



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

March 19, 2015

Save the Date!

Meadowlark Hills Spring Spruce Up



The Meadowlark Hills Spring Spruce Up is right around the corner! Mark your calendars from 8 a.m. to 1 p.m., Saturday, May 2, for this annual campus event. This year's spruce up will focus on the Healthcare

household courtyards, as well as the Independent Living flowers and main entrances. Volunteers will receive a free t-shirt, donuts, lunch and will be entered into a drawing for a chance to win one of three \$100 gift certificates. More details to come as the event gets closer. Sign up in the Blue Book at the Hospitality Desk to volunteer. If you have questions, contact Support Services Assistant, Michelle Crenshaw at 323-3868. Join us to help spruce up Meadowlark Hills!

New to Meadowlark Hills?

Come to breakfast!

There may be no such thing as a free lunch, but a free breakfast is planned for Wednesday, April 1. **No foolin'!**

If you've moved to Meadowlark Hills in recent months or have joined the Passport program in 2014 or early 2015, you are invited to be guests of honor at an egg-citing Welcome Breakfast hosted by Lonnie Baker, Meadowlark Hills CEO, and Becky Fitzgerald, Development Director with the Meadowlark Hills Foundation. A hot breakfast buffet, featuring eggs, pancakes and other morning favorites, will be served at 9 a.m. that Wednesday at Prairie Star

Restaurant.

As for the definition of "recent," we'll let you decide. If you'd like to know more about life at Meadowlark Hills or haven't yet had the chance to get to know Lonnie, Becky or some of your Meadowlark Hills neighbors, then this opportunity is for you no matter how long you've had a Meadowlark Hills address or a Passport membership. A few of our resident Ambassadors also will attend, and look forward to visiting with you.

Please register in the Blue Book so the Prairie Star staff will know how much food to prepare.

Meadowlark Hills Travelers

Where will they go next?

Its time to decide the destination for the BIG trip with the Meadowlark Hills Travelers!

Options for the 2015 trip include:

- San Antonio, Texas
- River Cruise & President Lincoln Tour - Iowa
- National Treasures Tour - South Dakota & Wyoming
- New Orleans, Louisiana

Pick up a ballot from the Hospitality Desk or call Monte Spiller at (785) 323-3801 to have a ballot delivered to your apartment. All ballots should be turned in by the end of the day Thursday, March 26. Ballots can be turned into the Hospitality Desk or to Monte in the Resident Services Office.



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

UPCOMING EVENTS & ANNOUNCEMENTS

Brownbag Lunch Lecture Series

Bring a lunch and watch a televised class presentation on "Ask an Attorney About Elder: The Basics of Guardianship" by Dana Pugh, JD, at noon Wednesday, March 25, in the West Conference Room. No registration necessary.

Trash Pick-Up

Howie's Trash Service truck comes early on Monday mornings to pick up trash from those who live outside the main building. Please place your trash cans out on Sunday evenings so we can ensure that your trash is picked up.

Lunch Outing — Cracker Barrel in Junction City

This lunch outing to Cracker Barrel in Junction City is planned for Thursday, March 26. Transportation will depart from the Village Entrance at 11 a.m.

Transportation cost is \$7 and lunch is pay on your own. This trip is currently full, but you can add your name to the wait list in the Blue Book at the Hospitality Desk.

Reading Recital

The third and best-ever Reading Recital will occur at 7 p.m. Friday, March 27, in the Community Room. Listen to residents read their stories written in Life Story Writing Class. The gerontology students will be helping with their pictures to illustrate the stories and reading their own stories.

Service of Remembrance

The Service of Remembrance for March is canceled. There will not be a service on Friday, March 27.

Photography 101



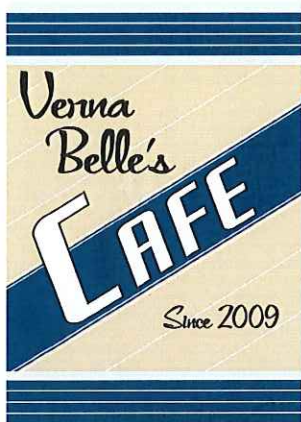
A new class about photography has started. This photography class will be taught from 11 a.m. to 12 p.m. every Monday through May 4. The next class is Monday, March 23, in the KSU Classroom. This class will be taught by two of the students currently living at Meadowlark Hills for their digital ethnography class. Sign up in the Blue Book at the Hospitality Desk to register for this class.

Lunch Specials

March 22-28

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

Sunday, March 22 – Sausage Tortellini Bake with Soup or Chips	\$5.50
Monday, March 23 – Chicken Parmesan Wrapini with Caesar Salad	\$3.75/\$5.50
Tuesday, March 24 – Triple Meat Pizza	\$3.75/\$5.50
Wednesday, March 25 – Turkey Cranberry Panini with Soup or Chips	\$3.75/\$5.50
Thursday, March 26 – Quesadilla Day!	
Cheese	\$3.00
Chicken	\$4.00
Steak	\$5.00
Friday, March 27 – Hot Dogs with Baked Beans and Chips	\$5.50
Saturday, March 28 – Ham Salad Sandwich with Soup or Chips	\$3.75/\$5.50



UPCOMING EVENTS & ANNOUNCEMENTS

The Kanza Indians and Their Last Homeland, 1846-1873

This Osher course traces the tragic story of the Kanza Indians, for whom our state is named. It covers the tribe's most prominent events, personalities, customs, and subsistence strategies from their days in their Kansas River Valley homeland. The first class of this course is Wednesday, March 25, from 6:30 to 8:30 p.m. in the Community Room. The second and third classes of this course will be held Wednesday, April 1, and Wednesday, April 8. Prior registration is required to attend this course.

Meadowlark Hills Got 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 if you would like to compete. Good luck!

Chocolate & Tea

The 12th Annual Chocolate & Tea event is scheduled at 2 p.m. Sunday, April 12, at the Houston Street Ballroom (427 Houston Street, Manhattan). This event benefits the Manhattan Area Habitat for Humanity.

Enjoy an afternoon of fun including: silent and live auctions, chocolate fountain, coffee, tea, and treats.

Meadowlark Hills has two tickets left to giveaway for this awesome event. If you are interested in attending, stop by the Hospitality Desk to get a ticket. The tickets will be first come.

Going Away Party

Jordan "Gus" Shelton, employee of Verna Belle's Café, will be leaving soon for a new venture in life. Stop by Verna Belle's Café from 1 to 2 p.m. Friday, March 20, to wish him well.

Phone Books

New 2015 Flint Hills phone books are available at the Hospitality Desk if you would like one.

Symphony in the Flint Hills—Save the Date

2015 marks the 10th anniversary of Symphony in the Flint Hills, and Meadowlark Hills again has secured a block of reserved seats, which are near the stage. This year's event is set for Saturday, June 13, at the Tallgrass Prairie National Preserve in Chase County, which was the location when the event debuted in 2006. Performing with the Kansas City Symphony in honor of this milestone year is special guest artist Lyle Lovett, a four-time Grammy award winner.

Concert tickets are again \$90 for adults, so the package price offered by Meadowlark Hills is expected to be between \$125 and \$130 per person, depending on the number of participants. The package includes a ticket, reserved seat and transportation. Food and beverages will be available at the event, but it is unknown at this time if a meal package, as we've had in years past, will be offered to our group. Register for this event by signing up in the Blue Book, located at the Hospitality Desk. Packages will be offered on a first-come, first-serve basis. Residents, Passport members, board members and their friends and families will have first priority.

A departure time and schedule of events will be announced as soon as the Symphony staff release more information, so watch future Messengers for details. If you have questions, please contact Monte Spiller at 323-3801.

Little Apple Barbershop Chorus

Little Apple Barbershop Chorus show "These Happy Moments" is set for 3 p.m. Saturday, April 11, in the McCain Auditorium. Barefoot Dixieland Band will be performing 30 minutes prior to the show. If you would like to purchase a ticket for this performance, contact Monte Spiller at 323-3801. Advance tickets are \$15. Transportation will depart from the Village Entrance at 1:45 p.m. The cost for transportation is \$3. Sign up in the Blue Book at the Hospitality Desk for transportation.

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!

UPCOMING EVENTS & ANNOUNCEMENTS

My Mouse Has No Tail!

A free four-part basic computer class will be held from 6:30 to 8 p.m. Wednesday, April 1, 15, 22 and 29, in the KSU Classroom. Meadowlark Hills Information Systems Leader, Will Gold, will be leading each class. This class will specifically focus on PC computers. The following are topics that will be discussed in the classes throughout the course:

- Learn the parts of a computer and how they work together
- Learn how to set up a computer and monitor
- Open and close programs
- Format and use basic Excel spreadsheets
- Format a new document in Microsoft Word (using templates, inserting pictures, making a poster)
- Using web browsers and search engines
- Getting around in Windows 7 and Windows 8
- Downloading and organizing documents
- Learn basic computer maintenance
- Understanding internet safety and security
- Tips for avoiding scams and what to do if you think your computer is infected
- Create folders and directories
- Customize your desktop

The class size is limited, and sign-up is currently full. You can add your name to the wait list in the Blue Book at the Hospitality desk in case spot becomes available. Another computer class series will be held at a later date.

Office Open House

Residents and Passport Members are invited to explore Meadowlark Hills at the Office Open House from 3 p.m. to 5 p.m. Wednesday, March 25.

Stop by all service areas in the Community Center, beginning at the Hospitality Desk and continuing through the halls to the Finance office. This is an opportunity for residents and Passport members to familiarize themselves with staff, service areas and office locations!

Refreshments will be provided throughout the Community Center, so be sure to stop by each one!

Meet & Greet with Linda Morse

submitted by Kay Shanks

Drop by to meet Linda Morse, candidate for City Commission, from 1:30 to 3:30 p.m. in the West Conference Room. Linda will be available for questions during this time. Refreshments will be served.

Vespers Services

The Vespers service, led by the College Avenue Youth Group, will begin at 7 p.m. Sunday, March 22, in the Community Room. All are welcome.

Mail Voting Ballots

Applications are available at the Hospitality Desk for anyone who wants to request a mail voting ballot.

All registered voters are eligible and encouraged to advance vote. Advance voting by mail and in-person will begin Wednesday, March 18, and close at noon Monday, April 5. In-person advance voting is available on the second floor at the Riley County Office Building during the following times:

- Wednesday, March 18, through Friday, March 20, 8 a.m. to 5 p.m.
- Monday, March 23, through Friday, March 27, 8 a.m. to 5 p.m.
- Monday, March 30, through Friday, April 3, 8 a.m. to 5 p.m.
- Saturday, April 4, 8 a.m. to 12 p.m.
- Monday, April 5, 8 a.m. to 12 p.m.

Outdoor Encounters—Warm Farming

Wouldn't it be handy if the most successful fish bait, night crawlers, were available near the pond whenever you wished to fish? We are trying to make that happen by establishing a worm farm. It is composed of five plastic bins, 16 inch by 16 inch, stacked five high. The top four bins are perforated for air circulation and liquid drainage. Peat moss, soil, table scraps, starter worms and shredded paper are loaded onto the trays. Table scraps and water are added to the top tray every couple days. The bottom perforated tray is removed weekly, the worms and liquid fertilizer harvested and the tray prepared and placed on top. To retrieve worms simply remove the lid covering the top tray and turn the contents with a garden tool. Paper cups and lids will be available for transport to the fishing dock.

Don Rasmussen needs two volunteers to help tend the farm. It requires only 15 minutes, once a week. Contact Don at (785) 537-8775 to help with the worms. An old stock tank may also be outfitted with soil and table scraps and put into work production.



ASK ANNIE

Q: Who chooses the movies? What happened to the musicals and the happier movies?

submitted by Annie Peace

Residents are always welcome to submit movie requests at the Hospitality desk. The Hospitality team are the ones responsible for choosing the selection of movies being seen, but if there are ones of interest to

you please pass those along to the staff, and we will get them in the rotation. Thanks for another great question and please keep them coming.



UPCOMING EVENTS & ANNOUNCEMENTS

Wellness Challenge Kickoff Party

The deadline to registration for the Meadowlark Hills Movement & Health Challenge is Friday, March 20. Be sure to sign up, and encourage everybody around you to do the same! Registration forms can be found at the Hospitality Desk, Human Resources office, and the Caul Fitness Center. Completed forms can be placed in the drop box at the Hospitality Desk.

Teams will be created and announced at the MH² Challenge Kick-Off Party that is scheduled from 3 to 4 p.m. Friday, March 27, in the Community Room. The Kick-Off Party will be a chance to learn all the challenge rules, enjoy snacks and refreshments, collect tracking materials and ask questions. Contact Fitness Leader Jeff Heidbreder at (785) 341-2995, with any questions.

Bleeding Kansas

This Osher course will examine the social and political aspects of the period that came to be known as Bleeding Kansas. The first class of this course is Monday, March 23, from 2 to 4 p.m. at the Manhattan Arts Center. The second and third classes of this course will be held Monday, March 30, and Monday April 6. Prior registration is required to attend this course. Transportation will be provided at no charge and will depart from the Village Entrance at 1:30 p.m.


Pizazz Salon

Pizazz Salon will be closed on Friday, March 20.

Sweet Cat Looking for a New Home




Maggie is a 12-year-old white domestic short hair cat that is up-to-date on all her vaccines. She is litterbox trained, very loving and can be shy at first. Her owner, a resident of Sloan House, is ready to find her a new home. If you are interested in this cat, please call one of the following phone numbers (646) 552-4030 or (785) 302-2256 or send an email to jwhirlwind@aol.com.



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.




March 23 to 28

Shamrock Shaker

1.5 oz Kahlua
1/2 oz Amaretto
2.5 oz Milk

\$3.75



PRAIRIE★STAR

RESTAURANT

March 22–March 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	March 22 ~ Lunch \$12	Dinner \$10
	Baked Chicken Scalloped Potatoes Vegetable of the Day	Ham & Beans Cornbread Vegetable of the Day
MONDAY	March 23 ~ Lunch \$10	Dinner \$12
	London Broil Garlic Mashed Potatoes Choice of Vegetable	Sautéed Chicken Raspberry Risotto Vegetable of the Day
TUESDAY	March 24 ~ Lunch \$6	Dinner \$12
	Taco Bar (does not include drink, starter or dessert)	Beef Stroganoff Buttered Noodles Vegetable of the Day
WED.	March 25 ~ Lunch \$10	Dinner \$13
	BBQ Pork Sandwich Potato Salad Baked Beans	Gnocchi with Marinara and Grilled Chicken Vegetable of the Day
THURSDAY	March 26 ~ Lunch \$7	Dinner \$14
	Deli Bar (does not include drink, starter or dessert)	Pork Piccata Polenta Crouton Vegetable of the Day
FRIDAY	March 27 ~ Lunch \$10	Dinner \$14
	Roasted Vegetable Penne Garlic Toast	Seared Scallops Smoked Gouda Mashed Potatoes Vegetable of the Day
SATURDAY	March 28 ~ Lunch \$10	Dinner \$15
	Chicken Quesadillas Black beans Spanish Rice	Prime Rib 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, March 22 - Saturday, March 28

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

Sunday, March 22 – The Brothers Bloom (2008)

The Brothers Bloom are the best con men in the world, swindling millionaires with complex scenarios of lust and intrigue. Now they've decided to take on one last job—showing a beautiful and eccentric heiress the time of her life with a romantic adventure that takes them around the world.

Co-Starring: Rachel Weisz, Adrien Brody & Mark Ruffalo

Rated PG-13; 1 hr. 54 min.

Monday, March 23 – Serious Moonlight (2009)

A high-powered attorney duct tapes her adulterous husband to the toilet...right before their home is invaded by burglars.

Co-Starring: Meg Ryan, Timothy Hutton & Kristen Bell

Rated R for language and some threatening behavior; 1 hr. 21 min.

Tuesday, March 24 – In Her Shoes (2005)

Straight-laced Rose breaks off relations with her party girl sister, Maggie, over an indiscretion involving Rose's boyfriend. The chilly atmosphere is broken with the arrival of Ella, the grandmother neither sister knew existed.

Co-Starring: Toni Collette, Cameron Diaz & Shirley McLaine

Rated PG-13 ; 2 hrs. 10 min.

Wednesday, March 25 – The Equalizer (2014)

A man believes he has put his mysterious past behind him and has dedicated himself to beginning a new, quiet life. But when he meets a young girl under the control of ultra-violent Russian gangsters, he can't stand idly by—he has to help her.

Co-Starring: Denzel Washington, Marton Csokas & Chloe Grace

Rated R for strong bloody violence and language, including some sexual references; 2 hrs. 12 min.

Thursday, March 26 – An Invisible Sign (2010)

Mona Gray is a 20-year-old loner who, as a child, turned to math for salvation after her father became ill. As an adult, Mona now teaches the subject and must help her students through their own crises.

Co-Starring: Jessica Alba, Chris Messina, & Sonia Braga

Rated PG-13; 1 hr. 36 min

Friday, March 27 – Birdman (2014)

A washed-up actor, who once played an iconic superhero, battles his ego and attempts to recover his family, his career and himself in the days leading up to the opening of his Broadway play.

Co-Starring: Michael Keaton, Zach Galifianakis & Edward Norton

Rated R for language, some sexual content, and brief violence; 1 hr. 59 min

Saturday, March 28 – The Box Trolls (2014)

A young orphaned boy raised by underground cave-dwelling trash collectors tries to save his friend from an evil exterminator. Based on the children's novel 'Here Be Monsters' by Alan Snow.

Co-Starring: John Wayne, Elsa Martinelli & Hardy Kruger

No Rating; 2 hrs. 37 min.

This Week's Opportunities March 22 - March 28

SUNDAY • MARCH 22

Put trash out at curb

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, College Ave. Youth Group, CR

MONDAY • MARCH 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

11:00 a.m. ~ Photography with Kelly & Katherine, KSU 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. ~ Meet & Greet for Linda Morse, CON

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

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

2:45 p.m. ~ MLH Singers Practice, CR

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

TUESDAY • MARCH 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. ~ Serendipity, 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

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

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

WEDNESDAY • MARCH 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. ~ Church Service, KSU CR

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

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

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

12:00 p.m. ~ Brownbag Series (The Basics of Guardianship), CON

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

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

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

1:30 p.m. ~ Pitch, GR

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

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

3:00 p.m. ~ Office Open House, CON

4:00 p.m. ~ Video Worship Service, LR

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

5:30 p.m. ~ Osher Class, (Kanza Indians & Their Last Homeland, 1846-1873 with Ron Parks), CR

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

THURSDAY • MARCH 26

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

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

11:00 a.m. ~ Depart for Lunch at Cracker Barrel, VE

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

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

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

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

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

FRIDAY • MARCH 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 Caregivers Support Group, LR

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

3:00 p.m. ~ Wellness Challenge Kickoff Party, CR

7:00 p.m. ~ Reading Recital, CR

SATURDAY • MARCH 28

Breakfast at Verna Belle's—Omelets with Fruit

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

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