



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Jan. 14, 2016

## Osher Lifelong Learning Institute

### *Sign up for Osher Institute Spring Courses*

The 2016 Spring Osher Lifelong Learning catalog is now available at the Hospitality Desk and online at [www.osher.ku.edu](http://www.osher.ku.edu).

This program offers enrichment short courses and special events specially developed for folks 50 or older. It is going to be a great spring with four new courses and four new instructors.

UFM Coordinator, Charlene Brownson, will be at Meadowlark Hills from 10 a.m. to 12 p.m. Wednesday, Jan. 20, in the Living Room for spring Osher registration sign up. If you need help with registration or specific questions answered, you are encouraged to stop by.

Please see the Osher registration form, located at the Hospitality Desk, for a complete listing of classes. For more information call UFM at (785) 539-8763.

### Osher Institute Spring Courses & Special Events

- Manhattan Home Life in the 1880's
- The Generals
- This Course Will be As You Like It!
- Worker Heritage: Home Steaders, Famers, Miners and Women!
- Underground Railroad Sites in Riley and Wabaunsee Countries
- William Shakespeare's As You Like It
- Historic Fort Riley Tour

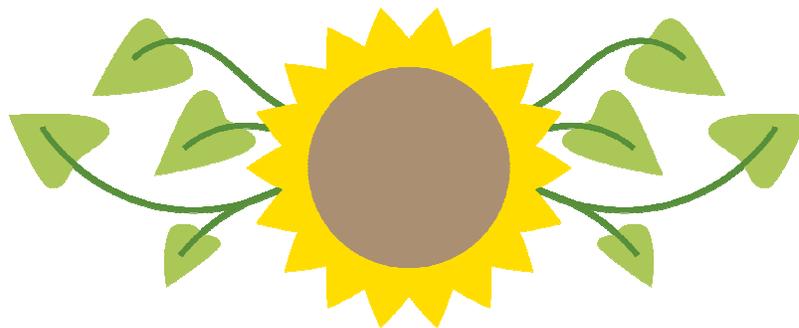
## KANSAS DAY CELEBRATION

### *Celebrate Kansas' 155th Birthday!*

On Tuesday Jan. 29, 1861, Kansas became the 34th state to join the United States of America. This year, Kansas

celebrates 155 years of statehood! Join us in celebrating the birthday of Kansas a week early at 7 p.m. Friday, Jan. 22, in the Community Room.

In showing our love for the Sunflower State, resident Polly Ferrell will be the MC for a night of celebration as she will be



presenting several pieces which include verses, stories and poetry. Polly will also be reading poetry written

by resident Fred Atchison.

Along with entertainment by Polly, the "Haymakers" will be performing some of their soulful bluegrass/gospel combo music.

Come out and celebrate 155 years of Kansas!

# UPCOMING EVENTS & ANNOUNCEMENTS

## Minton's Mardi Gras Celebration

Jayne Minton, Support Services Director, will be hosting a Mardi Gras Dinner and Celebration on Tuesday, Feb. 9. The event will begin at 6:45 p.m. in the Kansas Room Pub with appetizers and drinks. Guests will then move into Prairie Star Restaurant at 7 p.m. for an elegant dinner and entertainment.

Performer Betti O. will be joining the celebration and there will be plenty of room for dancing. Cost is \$18 per person. Sign up sheets will be available starting Monday, Jan. 18, in Prairie Star Restaurant or by calling 323-3820. Spots are limited, so be sure to sign up early. The full menu for the event is available in Prairie Star. Due to the event, Prairie Star Dining Room will be closed after lunch.

For those not attending the late evening celebration, Prairie Star will have a delicious Cajun Buffet in the Community Room. No sign-up required. The buffet is \$14 per person.



## Winter Ball 2016—Black Tie Affair

The Meadowlark Hills 2016 Winter Ball is set for Friday, Jan. 29, from 6 to 9 p.m. in the Community Room, Game Room and Prairie Star Restaurant. The Community Center will be transformed into an elegant ballroom to host Winter Ball. All residents and staff are invited, with this year's theme being a "Black Tie Affair."

Attendees will have the opportunity to enjoy music provided by two live bands! Beginning at 6 p.m. the live music will play in Prairie Star Restaurant. Formal attire is suggested, but not required.

Winter Ball is always a great way to start off the new year! Come enjoy heavy appetizers, a cash bar, ballroom dancing and time with your friends.

No registration is required for this free event. We look forward to seeing you there!

### Jokes of the Week

What do you call a pile of kittens?  
A meowntain.

What do you get from a pampered cow?  
Spoiled milk.

Why couldn't the pirate play cards?  
He was sitting on the deck.

Why are there no casinos in Africa?  
Because there are too many Cheet-ahs!

What do you call an apple that's been  
around the world?  
Johnny Appleseed.



## Lunch Specials Jan. 17 – Jan. 23

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

Sunday, Jan. 17 - Ham Salad with Soup or Chips	\$3.75/\$5.50
Monday, Jan. 18 - Chicken Alfredo Pizza	\$3.75/\$5.50
Tuesday, Jan. 19 - Ultimate Grilled Cheese	\$3.75/\$5.50
Wednesday, Jan. 20 - Ham & Beans with Cornbread Muffin	\$3.75/\$5.50
Thursday, Jan. 21 - BBQ Chicken Panini with Soup or Chips	\$3.75/\$5.50
Friday, Jan. 22 - Chili Cheese Dog with Soup or Chips	\$5.50
Saturday, Jan. 23 - Tuna Melt with Soup or Chips	\$3.75/\$5.50

## UPCOMING EVENTS & ANNOUNCEMENTS

### Outdoor Encounters

*Submitted by Nathan Bolls*

An old Irish proverb says “The most beautiful music of all is the music of what happens.” Those words remind me of wild non-hibernating homeothermic animals—birds and mammals—that maintain a more-or-less constant body temperature. Failing to do so, they will not survive. They also must adapt and become acclimatized to cold weather. Their bodies must play the game.

In the face of a steepening temperature gradient between body temperature and that of the winter environment, these animals, given adequate food, water and shelter, will maintain their normal body temperatures until the outside temperature reaches surprisingly low levels. The arctic fox, one of the champs in this game, can survive in the open even when winter temperatures reach minus 70 degrees Fahrenheit. Some Antarctic penguins also are famous for surviving for long periods of time while standing in the open as savage Antarctic winter storms whirling around them.

The typical acclimatization pattern, specific to the species, is some combination of increasing fur or feather insulation and stimulating body metabolism and heat production to offset the increased loss of body heat to the cold winter air.

Larger mammals, especially those that spend the entire winter outside, are famous for growing thick insulating coats of fur. The smaller non-hibernating rodents and shrews grow relatively thinner insulative coats. Thus, it follows that they need a combination of relatively more caloric intake for heat production and of time spent in their somewhat warmer burrows.

These are the “sounds” of winter music that happen all around us as we nap in the comfort of central heating.

### 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. Friday, Jan. 29, in the Hemisphere Room in the Hale Library.

The Friends of the K-State Libraries will be hosting The Atma Trio, a chamber group that includes Slawomir Dobrzanski, associate professor of music at Kansas State University, playing the piano; Blanka Bednarz, associate professor at Dickinson College, on viola and violin; and Cheung Chau, assistant professor at Utah Valley University, on the cello.

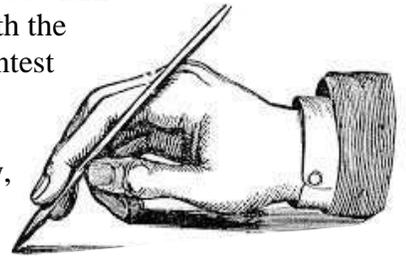
Free transportation is available and will depart at 7 p.m. from the Village Entrance. Sign up in the Blue Book located at the Hospitality Desk.

### Culture Story Writing Contest

Happy New Year! Meadowlark

Hills kicked off 2016 with the annual Culture Story Contest

beginning on Jan. 4. 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. 19, and must be submitted with a completed entry form. Winners will be announced at the March Town Meeting on Monday, March 7, and printed in the March 10 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](http://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 to me in the Community Relations office (next to Monte Spiller and across from Kinzie Jo Zimmerman) or via e-mail at [sarah.duggan@meadowlark.org](mailto: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.

**DRINK SPECIAL**



**Jan. 18 to Jan. 23**

**Negroni**

1 oz. Gin

1 oz. Sweet Vermouth

1 oz. Campari

**\$3.75**

## UPCOMING EVENTS & ANNOUNCEMENTS

### Manhatter Ladies Luncheon

Manhatter's Luncheon will be today, Jan. 14, at 12:30 p.m. in the Manhattan Room. Judy Cattell and Yvonne Crawford will be your hostesses. We would like you to bring a copy of a favorite family recipe to share (optional). If you will be able to attend please sign up in the Blue Book located at the Hospitality Desk.

All ladies of Meadowlark Hills are invited. Lets start the New Year out with a bang! The more the merrier!

Hats are not required but fun to wear.

### Konza Winds Woodwind Quintet

The Konza Winds is a marvelous woodwind quintet from Kansas State University. They will be performing at 7 p.m. Friday, Jan. 15, in the Community Room. Come out and enjoy the unique sounds of the flute, oboe, clarinet, bassoon and French horn blending together in harmony. Don't miss out on an hour of very talented musicians!

### Vespers Services

The Vespers service, led by the Cam McConnell from First Presbyterian Church, will begin at 7 p.m. Sunday, Jan. 17, in the Community Room. All are welcome.

### Brain Booster

Brain Booster, scheduled every Friday from 3 to 3:30 p.m. in the Game Room is canceled indefinitely.

## Walmart/Dillon's

### Shopping Trip



Take advantage of the complimentary transportation to local shopping centers.

Transportation goes to the following locations: Walmart and Dillons.

The next trip departs at 10 a.m. Wednesday, Jan. 20, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

### Resident Focus Group

The staff attendee for the January Focus Group will be Verna Belle's Café Leader, Brook Niehues. Come meet Brook at 10 a.m. today, Jan. 14, in the KSU Classroom.

### Center on Aging Lecture Series

Join Dr. Mike Wesch for the Center on Aging Lecture Series at 4 p.m. today, Jan. 14, in the KSU Classroom. Dr. Wesch will discuss the lessons of a lifetime and what college students have learned while living with elders.

### Acrylic Watercolor Painting for Fun

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, Jan. 16, in the KSU Classroom. Don't forget to bring paint supplies and be ready to paint away!

## LETTER TO THE MESSENGER

### On Being a Good Son

*Submitted by Helen Roser*

My friend told me that when he was a child, he watched his mother standing at her ironing board, ironing into the night to support her family. "I made up my mind then that when I grew up, I was going to amount to something, for her sake."

As a grownup, he went into law enforcement, first as a police officer, then working his way to become chief of police. He became known across the country as he worked with other chiefs of police to create standardization of police procedures. It was called accreditation and his was the first police department to achieve it in his state.

Came the time for retirement, his Mom hoped he would take it easy and go fishing. But fishing wouldn't have honored his Mom, so he accepted urging that he

ran for election to his country commission. He won easily.

I was with his Mom to see him take the oath of office. After ceremony, he asked his Mom and me to come see his office.

The smile on his face reminded me of a kid on Christmas morning who sees that Santa had brought him a bicycle. Joyously, he said: "Look Mom! I have windows! My office has windows!" He has never complained all those years he worked as chief of police in the cellar of the old building. His office has been the coal bin. Now he had windows.

His Mom died before the new police building was finished. It is named the Alvin E. Johnson Law Enforcement Center. I believe my friend Al was, indeed, a good son.

## UPCOMING EVENTS & ANNOUNCEMENTS

### Friedman's Fables x Two

Beginning Tuesday, Jan. 12, two discussion sessions on *Friedman's Fables* by Edwin Friedman will be offered for six weeks. Chaplain Patty Brown-Barnett will be leading a morning group from 10 to 11 a.m. in the Living Room and an afternoon group from 2 to 3 p.m. in the KSU Classroom (for most sessions). You may sign-up for either the morning or afternoon session in the Blue Book at the Hospitality Desk.

### KSU Men's Basketball Watch Parties

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

- 3 p.m. Saturday, Jan. 16, against Iowa State on channel ESPNU
- 7:15 p.m. Wednesday, Jan. 20, against Baylor University on channel ESPNEWS
- 5 p.m. Saturday, Jan. 23, against Oklahoma State on channel ESPNU

Refreshments will be served.

### Meadowlark Hills Traveler Meeting

A sign-up sheet and copies of the New Orleans trip itinerary are available in the notebook labeled "New Orleans Trip" at the Hospitality Desk. The sign up deadline is Saturday, Jan. 23, which includes a \$200 deposit per person. If you have any questions or need a copy of the itinerary please contact Monte Spiller, at 323-3801. Registration forms are now available, which can also be found in the New Orleans Trip book.

### Committee Member Sign Up

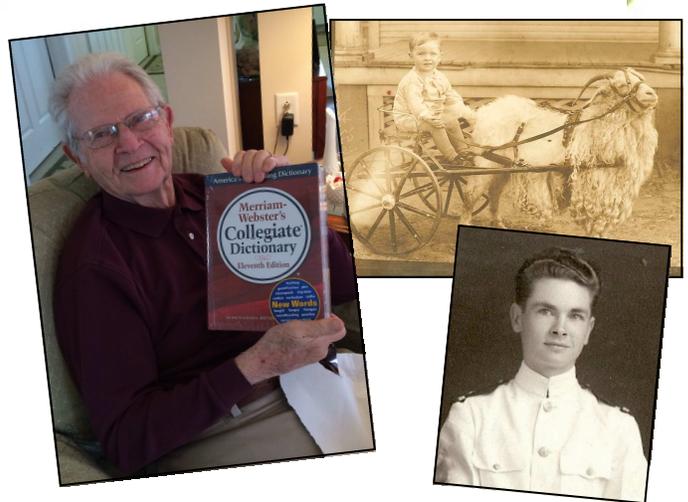
It is that time of year again to begin thinking about signing up for committees here on campus. You will find the sign-up sheets in the Blue Book at the Hospitality Desk. At this time, you are able to retract your membership by marking off your name or apply for open positions on a committee by writing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

- Resident Ambassador Committee,
- Buildings and Grounds Committee
- Messenger/Clerical Committee
- Bingo Committee
- Art Committee
- Messenger Delivery Committee

### Bob Smith's 90th Birthday Announcement!

Please come help Bob Smith celebrate his 90th birthday, this Sunday, Jan. 17, from 2 to 4 p.m. We offer an open invitation to everyone to join us in the Community Room. You will be able to enjoy refreshments, a lifetime of memories and great conversation!

Hope to see you there!



## FOUNDATION NEWS

In Honor of Those  
Living & Passed

Jan. 2016

*Ann Arthur*  
*Marie Bonebrake*  
*Rodney Bowen*  
*Marilyn Brown and the Rev. Dr. Lloyd Brown*  
*Ed & Jo Call*  
*Lincoln Deihl*  
*Stan Elsea*  
*Karen Sisk Ensley*  
*Rev. H. Wayne Fink*  
*Bernice Schoneweis*  
*Frances Siegel*

*Donations were made to the Good Samaritan fund.*

# PRAIRIE STAR RESTAURANT

Monday to Saturday, 10:30 to 8 p.m.  
Sunday, 10:30 a.m. to 7 p.m.

## Jan. 17 - Jan. 23

Includes beverage, starter and dessert.

A minimum of one hour notice is required for reservations. The restaurant can accept up to four reservations per time, depending on party size. Reservations can be made in person or by calling 323-3820.

<b>SUNDAY</b>	Jan. 17 ~ Lunch \$10	Dinner \$12
	Pot Roast Roasted Red Potatoes Carrots, Celery & Onions	Sweet & Sour Pork Chinese Noodles Vegetable of the Day
<b>MONDAY</b>	Jan. 18 ~ Lunch \$10	Dinner \$12
	Beef Burgundy Crepes Mashed Potatoes Choice of Vegetable	Chicken Fairmont with Hunters Sauce Wild Rice Vegetable of the Day
<b>TUESDAY</b>	Jan. 19 ~ Lunch \$7	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Ham Loaf Mashed Sweet Potatoes Vegetable of the Day
<b>WED.</b>	Jan. 20 ~ Lunch \$10	Dinner \$13
	Grilled Chicken Breast with Lemon Tarragon Sauce Rice Pilaf Choice of Vegetable	Shrimp & Grits Vegetable of the Day
<b>THURS.</b>	Jan. 21 ~ Lunch \$7	Dinner \$13
	Breakfast Bar (does not include drink, starter or dessert)	Brisket with Bordelaise Sauce Hashbrown Casserole Vegetable of the Day
<b>FRIDAY</b>	Jan. 22 ~ Lunch \$10	Dinner \$14
	Fettuccine with Italian Sausage & Sweet Peppers Choice of Vegetable	Seared Scallops with Herb Butter Sauce Lemon Herb Orzo Roasted Green Beans
<b>SAT.</b>	Jan. 23 ~ Lunch \$10	Dinner \$12
	Chicken Fried Chicken Sandwich Coleslaw Choice of Vegetable	Three Cheese Tortellini with Prosciutto and Chicken Garlic Toast Vegetable of the Day

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

## Grosh Cinema Movies

Sunday, January 17 - Saturday, January 23

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

2 p.m. and 6 p.m., Sunday

### **Sunday, January 17 – Pride and Prejudice (2005)**

In 19th-century England, the Bennet sisters must make suitable matches. For Elizabeth, it's absolutely not Mr. Darcy.

**Co-Starring: Keira Knightley, Matthew Macfadyen & Brenda Blethyn**

**Rated PG; 2 hrs. 6 min.**

### **Monday, January 18 – The Music Man (1962)**

Con man Harold Hill wants to steal River City citizens' money with a "boys' band" scam but can't skip town when a lovely librarian steals his heart.

**Co-Starring: Robert Preston, Shirley Jones & Buddy Hackett**

**Rated G; 2 hrs. 31 min.**

### **Tuesday, January 19 – Shining Through (1992)**

After secretary Linda learns her boss is a spy, she's recruited to go undercover behind enemy lines to penetrate the home of a high-ranking official.

**Co-Starring: Michael Douglas, Melanie Griffith & Liam Neeson**

**Rated R for nudity and violence; 2 hrs. 12 min.**

### **Wednesday, January 20 – McLintock! (1963)**

After his wife leaves him based on trumped-up adultery charges, a wronged man comes to the aid of a beautiful widow—much to his wife's chagrin.

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

**Not Rated; 2 hrs. 7 min.**

### **Thursday, January 21 – Sunset Boulevard (1950)**

A house of grandeur is really a house of delusions, and a hack screenwriter gets in deep. Is he ready for a close-up?

**Co-Starring: William Holden, Gloria Swanson & Erich von Stroheim**

**Not Rated; 1 hr. 50 min.**

### **Friday, January 22 – Water for Elephants (2011)**

Set in the 1930s, a former veterinary student takes a job in a traveling circus and falls in love with the ringmaster's wife.

**Co-Starring: Robert Pattinson, Reese Witherspoon & Christoph Waltz**

**Rated PG-13; 2 hrs. 1 min.**

### **Saturday, January 23 – Ice Age: The Meltdown (2006)**

Manny, Sid, and Diego discover that the ice age is coming to an end, and join everybody for a journey to higher ground. On the trip, they discover that Manny, in fact, is not the last of the woolly mammoths.

**Co-Starring: Ray Romano, John Leguizamo & Denis Leary**

**Rated PG; 1 hr. 30 min.**

# This Week's Opportunities January 17 - January 23

## SUNDAY • JANUARY 17

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

- 10:00 a.m. ~ Church Service, CR
- 2 to 4 p.m. ~ Bob Smith's 90th Birthday Celebration, CR
- 7:00 p.m. ~ Vespers, Cam McConnell. CR

## MONDAY • JANUARY 18

*Trash pick-up day*

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*  
*Dental Hygiene Clinic (By Appointment Only), Miller Spa*

- 8:30 a.m. ~ Dental Hygiene Clinic, MS
- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Beginner Tai Chi, CR
- 12:00 p.m. ~ Yoga, KSU CL
- 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
- 3:00 p.m. ~ MLH Singers Practice, CR
- 5:00 p.m. ~ 5th Floor Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

## TUESDAY • JANUARY 19

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

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, LR
- 10:00 a.m. ~ Friedman's Fables, LR
- 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. ~ Friedman's Fables, CON
- 2:00 p.m. ~ Writing Group Presentation, KSU CL
- 3:00 p.m. ~ Coffee Corner, CR
- 3:30 p.m. ~ Ambassadors Committee Meeting, CON
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:30 p.m. ~ 2nd Floor Supper, CR

## WEDNESDAY • JANUARY 20

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

- 9:00 a.m. ~ New Perspectives, MR
- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Worship Service, KSU CL
- 10:00 a.m. ~ Memory Activities Class, CON
- 10:00 a.m. ~ Memory Care Partners Support Group, TR
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 10:00 a.m. ~ Osher Registration, LR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, KSU CL

- 12:00 p.m. ~ Beginner Tai Chi, CR
- 1 to 2 p.m. ~ Fitness Center Office Hour, FC
- 1:30 p.m. ~ Pitch, GR
- 2:30 p.m. ~ General Support Group, CON
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Fit 2 Fight PD, CR
- 7:15 p.m. ~ KSU vs. Baylor Men's Basketball Watch Party, GR

## THURSDAY • JANUARY 21

*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
- 11:00 a.m. ~ Parkinson's Webinar, CON
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 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 • JANUARY 22

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

- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Parkinson's Partners Luncheon, LR
- 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 Care Partner Support Group, LR
- 7:00 p.m. ~ Resident Program: The Haymakers, CR

## SATURDAY • JANUARY 23

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

- 9:30 a.m. ~ Painting for Fun, KSU CL
- 5:00 p.m. ~ KSU vs. Oklahoma State Men's Basketball Watch Party, GR

## ROOM ABBREVIATIONS

BP, Billiards Parlor	LB, Library
CR, Community Room	LR, Living Room
CON, Conference Room	MR, Manhattan Room
FC, Fitness Center	MS, Miller Spa
GR, Game Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	TR, Tranquility Room
KR, Kansas Room (Pub)	VE, Village Entrance
KSU CL, KSU Classroom	WS, Woodshop