



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Jan. 21, 2016



## 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 are available 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 and on page four of this Messenger. Due to the event, Prairie Star Dining Room will be closed after lunch.

For those not attending the late evening celebration, join us for a delicious Cajun Buffet in 4:45 p.m. the Community Room. No sign-up required. The buffet is \$14 per person.

### ASK SARAH

#### Welcome, new "residents"

*Submitted by Sarah Duggan*

There are some new residents at Meadowlark Hills! For the fourth year in a row an anthropology class from Kansas State University will be living at Meadowlark Hills and integrating into our community. There are 11 students in total, and four of them are currently living on our campus.

On Tuesday, Jan. 19, Monte Spiller and I had the opportunity to meet all of the students and their professor, Dr. Michael Wesch, for an orientation meeting. I am pleased to say this group of students seems excited, engaged and ready to be a part of the Meadowlark Hills community. Please join me in helping them feel welcome for many of them, this is their first time visiting the campus!

There will be opportunities throughout the next couple of months to engage with the students and learn about their class, its focus and what they hope to gain from this experience. Please watch the Messenger for more information. See you next week and thanks for stopping by!



## Prairie Star Writers: Looking Back

*Purchase a copy at Verna Belle's Café!*

Enter these pages to visit the memorable characters of our pasts: Rattle Snake Jack, Leita Louise Cutting, Desegregation heroes, cowboys, soda-pop and pin-up girls, wanderers, angry rangers, and even Manuel and his brother, Tarzan.

The Prairie Star Writers of Meadowlark Hills Retirement Community, invite you to spend some time with people and events we will never forget by purchasing *Looking Back*, a 2015 holiday edition filled with stories written by residents of Meadowlark Hills.

Copies of *Looking Back* are now available at Verna Belle's Café for \$4.50 each. Stop by the Café from 8 a.m. to 5 p.m. on weekdays or 9 a.m. to 3 p.m. on weekends to purchase a copy!



## UPCOMING EVENTS & ANNOUNCEMENTS

### Jokes of the Week

What is a monkey's favorite cookie?  
Chocolate chimp!

What do you call a musician with problems?  
A trebled man.

### Memory Activities Class

Memory Activities Class (MAC) focuses on education, activities and discussions about memory & cognition in an informal setting. All levels of abilities are welcome and snacks are provided. This group meets weekly on Wednesdays from 10 to 11 a.m. in the West Conference Room. The next scheduled class is at 10 a.m. Wednesday, Jan. 27, in the West Conference Room.

### Video Worship Series

You're invited to watch a televised worship sermon by Reverend Dr. Daniel J. Brege, titled "The Christ, For You," at 4 p.m. Wednesday, Jan. 27, in the Living Room. All are welcome.

### Closings for Winter Ball

The following classes and events are canceled Friday, Jan. 29, due to preparation for Winter Ball.

- Hand & Foot Card Games
- Mending Angel
- Parkinson's Exercise Class
- A movie will not be shown in the Grosh Cinema
- Prairie Star Restaurant will be closed after lunch

### 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 and in the Community Room.

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!



### First Friends on the First

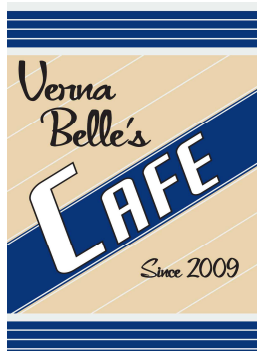
"First Friends on the First" (FFF) is here again! All members and friends of the First Methodist Church are invited to come and gather at 4:30 p.m. Monday, Feb. 1, in the Community Room. The docents from Hale Library, Beth Kisinger and Susan Bradley will be bringing a volume from St. James Bible.

You won't want to miss this first of the year gathering at 4:30 p.m. Monday, Feb. 1!

## Lunch Specials

### Jan. 24 – Jan. 30

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



Sunday, Jan. 24 – Tuna Salad Sandwich with Soup or Chips	\$3.75/\$5.50
Monday, Jan. 25 – Avocado BLT with Soup or Chips	\$3.75/\$5.50
Tuesday, Jan. 26 – Chicken Carbonara Panini with Soup or Chips	\$3.75/\$5.50
Wednesday, Jan. 27 – Bierocks with Soup or Chips	\$5.50
Thursday, Jan. 28 – White Chicken Chili with Cornbread Muffin	\$3.75/\$5.50
Friday, Jan. 29 – Steak Fajita Quesadilla with Mexican Corn	\$3.75/\$5.50
Saturday, Jan. 30 – Egg Salad Sandwich with Soup or Chips	\$3.75/\$5.50

## EVENTS & ANNOUNCEMENTS

### Card Making with Michelle

Will you be my Valentine? Card making with Michelle Lehmer will be at 2 p.m. Tuesday, Jan. 26, in the West Conference Room and will specialize in Valentines Day cards!

### Outdoor Encounters

*Submitted by Nathan Bolls*

Today (Sat, 16 Jan), from 2-3:30 p.m., I hiked the Bayer Pond and woods and the woods east of the KSU pond. Because of the balmy weather (41 degrees, sunny, and clam) I expected the edges of the pond ice sheets to be melted. But saw only two sorts of activity: one incident of waves indicating a fish was working near the shore in the SW neck of Bayer pond and, in a couple of places, submerged pond-edge leaves under the ice were waving gently. This surely was caused by movements of fish, nearby, but unseen. I was looking at Bayer Pond as a brick, and this is the sort of thing that looking at the pores of the brick can give you. But not tomorrow.

I was preoccupied with both tomorrow (predicted high of 12 degrees) and the opening lines of Christina Rossetti's famous poem/song:

In the bleak midwinter,  
frosty winds made moan,  
Earth stood hard as iron,  
water like a stone;

Rossetti (1830-94) refers later in this poem to heavy snows "long ago," which means she probably was thinking of Europe's mini-ice age of a few centuries prior. Recall the winter scenes painted by the two Brueghels depicting that time.

Chickadees and juncos, seemingly cheerfully, were using the feeder in the woods west of Bayer Dam, and, randomly, I watched robins, cardinals, and one blue jay. Saw no sign of the covey of quail often observed around the feeders found in the woods or on the dam. However, my score was not so bad since, at the same time, a young father was taking his two talkative young sons on a long walk through our Natural Area. Their questions were refreshing. That father and his sons will not be statistics of the sort used by Rich Louv in his disturbing book entitled *Last Child in the Woods*.

But tomorrow I will be reading comfortably in my recliner, and just maybe at least that blue jay will wish it had paid a bit more attention to the field manual on ornithological winter protocol to be followed by members of its species.

### Vespers Services

The Vespers service, led by Reverend Cam McConnell from First Presbyterian Church, will begin at 7 p.m. Sunday, Jan. 24, in the Community Room. All are welcome.

## LETTER TO THE MESSENGER

### On the Mystery of the Disappeared Meat Stew

*Submitted by Helen Roser*

Meat, during World War II, was consumed mostly by our troops, with smaller proportion for civilians. Thus it was that the most popular dish in the cafeterias for the Pentagon's 40,000 workers was tasty, filling meat stew, with two crackers, for 15 cents.

Getting to the cafeteria before they ran out of meat stew was an incentive for an early lunch. A yummy bowl of meat stew, two crackers, and you were set.

But things changed. Suddenly, even early arrivers found no meat stew. It had been that way for days. When early diners protested: "Hey! Where's our meat stew?", The cafeteria workers didn't say a word. In fact, they didn't even look at us when we asked. What could be going on?

Morale was an important part of our war effort. Some of the mothers of Government Girls, as we were called, who had left sheltered lived to respond to our appointment to work in Washington, D.C., were apprehensive of the government's mindfulness of their daughters. They need not have worried. Uncle Sam was well aware of the precious sons and daughters engaged in the war effort.

Washington, D.C. newspapers reported new legislation "for the duration of the war." I noticed one new ruling that: "Whenever animal meat is served for human consumption, the animal from which it came will be clearly identified by name."

Uh oh. Remember morale? What would have happened if a few letters home had said "Guess what? That terrific meat stew I've been telling you we get at the Pentagon turns out to have a new name. Now it's called 'horse meat stew.'"

Of course the war effort couldn't risk that. So our beloved meat stew disappeared forever and the cafeteria workers didn't say a word. I never mentioned my theory about its disappearance to anyone.

It is said: "A rose by any other name would be as sweet." I'm not sure our beloved meat stew would have survived under its real name, though it was tasty and filling, for 15 cents.



## UPCOMING EVENTS & ANNOUNCEMENTS

### 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.

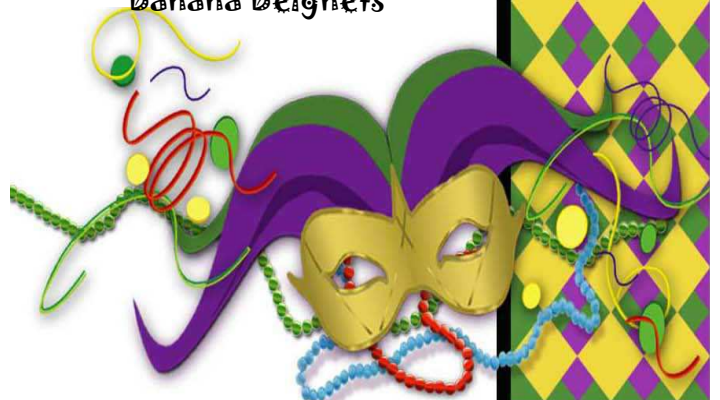
Entry forms and topic packets are available at the Hospitality Desk, Human Resources office and on the Meadowlark Hills website ([www.meadowlark.org](http://www.meadowlark.org)). If you have questions regarding the contest, please visit the Community Relations office or give me a call at (785) 323-3860. 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.

### Mardi Gras Dinner Buffet

Feb Tuesday = February 9 =  
Community Room

Gumbo  
Cornbread  
Mardi Gras Slaw  
Crab Cakes with Cajun  
Rémoulade Sauce  
Stuffed Pork Tenderloin with  
Andouille Sausage Dressing  
Shrimp, Chicken, Sausage  
Jambalaya  
Red Beans & Price  
Fried Okra  
King Cake  
Banana Beignets



### Kansas Day Celebration

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!

DRINK SPECIAL



Jan. 25 to Jan. 30

A glass of wine — your choice!

\$3.75

## UPCOMING EVENTS & ANNOUNCEMENTS

### Friedman's Fables x Two

Beginning Tuesday, Jan. 12, two discussion sessions on *Friedman's Fables* by Edwin Friedman are 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).

The next scheduled book discussions are Tuesday, Jan. 26. The morning group will meet from 10 to 11 a.m. in the Living Room, and the afternoon group from 2 to 3 p.m. in the KSU Classroom.

### 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

### KSU Men's Basketball Watch Parties

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

- 5 p.m. Saturday, Jan. 23, against Oklahoma State on channel ESPNU
- 6 p.m. Tuesday, Jan. 26, against West Virginia on channel ESPNU
- 1 p.m. Saturday, Jan. 30, against Ole Miss on channel ESPNU

Refreshments will be served.

### Acrylic Watercolor Painting for Fun

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, Jan. 23, in the KSU Classroom. Don't forget to bring paint supplies and be ready to paint away!

### 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 Hale Library.

The Friends of the K-State Libraries will be hosting The Atma Trio, a chamber group that.

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 to attend this event.



HOST:  
RHONDA MILLER & REBECCA PRICE 410-868-2893

*Betty Campbell's 90th Birthday  
Celebration*

SATURDAY, JANUARY 30 FROM 2:00 PM  
TO 4:00 PM

WHERE:  
MEADOWLARK HILLS COMMUNITY ROOM  
2121 MEADOWLARK HILLS RD., MANHATTAN, KS 66502

# PRAIRIE★STAR

## RESTAURANT

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

## Jan. 24 - Jan 30

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 323-3820.1

SUNDAY	Jan. 24 ~ Lunch \$10	Dinner \$11
	Chicken Newburg in Savory Cream Puff Wild Rice Vegetable of the Day	Beef Stew White Cornbread Vegetable of the Day
MONDAY	Jan. 25 ~ Lunch \$9	Dinner \$12
	Quiche Lorraine Choice of Vegetable	Smoked Ham with Apricot Glaze Fried Potatoes with Onions Vegetable of the Day
TUESDAY	Jan. 26 ~ Lunch \$6	Dinner \$12
	Taco Bar (does not include drink, starter or dessert)	Smothered Chicken with Lemon Thyme Sauce Green Chili Mashed Potatoes Vegetable of the Day
WED.	Jan. 27 ~ Lunch \$10	Dinner \$12
	B.B.Q. Brisket Sliders Cole Slaw French Fries	Pork Tenderloin Roulades with Spinach, Sundried Tomatoes, Gorgonzola & Balsamic Demi Glaze Roasted Red Potatoes Vegetable of the Day
THURS.	Jan. 28 ~ Lunch \$8	Dinner \$14
	Caesar Salad Bar (does not include drink, starter or dessert)	Shrimp Tempura with Sweet and Sour Sauce Rice Pilaf Vegetable of the day
FRIDAY	Jan. 29 ~ Lunch \$9	Dinner
	Tamale Pie Black Beans Choice of Vegetable	Restaurant Closed for Winter Ball
SAT.	Jan. 30 ~ Lunch \$11	Dinner \$15
	Fried Catfish Hush Puppies Choice of Vegetable	Steak Night 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, January 24 - Saturday, January 30

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

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

### **Sunday, January 24 – Mona Lisa Smile (2005)**

In 1953, the women of Wellesley College are measured by how well they marry—until the arrival of a professor who threatens to upend the status quo.

**Co-Starring: Julia Roberts, Kirsten Dunst & Julia Stiles**

**Rated PG-13; 1 hr. 59 min.**

### **Monday, January 25 – Inside Out (2015) \*Resident Request**

When her family relocates across the country, tween Riley Anderson struggles with the stress of her new situation and her animated emotions get carried away—quite literally—on a fantastic journey through her mind.

**Co-Starring: Amy Poehler, Bill Hader & Lewis Black**

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

### **Tuesday, January 26 – The Great Gatsby (1974)**

Mysterious millionaire Jay Gatsby is obsessed with Daisy Buchanan, who's married to unfaithful Tom, making for a tragic love triangle.

**Co-Starring: Robert Redford, Mia Farrow & Bruce Dern**

**Rated PG; 2 hrs. 23 min.**

### **Wednesday, January 27 – Big Jake (1971)**

John Wayne stars as Jacob McCandles, a rough-and-tumble rancher who's estranged from his wife. But when a cutthroat gang led by Richard Boone kidnaps his grandson, Big Jake gets the call to rescue him.

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

**Rated PG-13; 1 hr. 49 min.**

### **Thursday, January 28 – Call Northside 777 (1948)**

The rub about a dead cop in a speakeasy? The suspect is always guilty—no matter how many questions you ask.

**Co-Starring: James Stewart, Richard Conte & Lee J. Cobb**

**Not Rated; 1 hr. 51 min.**

**Friday, January 29 – *No movie showing due to Winter Ball.***

### **Saturday, January 30 – Nanny McPhee (2005)**

Recently widowed Mr. Brown and his domineering aunt can't control his naughty children until magical, understanding Nanny McPhee comes to stay.

**Co-Starring: Emma Thompson, Colin Firth & Angela Lansbury**

**Rated PG; 1 hr. 38 min.**

# This Week's Opportunities January 24 - January 30

## SUNDAY • JANUARY 24

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

10:00 a.m. ~ Church Service, CR

7:00 p.m. ~ Vespers, Cam McConnell, CR

## MONDAY • JANUARY 25

*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

12:00 p.m. ~ 1st Pres. 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

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

5:30 p.m. ~ Eastside Supper, MR

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

## TUESDAY • JANUARY 26

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

10:00 a.m. ~ Friedman's Fables, LR

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

11:00 a.m. ~ Parkinson's Webinar: Treatment Advances in Parkinson's Disease, KSU CL

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

11:30 a.m. ~ AAUW Serendipity Luncheon, CON

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

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

2:00 p.m. ~ Friedman's Fables, KSU CL

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

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

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

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

6:00 p.m. ~ KSU vs. West Virginia Men's Basketball Watch Party, GR

## WEDNESDAY • JANUARY 27

*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, 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

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

1:30 p.m. ~ Pitch, GR

1:30 p.m. ~ Diabetic Support Group, KSU CL

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

3:00 p.m. ~ Fit 2 Fight PD, KSU CL

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

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

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

## THURSDAY • JANUARY 28

*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

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

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

## FRIDAY • JANUARY 29

*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

6:00 p.m. ~ MLH Winter Ball, PS & CR

## SATURDAY • JANUARY 30

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

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

1:00 p.m. ~ KSU vs. Ole Miss Men's Basketball Watch Party, GR

2:00 p.m. ~ Betty Campbell's Birthday Party, CR

## 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 CL, KSU Classroom

LB, Library

LR, Living Room

MR, Manhattan Room

MS, Miller Spa

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WS, Woodshop