



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

April 2, 2015

## Outdoor Encounters: Big Carl!



*Submitted by Don Rasmussen*

In May of 2013, a huge channel catfish was caught on a farm pond southeast of Wamego and relocated to our Bayer Pond. It was 31 inches long at the time and now likely measures more than that. It has been caught but not landed twice since. The most recent time was last November. Both times it was within dip net distance before breaking line.

A traveling trophy is being established to recognize the most recent person to land, measure and photograph (or have witness) Big Carl. The successful fisherperson will have their name engraved on a trophy and tell their fish story at Town Meeting.

Of the three times Carl has been hooked, twice was on night crawlers. Final tip- adjust your drag, set the hook well and keep your rod tip up and taunt. Make sure it is Carl and not you who is pulled in!



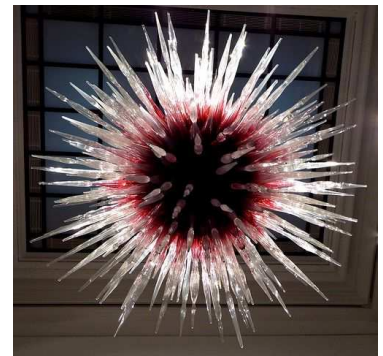
## MH<sup>2</sup> Challenge Update

The challenge is underway and participants should be tracking all physical activity and group activities on their Week 1 tracking sheet. The Week 1 tracking sheets need to be turned in to the Hospitality Desk, Human Resources office, or the Caul Fitness Center by Tuesday, April 7, at 5 p.m. Scores will be tabulated and posted in the Game Room next Wednesday, April 8, or Thursday, April 9. Week 1 quiz questions are available in the Game Room, so be sure to grab a slip, answer the questions and place completed slips in the drop box at the Hospitality Desk.

Next weeks events include the

Group Walks and a Fitness Seminar over "Exercise Consistency." The Group Walks will be held at 1 p.m. on Monday, April 6, and Wednesday, April 8 and will meet at the Village Entrance to start The Fitness Seminar, "Exercise Consistency" will be at 2 p.m. on Wednesday, April 8, in the KSU Classroom. New Quiz Questions will be posted in the Game Room on Monday, April 6 and answer slips will be due by Friday, April 10. Please place completed slips in the drop box located at the Hospitality Desk. Contact Fitness Leader, Jeff Heidbreder, at (785) 341-2995 with any questions.

### Beach Museum of Art Discussion



Join Kim Richards from the Beach Museum of Art at 6:30 p.m. Wednesday, April 8, in the KSU Classroom to learn about Dale Chichuly, a fantastic glass sculptor and entrepreneur.



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

## UPCOMING EVENTS & ANNOUNCEMENTS



### Red Hatters Luncheon

All Red Hat Society members are invited to join Mary Lou Gibbs and Marcia Smies at 12:30 p.m. Thursday, April 9, in the Manhattan Room to celebrate "Birthdays From Around the World." Please enter through the pub to draw a number to find your place at a table, and join the luncheon and birthday party. Cost per person is \$10 and new members to the Red Hat group are always welcome. Please sign up at the Hospitality Desk, and come celebrate in your red hats and purple attire!

### Lutheran Communion Service

St. Luke's Lutheran Church will be hosting a Communion Service on Monday, April 6, from 11 a.m. to 12 p.m. in the Living Room.

### New cabinet at the Hospitality Desk

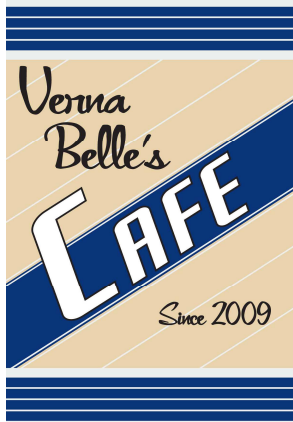
Thank you to the Bingo Committee for generously funding the new cabinet at the Hospitality Desk! It has provided extra storage and functionality to the Hospitality work area. Thanks, again!

### Presidential Assassins: Men and Women Driven to Kill

This Osher course will examine the 28 undocumented assassination attempts on 22 sitting or former presidents or presidents-elect. The next classes of this course is Thursday, April 9, and Thursday, April 16, from 2 to 4 p.m. at the Manhattan Arts Center. 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.

### 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.



## Lunch Specials

Sunday, April 5- Closed

Monday, April 6- Italian Panini w/ Soup or Chips \$3.75/\$5.50

Tuesday, April 7- Cheesy Chicken Spaghetti w/ Side Salad \$5.50

Wednesday, April 8- Bierocks w/ Green Beans \$5.50

Thursday, April 9- Monte Cristo w/ Soup or Chips \$3.75/\$5.50

Friday, April 10- Bratwurst w/ Broccoli Salad \$5.50

Saturday, April 11- Tuna Salad w/ Soup or Chip \$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 class of this course will be held on Wednesday, April 8 from 6:30 to 8:30 p.m. in the Community Room. Prior registration is required to attend this course.

### Tulip Time Festival

If you want to raise your spirits after the winter blues, "Tulip Time" in Topeka will do just that! Join us for a day trip to Topeka's 7th Annual Tulip Time Festival! Thursday, April 16, we'll tour and relish the thousands of tulips along the Ted Ensley Garden at Lake Shawnee.

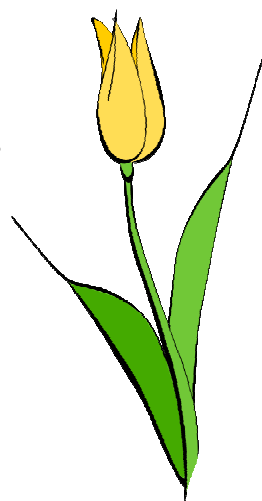
Ted Ensley Gardens are located on the west side of scenic Lake Shawnee. The gardens span nine and a half acres with 60,000 tulips and daffodils in the spring, surrounded by a covered bridge, rock gardens, gazebo, pergola, pagoda, waterfalls, streams and several ponds. Visitors are welcome to enjoy the splendor of tulips and daffodils in the beautifully landscaped parks followed by a picnic lunch.

The bus will depart from the Village Entrance for Topeka at 8:45 a.m. Thursday, April 16. The group will go on a tour of the gardens, followed by a picnic lunch at a shelter nearby. The lunch menu includes: a sandwich, chips, fruit and a cookie, water and soda. The group plans to return to Meadowlark Hills around 2 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 \$27 per person and includes the tour, lunch and transportation. Please Contact Monte Spiller at (785) 323-3801 with any questions.

### Brownbag Lunch Lecture Series

Giving is good for you! Find out about the benefits of giving and paying forward. Bring a lunch and watch a televised class presentation of "Pay it Forward" at noon Wednesday, April 8, in the West Conference Room. No registration necessary.



### April Focus Group

The Focus Group scheduled for April will once again spotlight a staff member. 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 April Focus Group will be Human Resource Leader, Jayme Minton. Come meet Jayme at 10 a.m. Thursday, April 9, in the KSU Classroom

### Vespers Services

The Vespers service, led by Reverend Ben Duerfeldt, will begin at 7 p.m. Sunday, April 5, in the Community Room. All are welcome.

### Riley County Historical Society

Have an interest in the historical buildings surrounding the city of Manhattan? You are in luck! At 7 p.m. Friday, April 3, the Riley County Historical Society invites all to come listen to Cheryl Collins, presentation on "A Drive Down Memory Lane: Manhattan Buildings 1917 through 1963." This presentation will take place in the Community Room.

## Ask Annie

### Q: Do we need to recycle land line telephones and televisions?

*submitted by Annie Peace*

For your phones that you wish to dispose of, you can get them to Environmental Services by submitting a work order and they can pick them up from you or at the Hospitality Desk, and they will dispose of them for you. Old televisions can be recycled, and you can contact maintenance to have the television picked up. There is no cost for recycling LCD or LED televisions, but the older televisions with the tubes have lead glass in them, so there would be a charge for this service. The current price range is between \$25 to \$40 depending on the size. Thank you for another great question, and please keep them coming.





## UPCOMING EVENTS & ANNOUNCEMENTS



### 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:

- 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.

On Tuesday, April 7, transportation will be providing free shuttle service to the voting polls. Transportation will start at 9 a.m. and will be running until 11 a.m. The bus will depart from Village Entrance. Please sign up in the Blue Book at the Hospitality Desk and remember to bring a photo ID as it is needed to vote.

### Meadowlark Hills Spruce Clean 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!

### Semi-Annual Pool Tournament

It's that time again! Register for our Semi-Annual Pool Tournament on Thursday, April 9. Sign up starts Thursday, April 2, and ends Wednesday, April 8 in the Billiards Parlor. Look for the bracket to be displayed Thursday morning after 8:30 a.m. Contact your opponent to schedule a time to play. Post-it notes will be placed in the Billiards Parlor to reserve the table for tournament play. If you have any questions, contact the Resident Services Leader, Monte Spiller at (785) 323-3801.

### The War of 1812: America's Forgotten War

This Osher course will examine The War of 1812 from both American and British perspectives, the origins of war and significant naval actions. The next classes from this course will be held on Tuesday, April 7 and Tuesday, April 14, from 6:30 to 8:30 p.m. in the Community Room. Prior registration is required to attend this course.

### Photography with Kelly & Katherine

This photography class will be taught from 11 a.m. to 12 p.m. every Monday through May 4. The next class is Monday, April 6, 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.

### Rides to the Pond!

Lets welcome the beautiful weather by taking a ride down to the pond! Transportation will be providing golf cart rides to Bayer Pond everyday starting this April through September with weather permitting! Transportation will begin on Monday, April 6. Everyday except for Sundays, departure will be at 9:30 a.m. from the Village Entrance and will be returning at 11 a.m. A second pick-up will be at 2 p.m. at the Village Entrance and will be returning at 3:30 p.m. On Sundays there will only be one run from the Village Entrance starting at 2 p.m. and will be returning at 3:30 p.m. Transportation asks if you have a wheel chair to call in advance at (785) 313-1039 to let them know.

DRINK SPECIAL



**April 6 to 11  
April Rain**

2 oz Vodka  
1/2 oz Lime Juice  
1/2 oz Dry Vermouth

**\$3.75**

## UPCOMING EVENTS & ANNOUNCEMENTS

### Bleeding Kansas

This Osher course will examine the social and political aspects of the period that came to be known as Bleeding Kansas. The next class of this course is Monday, April 6, from 2 to 4 p.m. at the Manhattan Arts Center. 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.

### Men's Coffee Group

Come at 9 a.m. Friday, April 10, to the Manhattan Room to enjoy coffee and fellowship.

### Joke of the Week

Where do you learn to make  
ice cream?

Sundae school.

## LETTER TO THE MESSENGER

### Una Gatita Bonita

*Submitted by Mary Smith and Ellen Weis*

Una gatita es una poquita bella floracimiento  
Vamos al tienda de animales para comprar una vida  
preciosa  
Pobrecitos gato  
Ellos llamame en la noche  
Las calyces florecen en mi corazon

### Response to Star Gazing

*Submitted by Michelle McGuire (daughter of Kay Shanks)*

One of the wonderful things about living at Meadowlark is the many talented retirees who are willing to share knowledge gained during their lifetime. One such example occurred over St. Patrick's day weekend. It all started with a "name a star" offer that came across Roger and Kay Shanks' daughter, Michelle McGuire's email. Michelle purchased the naming rights to a star as a birthday gift for Roger O'dell Shanks who turned 84 that year. It's hard to find a good gift for an 84 year-old who has everything Michelle reasoned. Naming a star after Roger's middle name seemed like a great idea. Roger has always been very proud of his middle name O'dell; he passed the name to his son Monty O'dell who passed the name to his son Mack O'dell. Purchase of the naming rights to the star located in the Leo constellation at star astronomical coordinates D 9deg 14' 16" RA\_h\_m\_s catalog number TYC 839-207-1 came with a certificate and a map of where the star could be found in the sky.

At this point the story Kay Shanks talked to her friends Don and Bea Rasmussen. Don is an avid star gazer and he owns a 8' telescope. Together they planned an event to learn more about the O'dell star.



After some research Don determined that St. Patrick's weekend was a rare opportunity to see Jupiter and two of its moons with a third moon forecast to come from behind the giant planet during the ceremony. The line of sight to the O'dell star is, at this time, close to that of Jupiter. The weather cooperated and it was warm and clear on the night we selected. Don first led an education session for our family. Following the education we were able to go out back of Meadowlark's maintenance shed to an area where Don and Bea had setup his 8' telescope. He also set out cots where we could lie down and look up for optimal star viewing. We took turns viewing first Jupiter then the O'dell star through the telescope. Following the family outing several Meadowlark residents, staff and family came out to view Jupiter, Venus and stars. Sure enough the third moon pooped out from behind Jupiter. In the end Don shared his love of stars with about 20 folks from age nine to 102 that night. It was a wonderful experience for all. Thanks Don.

# PRAIRIE★STAR

## RESTAURANT

### April 5 – April 11

Includes beverage, starter and dessert.

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

Monday—Saturday, 10:30 to 8 p.m.

SUNDAY	April 5 ~ Lunch \$16.50	Dinner \$12
	Easter Brunch <i>Sign-up in the Blue Book.</i> (Children \$8.25)	Chicken Fried Steak Mashed Potatoes Vegetable of the Day
MONDAY	April 6 ~ Lunch \$10	Dinner \$13
	Chicken à la King Rice Pilaf Choice of Vegetable	Grilled Bourbon Glazed Pork Chop Zucchini Cake Vegetable of the Day
TUESDAY	April 7 ~ Lunch \$6	Dinner \$13
	Taco Bar (does not include drink, starter or dessert)	Shrimp Scampi Rice Pilaf Vegetable of the Day
WED.	April 8 ~ Lunch \$10	Dinner \$13
	Caesar Salad Topped with Grilled Pesto Chicken Garlic Toast	Beef Penne with Caramelized Portobello Mushrooms and Onions Tossed in Three cheese Sauce of Marble Marinara Garlic Toast
THURSDAY	April 9 ~ Lunch \$7	Dinner \$12
	Breakfast Bar (does not include drink, starter or dessert)	Tamale Pie Mexican Rice Black Beans
FRIDAY	April 10 ~ Lunch \$10	Dinner \$14
	BBQ Brisket Sandwich Potato Salad Coleslaw	Chicken Roulades with Fresh Mozzarella and Spinach Wild Rice Marinara
SATURDAY	April 11 ~ Lunch \$10	Dinner \$15
	Sweet & Sour Pork over Chinese Noodles Choice of Vegetable	Baked Orange Roughy Topped with Seafood Newburg Roasted Red Potatoes Vegetable of the Day

\*You may substitute an extra vegetable for the starch on any special for no additional charge.

## Grosh Cinema Movies

Sunday, April 5 - Saturday, April 11

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

### **Sunday, April 5 – Elsa and Fred (2014)**

The story of two people who at the end of the road, discover that it's never too late to love and make dreams come true.

**Co-Starring: Shirley MacLaine & Michael Radford**

**Rated PG-13; 1 hr. 37 min.**

### **Monday, April 6 – Trouble with the Curve (2012)**

An ailing baseball scout in his twilight years takes his daughter along for one last recruiting trip.

**Co-Starring: Clint Eastwood, Amy Adams & John Goodman**

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

### **Tuesday, April 7 – If I Stay (2014)**

Life changes in an instant for young Mia Hall after a car accident puts her in a coma. During an out-of-body experience, she must decide whether to wake up and live a life far different than she had imagined.

**Co-Starring: Chloë Grace Moretz, Mireille Enos & Jamie Blackley**

**Rated PG-13; 1 hr. 47 min.**

### **Wednesday, April 8 – The Hustler (1961)**

An up-and-coming pool player plays a long-time champion in a single high-stakes match.

**Co-Starring: Paul Newman, Jackie Gleason & Piper Laurie**

**Unrated; 2 hrs. 14 min.**

### **Thursday, April 9 – The Mighty (1998)**

This tells the story of a strong friendship between a young boy with Morquio's syndrome and an older boy who is always bullied because of his size.

**Co-Starring: Kieran Culkin, Elden Henson & Sharon Stone**

**Rated PG-13; 1 hr. 40 min**

### **Friday, April 10 – Moms' Night Out (2014)**

All Allyson and her friends want is a peaceful, grown-up evening of dinner and fun. But in order to enjoy high heels, adult conversation they need their husbands to watch the kids for a few hours ... what could go wrong?

**Co-Starring: Sarah Drew, Sean Astin & Patricia Heaton**

**Rated R for sexual content & violence; 1 hr. 38 min**

### **Saturday, April 11 – Sons of the Sea (1939)**

The head of Dartmouth Training College has been murdered, and his successor, Captain Hyde, suspects that he himself may have been the intended target.

**Co-Starring: Alex Dawson & Greg Gricus**

**Unrated; 1 hr. 22 min.**

# This Week's Opportunities April 5 - April 11

## SUNDAY • APRIL 5

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

- 10:00 a.m. ~ Church Service, CR
- 11:00 a.m. ~ Easter Brunch, MR, KSU CR, LR, GR
- 12:30 p.m. ~ Easter Brunch, MR, KSU CR, LR, GR
- 7:00 p.m. ~ Vespers, Rev. Ben Duerfeldt, CR

## MONDAY • APRIL 6

*Trash pick-up day*

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*

*Dental Hygiene Clinic (By Appointment Only), Miller Spa*

- 8:30 a.m. ~ IL Resident Council, KSU CR
- 9:30 a.m. ~ Town Meeting, CR
- 11:00 a.m. ~ St. Luke's Communion, LR
- 11:00 a.m. ~ Photography 101, KSU CR
- 11:15 a.m. ~ Sit and Be Fit, CR
- 12:00 p.m. ~ Weights 101, CR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 1:00 p.m. ~ Wellness Challenge Walk, VE
- 1:30 p.m. ~ Depart for Osher Class, (Bleeding Kansas), VE
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 2:15 p.m. ~ Parkinson's Voice Class, KSU CR
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 3:00 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ Tuttlecreek Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

## TUESDAY • APRIL 7

*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. ~ Kimball Luncheon, MR
- 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
- 3:30 p.m. ~ Ambassador Committee, KSU CR
- 4:00 p.m. ~ Newspaper & Bible, LR
- 6:30 p.m. ~ Osher Class, (The War of 1812: American's Forgotten War), CR

## WEDNESDAY • APRIL 8

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

- 8:00 a.m. ~ Centering Prayer, TR
- 9:00 a.m. ~ New Perspectives, MR
- 9:00 a.m. ~ Building & Grounds Meeting, LR
- 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. ~ 2nd Men's Club, MR
- 12:00 p.m. ~ Beginner Tai Chi, CR
- 12:00 p.m. ~ Brownbag Series (Pay It Forward), CON

- 1 to 2 p.m. ~ Fitness Center Office Hours, FC
- 1:00 p.m. ~ Wellness Challenge Walk, VE
- 1:30 p.m. ~ Pitch, GR
- 2:00 p.m. ~ Fitness/Nutrition Seminar, KSU CR
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 4:00 p.m. ~ Video Worship Service, LR
- 6:30 p.m. ~ Osher Class, (Kanza Indians & Their Last Homeland, 1846-1873), CR
- 6:30 p.m. ~ Artist Discussion with the Beach, KSU CR
- 7:00 p.m. ~ Woodwinds Anonymous, LR

## THURSDAY • APRIL 9

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*

- 9:00 a.m. ~ Messenger Ladies, CON
- 10:00 a.m. ~ Meadowlark Bible Study, LR
- 10:00 a.m. ~ Great Decisions, LR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:30 p.m. ~ Red Hat Luncheon, MR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 1:30 p.m. ~ Depart for Osher Class, (Presidential Assassins: Men & Women Driven to Kill), VE
- 2:30 p.m. ~ KSU Gerontology Class, CR
- 3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR
- 4:00 p.m. ~ Center on Aging Lecture Series (The Road Paved Toward Punitivity: A Case Study of Ellsworth Kansas, KSU CR
- 7:00 p.m. ~ IL Bingo, CR

## FRIDAY • APRIL 10

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

- 9:00 a.m. ~ Men's Coffee Group, MR
- 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
- 7:00 p.m. ~ Steve Shields Piano Recital, CR

## SATURDAY • APRIL 11

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

- 9:30 a.m. ~ Painting for Fun, KSU CR
- 11:30 a.m. ~ LWV Lunch, CR
- 1:00 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