



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Feb. 18, 2016

Tea party celebrates Downton Abbey Finale

Submitted by Becky Fitzgerald

Are you glued to your television set on Sunday night, watching Lady Mary discourage her suitors or Carson comparing his new wife's cooking to Mrs. Patmore's? Do you enjoy hot tea and scrumptious food? If you answered yes to either or both

questions, you're invited to join Jayme Minton, Becky Fitzgerald and Rae Stamey, when they host a Farewell to Downton Abbey party. This "High Tea" event is set for 5 p.m. Wednesday, March 2, in the Community Room.

Downton Abbey, a fictional Yorkshire country estate, is the setting for a British historical period drama chronicling the lives of the aristocratic Crawley family and their domestic servants. The award-winning show debuted on PBS in 2011 as part of the network's Masterpiece Classic anthology and has become the most-watched PBS series ever.

Saying "it's good to leave the room while everyone is still sorry," series creator Julian Fellowes decided the sixth



season would be the last, and the final episode is set to air on Sunday, March 6. Will Lady Edith accept Bertie's proposal, revealing Marigold's maternity in the process? Will Anna and Mr. Bates become parents? Did Lady Mary's chance for love crash and

burn in episode seven? How will Americans manage without weekly doses of Countess Violet's wit and wisdom?

Let's discuss over scones, savories and sweets and your choice of tea, which we'll drink from cups loaned to us by Rae Stamey. In High Tea fashion, Chef John is planning a meal rather than the snacks associated with Afternoon Tea. We'll watch short video "extras" related to the show and toast the series' success with a bit of bubbly. To add to the jolly good fun, a few of you may win Downton Abbey-related prizes!

Cost is \$15. Please register in the Blue Book.

New Theatre Restaurant

A trip to Broadway hit comedy "Over The Moon"

Meadowlark Hills will be taking a group to Overland Park, Kan. to visit the NEW Theatre Restaurant for a Broadway hit comedy show Wednesday, March 23.

The show for the day is *OVER THE MOON* starring Emmy and Tony winner, Hal Linden from *Barney Miller* fame, and co-star Carmen Roman.

The hilarious comedy is over two fading stars of the 1950's, playing a comedy and drama rotation in Buffalo, New York. On the brink of a disastrous split-up, they receive word that they might have one more shot at regaining their stardom.

The cost for the trip is \$15 for transportation and \$33 for the theater ticket which includes a fantastic dinner and show, choice of coffee, tea or soft drink. Desserts and

alcoholic beverages are available at additional cost.

The group will depart from the Village Entrance at 9 a.m., with restroom breaks on the way. Seating begins at 11:30 a.m., with lunch being served from 12 to 1 p.m. and show starting at 1:15 p.m. A sign-up sheet is available and located in the Blue Book at the Hospitality Desk. For questions, call Monte Spiller at (785) 323-3801.



UPCOMING EVENTS & ANNOUNCEMENTS

Memory Activities Class

Memory Activities Class (MAC) focuses on education, activities and discussions about memory and 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, Feb. 24, in the West Conference Room.

Parkinson's Partners Luncheon

Parkinson's Partners Luncheon meets the fourth Friday of each month from 12 to 1 p.m. in the KSU Classroom, beginning Friday, Jan. 22.

The next luncheon is at 12 p.m. Friday, Feb. 26, in the KSU Classroom.

Eyeglass Adjustment

Alex's Affordable Eyewear will be at Meadowlark Hills at 3 p.m. Saturday, Feb. 27, in the Community Room. They will adjust eyeglasses for residents at no charge.

Jokes of the Week

Who was the biggest jokester in George Washington's army?
Laughayette.

What do you get when you cross fish and an elephant?
Swimming trunks.

Chocolate & Tea

The 13th Annual Chocolate & Tea event is scheduled at 2 p.m. Sunday, April 10, at the Houston Street Ballroom. This event which benefits the Manhattan Area Habitat, includes: silent and live auction, chocolate fountain, coffee, tea and treats. Meadowlark Hills has 10 tickets to giveaway for this event. If you are interested in attending, stop by the Hospitality Desk to get a ticket. The tickets will be first come.

Riley County Historical Society

Allana Saenger, from Riley County Historical Society, will be presenting "Forming a Free-State Manhattan," at 7 p.m. Friday, Feb. 19, in the Community Room.

KSU Men's Basketball Watch Parties

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

- 5 p.m. Saturday, Feb. 20, against Kansas University on channel ESPN/2 (2032 HD/32 or 2033 HD 33)
- 6 p.m. Monday, Feb. 22, against Texas University on channel ESPNU (Channel 244)
- 5 p.m. Saturday, Feb. 27, against Iowa State on channel ESPN/2 (2032 HD/32 or 2033 HD 33)

Refreshments will be served.

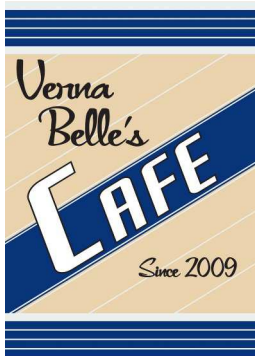
Video Worship Service

You are invited to watch a televised worship sermon by Reverend Paul Shoemaker, titled "Die With Purpose," at 4 p.m. Wednesday, Feb. 24, in the Living Room. All are welcome.

Lunch Specials

Feb. 21 – Feb. 28

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



Sunday, Feb. 21 – Tuna Salad Sandwich with Soup or Chips	\$3.75/\$5.50
Monday, Feb. 22 – Meatball Sub with Soup or Chips	\$3.75/\$5.50
Tuesday, Feb. 23 – Reuben with Soup or Chips	\$3.75/\$5.50
Wednesday, Feb. 24 – Chicken Bacon Ranch Quesadilla	\$3.75/\$5.50
Thursday, Feb. 25 – Turkey Bruschetta Panini with Soup or Chips	\$3.75/\$5.50
Friday, Feb. 26 – BBQ Chicken Pizza	\$3.75/\$5.50
Saturday, Feb. 27 – Egg Salad Sandwich with Soup or Chips	\$3.75/\$5.50

EVENTS & ANNOUNCEMENTS

Book Discussion on *Being Mortal*

Submitted by Chaplain Patty Brown-Barnett

Pastor Caela Simmons-Wood will be leading a book study on *Being Mortal: Medicine and What Matters in the End*, at 9:30 a.m. from Sunday, Feb. 14, to Sunday, March 13, at First Congregational Church. “Atul Gawande, a practicing surgeon, has fearlessly revealed the struggles of his profession. Now he examines its ultimate limitations and failures — in his own practices as well as others’ — as life draws to a close. And he discovers how we can do better. He follows a hospice nurse on her rounds, a geriatrician in his clinic, and reformers turning (long-term care facilities) upside down. He finds people who show us how to have the hard conversations and how to ensure we never sacrifice what people really care about. Riveting, honest and humane, *Being Mortal* shows that the ultimate goal is not a good death but a good life — all the way to the very end.”

If you are interested in participating in this study and would like to use Meadowlark Hills transportation to and from First Congregational Church, please contact Monte Spiller at 323-3801.

Doug “Chappie” Chapman Performance

Meadowlark Hills invites you to a Chappie Chapman performance at 7 p.m. Friday, Feb. 26, in the Community Room.

Chappie currently lives in Manhattan and has been playing for over 40 years. His shows are intended to bring back memories of the past through music. Chappie has toured with the Driffters, Martha and the Vandellas, The Ronettes, The Shirelles, and the Marvelettes in the late 60’s. In March of 2013, Chappie was inducted in the Kansas Hall of Fame!

Don’t miss out on a Motown hits show from the 60’s!

Vespers Services

The Vespers service, led by Reverend John Wright from First United Methodist Church, will begin at 7 p.m. Sunday, Feb. 21, in the Community Room. All are welcome.

Outdoor Encounters

Submitted by Nathan Bolls

The eight species of aquatic turtles that may be found in our region present a more complicated variety of overwintering strategies than do box turtles.

Most of them are active from mid-March (some earlier) through mid-November (some later). And most overwinter by digging into mud below water in a lake, pond, or stream, with the common snapping turtle going as much as 18 inches deep. The yellow mud turtle and slider turtle (“red ears”) may burrow into a muddy bank above water. The false map and Ouachita map turtles may choose a muskrat den.

Data collected by a former biology colleague who now studies turtles in a lake in northern Wisconsin suggest that some of them move around during the winter. Maybe some of our turtles also exhibit winter wanderlust.

But I gotta tell you about the little spotted turtle whose overwintering heart and respiration rates I studied for a couple of years in Ohio. They live in a fen, which can most simply be described as a cold-water marsh. The fen water, cold even in summer, comes out of the southern end of a long glacial terminal moraine. The turtles aggregate and overwinter in chambers (hibernacula) they hollow out in the fen. The water-filled chambers freeze over in the Ohio winter, and to get turtles I would break the ice, reach in and gather them, and place them in a bucket of water and ice cubes for transport to my lab—and later, back to their hibernaculum. The hibernaculum water temperature always was 33-34 degrees Fahrenheit in the dead of winter.

The turtles even would swim around a bit in the simulated hibernaculum I had built in my lab where the water was kept at the same temperature. Using a polygraph and electrodes, and confining the animal being tested to a small recording chamber, I monitored heart rates in such water. A routine heart rate was in the range of 4-12 beats per minute. But one critter gave me one heart contraction every two minutes! Our turtles are decidedly tough little dudes!

Card Making with Michelle

Join Michelle Lehmer at 2 p.m. Tuesday, Feb. 23, in the Living Room to create greeting cards for all occasions!

DRINK SPECIAL



Feb. 22 to Feb. 27
Lincoln Club Cooler

1 1/2 oz. Cruzan Rum
3 oz. Ginger Ale

\$3.75

UPCOMING EVENTS & ANNOUNCEMENTS

Renovation Reminder

A friendly reminder that third floor renovations will begin Monday, Feb. 22. The contractors are aware that the hallways are still open so they will maintain a clear pathway in the hallways. Residents will be notified when work will be done around their doorways on third floor. Thank you in advance for your patience while the work is being completed.

Manhattan Home Life of the 1880's

This Osher Class will be exploring local life during the Victorian period, illustrated by the Wolf Museum and the collections of the Riley County Historical Society and Museum.

The group will delve into local 1880's community home life through food, fashion, families, government, buildings and work. A special tour after the class of the Wolf House Museum will illustrate the period of the 1880's.

Join the staff of the Riley County Historical Museum, as they present over Manhattan home life of the 1880's from 2 to 4 p.m. Friday, Feb. 19, in the Community Room. The second and third classes are scheduled for Friday, Feb. 26, and Friday, March 4, at the same time and location as the first class.

Prior registration is required. To enroll, or for more information, please go to www.osher.ku.edu or by calling the UFM Community Learning Center at 785-539-8763.

William Shakespeare's *As You Like It*

This Osher class is just in time for Kansas State's spring production of the Shakespeare classic, *As You Like It*. The class will dive into selected scenes and discuss artistic and historical issues involved in the play.

Join Sally Bailey, professor of Theatre at Kansas State University, as she teaches about Shakespeare's classic production from 6 to 8 p.m. Tuesday, Feb. 23, at the Beach Museum of Art. The third class is scheduled Tuesday, March 1, at the same time and location as the first class.

Transportation is provided and will depart from the Village Entrance at 5:30 p.m. Please sign up in the Blue Book located at the Hospitality Desk.

Acrylic Watercolor Painting for Fun

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, Feb. 20, in the KSU Classroom. Don't forget to bring paint supplies and be ready to paint away!

Mortified Event hosted by Anthropology Students

Anthropology students will be hosting a Mortified Event, a comedy show where residents, students and friends have the opportunity to share old diaries, journals and letters in front of a crowd. If you would like to provide any of these materials, please contact Monte Spiller at 323-3801. The deadline to turn these in is Friday, Feb. 26.

Please contact Kenzie McAnulty, anthropology student, by email at kenziem@ksu.edu or phone at (316) 734-8483, with any questions.

ASK SARAH

Why the Watermelon?

Submitted by Sarah Duggan

Meadowlark Hills loves art. Not to say that each individual resident loves art, but the organization as a whole appreciates many types of art displayed throughout our campus. There are three unique pieces of art located outside the Community Room. If you visit that area, you will find portraits of people who have played a significant role in the history of Meadowlark Hills. One is of the Sloan family, one is of our former CEO Steve Shields and the third depicts Jim Morrison with a watermelon.

Wait...what? A watermelon?

I have often wondered the significance of the watermelon in this particular portrait, but never ventured as far to find out. This week I spoke briefly with Jim and he told me that when the artist, Clive Fullagar, did the painting he thought there should be more than just Jim in the portrait. Clive inquired about Jim's hobbies and Jim mentioned that he and a couple other people grew watermelon and sold them at the local farmer's market. Jim often brought a supply to Meadowlark Hills to share with the residents who lived here.

Jim also noted that he thinks the artist believed the addition of the watermelon not only rounded out the painting, but also his personality.

The first president of the board of trustees for the Manhattan Retirement Foundation, Jim also served as a part of the committee to explore the concept of a retirement community for Manhattan. He was a volunteer leader for the organization from 1974 to 2002. The portrait was dedicated February 23, 2007. Thank you to Jim, and the many others, for playing a part in the development, history and growth of Meadowlark Hills.

See you next week and thanks for stopping by!





DOWNTON ABBEY

High Tea Menu

Tea and Cocktail Hour

Scones

Biscotti

Finger Sandwiches

Salad

Roasted Vegetable Stack
with Balsamic Vinaigrette

Entree

Roasted Duck Breast
with Cherry Sauce

Wild Rice Cake

Steamed Fresh Green Beans
Popovers with Butter and Jam

Dessert

Apple Cheddar Crumble

PRAIRIE★STAR

RESTAURANT

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

Feb. 21 - Feb 27

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	Feb. 21 ~ Lunch \$10	Dinner \$11
	Grilled Lime Chicken with Mango Salsa Island Rice Vegetable of the Day	Ham & White Beans Cornbread Vegetable of the Day
MONDAY	Feb. 22 ~ Lunch \$10	Dinner \$12
	B.B.Q. Pulled Pork French Fries Coleslaw	Chicken Milanese Rice Pilaf Vegetable of the Day
TUESDAY	Feb. 23 ~ Lunch \$6	Dinner \$14
	Taco Bar (does not include drink, starter or dessert)	London Broil Garlic Mashed Potatoes Vegetable of the Day
WED.	Feb. 24 ~ Lunch \$9	Dinner \$12
	Beer Steamed Brats with Sweet Peppers on a Bun French Fries Cole Slaw	Penne with Chicken, Shrimp, Portobello's, Sun Dried Tomatoes, Spinach & Basil in a Sherry Garlic Sauce Garlic Toast Vegetable of the Day
THURS.	Feb. 25 ~ Lunch \$7	Dinner \$13
	Hamburger & Hot Dog Bar (does not include drink, starter or dessert)	Roast Brisket with Bordelaise Sauce Potato Pancake Vegetable of the Day
FRIDAY	Feb. 26 ~ Lunch \$11	Dinner \$14
	Fish Tacos Spanish Rice Choice of Vegetable	Tilapia Parmesan Roasted Red Potatoes Vegetable of the Day
SAT.	Feb. 27 ~ Lunch \$10	Dinner \$15
	Philly Cheese Steak Sandwich Potato Salad 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, February 21 - Saturday, February 27

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

Sunday, February 21 – My Side of the Mountain (1969)

Embracing the spirit of 19th-century poet and philosopher Henry David Thoreau, 13-year-old Sam strikes out into a forested wilderness on his own.

Co-Starring: Ted Eccles, Theodore Bikel & Tudi Wiggins

Rated G; 1 hr. 40 min.

Monday, February 22 – Like Water for Chocolate (1992)

When Pedro marries her sister, Tita throws herself into her cooking—and discovers she can transfer her emotions through the food she prepares.

Co-Starring: Marco Leonardi, Lumi Cavazos & Regina Torne

Rated R for sexuality; 1 hr. 45 min.

Tuesday, February 23 – Indiana Jones & The Raiders of the Lost Ark (1981)

When Indiana Jones is hired by the government to locate the legendary Ark of the Covenant, he finds himself up against the entire Nazi regime.

Co-Starring: Harrison Ford, Karen Allen & Paul Freeman

Rated PG; 1 hr. 45 min.

Wednesday, February 24 – The Sons of Katie Elder (1965)

John Elder and his brothers go home to bury their mother and investigate the death of their father, but a sheriff and a rival gang have other plans.

Co-Starring: John Wayne, Dean Martin & Martha Hyer

Not Rated; 2 hrs. 1 min.

Thursday, February 25 – Casablanca (1942) **Resident Request*

American expat Rick Blaine runs a Moroccan nightclub during World War II and contends with his ex, who walks back into his life.

Co-Starring: Humphrey Bogart, Ingrid Bergman & Paul Henreid

Rated PG; 1 hr. 32 min.

Friday, February 26 – He Named Me Malala (2015) **Resident Request*

Vividly portraying the obstacles Pakistani women face in getting an education because of prohibitions by the Taliban, this affecting documentary chronicles the story of Malala Yousafzai, a 15-year-old who was shot because of her advocacy efforts.

Co-Starring: Malala Yousafzai, Ziauddin Yousafzai & Toor Pekai Yousafzai

Rated PG-13; 1 hr. 27 min.

Saturday, February 27 – A League of Their Own (1992)

When the men are called away to war, lady ballplayers prove that their place is at home plate, not at home.

Co-Starring: Tom Hanks, Geena Davis & Lori Petty

Rated PG; 2 hrs. 7 min.

This Week's Opportunities February 21 - February 27

SUNDAY • FEBRUARY 21

Breakfast at Verna Belle's—Omelets with Fruit

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

7:00 p.m. ~ Vespers, Rev. John Wright, CR

MONDAY • FEBRUARY 22

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

1:10 p.m. ~ Meditation Group, LR

1:15 p.m. ~ Parkinson's Exercise Class, CR

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

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

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

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

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

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

TUESDAY • FEBRUARY 23

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

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

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

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

5:30 p.m. ~ Depart for Osher Class: "As You Like It!", VE

WEDNESDAY • FEBRUARY 24

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

10:20 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

1:10 p.m. ~ Meditation Group, LR

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

1:30 p.m. ~ Pitch, GR

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 • FEBRUARY 25

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

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

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

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

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

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

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

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

FRIDAY • FEBRUARY 26

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, KSU CL

1:00 p.m. ~ Hand & Foot Card Games, GR

1:15 p.m. ~ Parkinson's Exercise Class, KSU CL

1:15 p.m. ~ Parkinson's Care Partners Support Group, LR

2:00 p.m. ~ Osher Class: Manhattan Home Life in the 1880s, CR

7:00 p.m. ~ Resident Program: Chappie Chapman—Motown Hits, CR

SATURDAY • FEBRUARY 27

Breakfast at Verna Belle's—Omelets with Fruit

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

3:00 p.m. ~ Alex's Affordable Eyewear, CR

5:00 p.m. ~ KSU vs. Iowa State Men's Basketball Watch Party, GR

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

*Touchtown can be viewed on channel 1960