

The New Perspectives Book Club meets every Wednesday at 8:45 a.m. in the Manhattan Room. The club would like to announce their next book will be *The Noticer* by Andy Andrews. The book is read aloud during the meeting time and discussed as it is read. You are encouraged to join the club!

### Eyeglass Adjustment

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

### 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.

### Attention Mentors

Mentors for Gayle Doll's class on aging will meet from 2:30 to 3:45 p.m. Thursday, Feb. 26, in the Community Room. The letter from your mentee had the incorrect date for the first meeting. If you have questions, contact Gayle Doll at 532-5945.

### First Friends on the First

It is time again for "First Friends on the First" (FFF). Our next meeting will be at 3 p.m. Sunday, March 1, in the Community Room. All members and friends of First United Methodist Church are invited to come and enjoy Food, Fellowship and a First Connection in Five by Betty Banaka.

Betty is one of the leaders in the FUMC Food Pantry project. We can help supply the Pantry if each person attending FFF brings a contribution. Some suggested items are canned fruits and vegetables, canned tuna and chicken, boxed cereals, jelly and crackers. The donated items need to be in unopened. Verna Belle's Café has many of these types of items available.

The coordinating committee is Kay Shanks, Polly Ferrell and Marilyn Ray.

### Alma Ruth Rowland's Memorial

Alma Rowland was born Feb. 1917 to Clarence and Annie Mitchell Crippen in Rago, Kansas and lived to be 97 years young. Friends, family and Meadowlark Hills staff members are invited to attend a memorial service at 1 p.m. Saturday, Feb. 21, in the Community Room. There will be an opportunity to visit with family following the service. All are welcome.

### 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.

## UPCOMING EVENTS & ANNOUNCEMENTS

### 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 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.

### Leader of the Pack

Have you noticed a Meadowlark Hills employee who has gone above and beyond? You can nominate them to be Leader of the Pack. An employee is chosen each month, and they are awarded a special parking spot, a Meadowlark Hills gift certificate and a free car wash. Stop by Verna Belle's Café or the Human Resource office to fill out a nomination form with information about an outstanding employee.

### 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, March 4, from the Village Entrance. Please sign up in the Blue Book to register for transportation.



## ASK ANNIE

### Q: I heard all of our bees died. Is that true?

*submitted by Annie Peace*

Sadly yes, that is true. We had three hives of bees this last year which produced 270 pounds of wonderful honey. Mike Davis and I met with Gary LaGrange who is in charge of the bees. Mr. LaGrange leads a program working with wounded soldiers to teach them beekeeping and farming. We discussed what happened to the bees. We learned that they somehow encountered pesticides. The pesticides were not sprayed by our staff or contractors. He is working with KSU to learn what pesticides they utilize to see if that is what occurred. I will be getting some more information from Mr. LaGrange for all of us to learn some bee friendly tips for the spring. Great news is we will have more bees. He has ordered us three nucleases of bees to restart the hives, and they will arrive the first part of May. He believes that due to the work the previous bees

have done in the hives to build wax, the new bees will be able to create honey more quickly and perhaps a larger quantity. I hope you have had a chance to enjoy some of the Meadowlark Hills honey before it sold out; I am hopeful that there is more to come. I am enjoying learning about the bees and the program that Mr. LaGrange is leading. He has agreed to come give a presentation about his work, so we will get that scheduled. He also leads the Konza Beekeepers Club and he told me they now have around 200 members. Thank you for another great question, please keep them coming.



## UPCOMING EVENTS & ANNOUNCEMENTS

### Meadowlark Hills Movement & Health (MH<sup>2</sup>) Challenge



An eight week wellness challenge will be held from Monday, March 30 to Sunday, May 24, and will be open to any interested residents and employees. The challenge will be to get active for 30 minutes, or more, on at least five days of the week. Participants will be grouped into teams of four, with each team competing for the Most Active Team Award. Plenty of other awards and prizes will be up for grabs as well. Look for more information in the Meadowlark Hills Messenger and registration forms in the next few weeks. Let's get Healthy in the Hills!

### Welcome to the team!

*submitted by Sarah Duggan*

Please join me in welcoming two new members to the Community Relations team: Michael Oldfather, Meadowlark Singers Director, and Magye Loya, Receptionist! Magye will be working afternoons at the Reception Desk and her first day was Monday, Feb. 16. Michael's first practice with the Singers will be Monday, Feb. 23. Welcome to Meadowlark Hills!

## Woodwinds Anonymous Concert



Woodwinds Anonymous' program is called *Musical Tapas* in part, because they will perform a collection of Spanish music and, in part, because tapas come in small bites -- just like their music.

Woodwinds Anonymous began in 1975 as a clarinet trio. The group has expanded since to a wind quartet, a wind quintet (its present form), and even a wind octet. Although the membership has changed over the years, one constant has been the dedication of the group to performing music from woodwind ensembles.

The repertoire ranges from Baroque to Modern, with an emphasis on 18th and 19th century music.

Come listen to Spanish music performed by Woodwinds Anonymous at 7 p.m., Friday, Feb. 27 in the Community Room.

**DRINK SPECIAL**



**Feb. 22 to 28**  
**President Ford's**  
**Gin & Tonic**

1 oz Beefeater Gin  
4 oz Tonic Water

**\$3.75**



# PRAIRIE★STAR

## RESTAURANT

### Feb. 22– Feb. 28

Includes beverage, starter and dessert.

Hours: Sunday, 10:30 a.m. to 7 p.m.

Monday—Saturday, 10:30 to 8 p.m.

SUNDAY	Feb. 22 ~ Lunch \$12	Dinner \$10
	Fried Chicken Mashed Potatoes and Gravy Vegetable of the Day	Stuffed Peppers Steamed Rice
MONDAY	Feb. 23 ~ Lunch \$11	Dinner \$14
	Fog City Mac & Cheese Choice of Vegetable	Pork Tenderloin with Cherry Balsamic Sauce Roasted Red Potatoes Vegetable of the Day
TUESDAY	Feb. 24 ~ Lunch \$6	Dinner \$11
	Taco Bar (does not include drink, starter or dessert)	Pecan Crusted Chicken Wild Rice Vegetable of the Day
WED.	Feb. 25 ~ Lunch \$11	Dinner \$13
	Chicken and Noodle over Mashed Potatoes Choice of Vegetable	Braised Short-Ribs Garlic Mashed Potatoes Vegetable of the Day
THURSDAY	Feb. 26 ~ Lunch \$8	Dinner \$11
	Potato Bar (does not include drink, starter or dessert)	Meatloaf Mashed Potatoes and Gravy Vegetable of the Day
FRIDAY	Feb. 27 ~ Lunch \$10	Dinner \$15
	Grilled Cheese Tomato Soup Choice of Vegetable	Baked Halibut with Shallot Crust on Asparagus Raft with Asparagus Sauce
SATURDAY	Feb. 28 ~ Lunch \$10	Dinner \$15
	Riblet Patty on Hoagie Bun Steak Fries 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

Monday, February 23 - Saturday, February 28

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

### **Sunday, February 22 – The Secret of Moonacre (2008)**

When 13-year-old Maria Merryweather's father dies, leaving her orphaned and homeless, she is forced to leave her luxurious London life to go and live with Sir Benjamin, an eccentric uncle she didn't know she had, at the mysterious Moonacre Manor.

**Co-Starring: Ioan Gruffud, Dakota Blue Richards & Tim Curry**

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

### **Monday, February 23 – The Quiet Man (1952)**

A retired American boxer returns to the village where he was born in Ireland, where he finds love.

**Co-Starring: John Wayne, Maureen O'Hara & Barry Fitzgerald**

**Rated Approved; 2 hrs. 9 min.**

### **Tuesday, February 24 – French Kiss (1995)**

A woman flies to France to confront her straying fiancé, but gets into trouble when the charming crook seated next to her uses her for smuggling.

**Co-Starring: Meg Ryan, Kevin Kline & Timothy Hutton**

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

### **Wednesday, February 25 – Shall We Dance (2004)**

A romantic comedy where a bored, overworked Estate Lawyer, upon first sight of a beautiful instructor, signs up for ballroom dancing lessons.

**Co-Starring: Richard Gere, Jennifer Lopez & Susan Sarandon**

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

### **Thursday, February 26 – An Unfinished Life (2005)**

A down on her luck woman, desperate to provide care for her daughter, moves in with her father in-law from whom she is estranged. Through time, they learn to forgive each other and heal old wounds.

**Co-Starring: Jennifer Lopez, Robert Redford & Morgan Freeman**

**Rated PG-13; 1 hr. 48 min**

### **Friday, February 27 – Conviction (2010)**

A working mother puts herself through law school in an effort to represent her brother, who has been wrongfully convicted of murder and has exhausted his chances to appeal his conviction through public defenders.

**Co-Starring: Hilary Swank, Sam Rockwell & Melissa Leo**

**Rated R for language and some violent images; 1 hr. 47 min**

### **Saturday, February 28 – Rudy (1993)**

Rudy has always been told that he was too small to play college football. But he is determined to overcome the odds and fulfill his dream of playing for Notre Dame.

**Co-Starring: Sean Astin, Jon Favreau & Ned Beatty**

**Rated PG; 1 hr. 54 min.**

# This Week's Opportunities February 22 - February 28

## SUNDAY • FEBRUARY 22

*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 23

*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

12:00 p.m. ~ 1st Presbyterian 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

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

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

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

8:00 p.m. ~ K-State Watch Party (K-State vs Kansas), GR

## TUESDAY • FEBRUARY 24

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

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

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

11:30 a.m. ~ AAUW, MR

12:00 p.m. ~ Seven Dolors Book Discussion, LR

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

2:00 p.m. ~ Card Making with Michelle, LR

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

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

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

5:30 p.m. ~ 3rd Floor Supper, CR

## WEDNESDAY • FEBRUARY 25

*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. ~ 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. ~ Brownbag Series (Living Wills and Health Directives), CON

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

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

1:15 p.m. ~ Dr. Tran Foot Clinic, CR

1:30 p.m. ~ Pitch, GR

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

3:00 p.m. ~ Unitarian Universalist Fellowship, MR

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

5:30 p.m. ~ 1st Floor Supper, MR

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

## THURSDAY • FEBRUARY 26

*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

2:30 p.m. ~ Gerontology Class, MR

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

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

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

## FRIDAY • FEBRUARY 27

*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. ~ Woodwinds Anonymous Performance, CR

## SATURDAY • FEBRUARY 28

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

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

1:00 p.m. ~ Movie, GC

3:00 p.m. ~ K-State Watch Party (K-State vs Iowa), GR

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