



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Feb. 25, 2016

Mortified Comedy Show

Hosted by Anthropology Students

Friday, March 4, at 7 p.m.

Have you ever read your diary from adolescence, and squirmed with embarrassment at your younger self?

Probably the last thing you would consider doing would be to offer up such a cringe-worthy content for public consumption.

Some brave souls, however, have the opportunity to do just that! Mortified is a storytelling event where adults share the strange and embarrassing artifacts they saved from childhood.

These artifacts include old diaries, journals, letters, etc.



The anthropology class will be hosting this intergenerational event where college students and teachers share these old memories in hopes for residents and staff at Meadowlark Hills to do the same.

The event is at 7 p.m. Friday, March 4, in the Community Room.

If residents have materials they would like to share please contact Monte Spiller, at 323-3801, or Kenzie McNulty, by email kenziem@ksu.edu or by phone at (316) 734-

8483. All are welcome to attend!

Quilters & Non-quilters

Manhatter Ladies Luncheon

Thursday, March 10, at 12:30 p.m.

All ladies---quilters and non-quilters---are invited to Manhatter Ladies Luncheon at 12:30 p.m. Thursday, March 10, in the Manhattan Room. Hostesses are Norma Larson and Mary Lou Gibbs. Our theme is "Quilts," and you'll see some beautiful examples.

Since we're seven days away from St. Patrick's Day our luncheon menu is Irish, and includes: smoky cheese and potato soup, corned beef and cabbage, carrots, Irish soda bread, and for dessert a warm Guinness brownie with pistachio ice cream. The cost is \$11.

Be sure to sign up in the Blue Book located at the Hospitality Desk.

Bunko

Let the good times roll!

Friday, March 11, at 7 p.m.

Meadowlark Hills invites you to a Bunko Night filled with fun and prizes at 7 p.m. Friday, March 11, in the Community Room.

Jayme Minton, Support Services Director, will be hosting this Bunko Night for anyone who would like to attend. Along with Bunko, you can expect snacks, prizes, and beer and wine for purchase.

Sign-up sheets are available in the Blue Book located at the Hospitality Desk. Any questions can be directed to Jayme, at 323-3829.



UPCOMING EVENTS & ANNOUNCEMENTS

Jokes of the Week

Can February March?
No, but April May!

When my wife told me to stop impersonating a flamingo, I had to put my foot down.

Easter Brunch

Sunday, March 27, at 11 a.m. & 1 p.m.

It's that time again for our annual Easter Brunch! Get ready for another festive and delicious meal prepared by our wonderful Executive Chef, John Gasser. We will be serving brunch at 11 a.m. and 1 p.m. Sunday, March 27, in Prairie Star Restaurant.

More details will be published in the Messenger as event draws closer.

Sign-up sheets will be in Prairie Star Restaurant beginning Thursday, March 3.

KSU Men's Basketball Watch Parties

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

- 5 p.m. Saturday, Feb. 27, against Iowa State on channel ESPN/2 (2032 HD/32 or 2033 HD 33)
- 7 p.m. Tuesday, March 2, against TCU on channel ESPFC
- 2 p.m. Friday, March 5, against Texas Tech on channel ESPW

Refreshments will be served.

Downton Abbey High Tea & Dinner

Wednesday, March 2, at 5 p.m.

The event hostesses, Jayme Minton, Becky Fitzgerald and Rae Stamey, appreciate the interest in this event and are looking forward to a jolly good time! Because of your great response, the Community Room will be set up for 63. If you are one of the first 63 to register in the Blue Book and find you cannot attend, please contact the Hospitality Desk as soon as possible at (785) 323-3847. We will contact people on the waiting list to fill any vacated seats. Thank you for your cooperation!

Chocolate & Tea

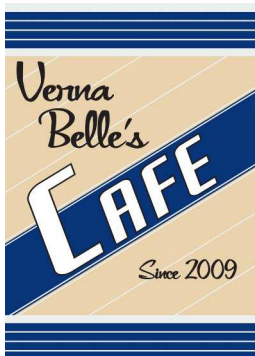
Sunday, April 10, at 2 p.m.

The 13th Annual Chocolate & Tea event is scheduled 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.

Memory Activities Class

Wednesday, March 2, at 10 a.m.

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. The next scheduled class in the West Conference Room.



Lunch Specials

Feb. 28 – March 5

Hours: Monday–Friday, 8 a.m. to 5 p.m.

Saturday–Sunday, 9 a.m. to 3 p.m.

Sunday, Feb. 28 – Egg Salad Sandwich with Soup or Chips	\$3.75/\$5.50
Monday, Feb. 29 – Bacon and Tomato Grilled Cheese with Side	\$3.75/\$5.50
Tuesday, March 1 – Chicken Parmesan Wrapini with Soup or Chips	\$3.75/\$5.50
Wednesday, March 2 – California Quesadilla with Black Beans	\$3.75/\$5.50
Thursday, March 3 – Hawaiian Pizza	\$3.75/\$5.50
Friday, March 4 – Philly Cheese Steak with Soup or Chips	\$3.75/\$5.50
Saturday, March 5 – Chicken Salad Sandwich with Soup or Chips	\$3.75/\$5.50

EVENTS & ANNOUNCEMENTS

Outdoor Encounters

Submitted by Nathan Bolls

Both humans and wild things learn early on that the wind is much more than the innocent sounding dictionary definition of the horizontal movement of atmospheric gases, in natural rhythms, across the surface of our Earth.

We know that both fishing and birdwatching are less fruitful on strong blustery days. Plants and hairdos take a beating, as do shores and beaches from crashing waves. Someone once remarked that such weather is fit only for ducks, geese, gulls, and curmudgeons. Even sure-footed tree squirrels, in this season of searching out end-of-limb buds for food, are more skittish and more cautious with their footing. And we all own personal stories based on wind damage.

And during the strong winds we experienced during the past two weeks, both we and wild things mostly have done what my beloved late wife, Imogene, and I once did when hit by an unexpected NM summer monsoon season rainstorm while returning from a long hike to one of the outlier Anasazi pueblo ruins that is part of the Chaco Canyon National Historical Park.

Fortunately, we had just reached the south edge of the main canyon and were able to scramble down among the huge fallen rocks. Her poem, one of many hundreds accepted for publication during her career, ends with these honest words:

. . . . Hunkering under our hats
we withdrew into the rocks
and the safe parts of ourselves
that question little, but willingly
accept what we do not wish to
know, that like the land go blind and
dumb to wait out the blow.

Memory Luncheon

Wednesday, March 2, at 11 a.m.

Memory Luncheon is for those with memory changes and those caring for individuals with memory/cognition changes are welcome to attend this monthly informal luncheon immediately after the MAC and Care Partner Support Group. The next scheduled luncheon series will be in the West Conference Room.

Campaigning at Meadowlark Hills

A friendly reminder that if you are or see anyone campaigning politically or socially, on Meadowlark Hills campus, please contact Monte first, at 323-3801.

Broadway Hit Comedy Show at New Theatre Restaurant

Wednesday, March 3, at 9 a.m.

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

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.

Vespers Services

Sunday, February 28, at 7 p.m.

The Vespers service, led by Reverend John Wright from First United Methodist Church, will be in the Community Room. All are welcome.

Exercise Classes canceled, March 3

Steady Your Self and Chair Yoga are both canceled Thursday, March 3.

DRINK SPECIAL



Feb. 29 to March 5

Irish Apple Sour

1 oz. Jameson Irish Whiskey
1 1/2 oz. Sour Apple Schnapps
3 oz. Ginger Ale

\$3.75

UPCOMING EVENTS & ANNOUNCEMENTS

Manhattan Home Life of the 1880's

Friday, February 26, from 2 to 4 p.m.

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 in the Community Room. The third class is scheduled for Friday, March 4, at the same time and location as the first class.

William Shakespeare's As You Like It

Tuesday, March 1, from 6 to 8 p.m.

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 at the Beach Museum of Art.

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

Saturday, February 27, at 9:30 a.m.

The Acrylic/Watercolor Painting for Fun group will meet in the KSU Classroom. Don't forget to bring paint supplies and be ready to paint away!

Doug "Chappie" Chapman Performance

Friday, February 26, at 7 p.m.

Meadowlark Hills invites you to a Chappie Chapman performance hosted in the Community Room. Don't miss out on a Motown hits show from the 60's!

Memory Care Partner Support Group

Wednesday, March 2, at 10 a.m.

Memory Care Partner Support Group is a group discussion that relates to challenges of a caregiver and ways to cope with the daily struggles of providing full time care to a loved one with memory and/or cognitive changes.

The next scheduled support group will be in the Tranquility Room.

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, March 2, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

Eyeglass Adjustment

Saturday, February 27, at 3 p.m.

Alex's Affordable Eyewear will be at Meadowlark Hills in the Community Room. They will adjust eyeglasses for residents at no charge.

ASK SARAH

Call the nurse!

Submitted by Sarah Duggan

One of the features available to independent living residents at Meadowlark Hills is access to a pull-cord system that pages an on-duty nurse in the skilled nursing area. When the pull cord is activated, the nurse will respond to the apartment, cottage or duplex to assess the resident's urgent need.

The pull cords can be found in various rooms throughout the independent living apartment and throughout the Community Center. This system is not intended to be used as a substitute for calling 911 in the event of an emergency. Examples of urgent needs that would be appropriate for the pull cord system include falls, minor first aid and non-emergency medical concerns.

If a resident utilizes the pull-cord system and is subsequently taken to the emergency room, the resident will not be charged for the nurse visit. However, if the pull-cord system is used to request other nursing assistance (as noted in the above paragraph) the resident will be charged \$35 for each 30 minutes of staff visit, travel and documentation time.

Independent living residents should not use the urgent call system to request routine care or maintenance services.

See you next week and thanks for stopping by!



March BIRTHDAYS

Residents

Health Care



3/2	Evelyn Schoeff
3/5	Virginia Klabough
3/7	Marcelle Boyd
3/7	Mary Newsome
3/10	Doris Givens
3/10	Frances Scully
3/10	Helen Snell
3/11	Ruth Browne
3/17	Lois Thierolf
3/18	Barbara Harlan
3/20	Norma Adams
3/21	Wilma "Diane" Erbe
3/24	Margaret Walker
3/26	Robert "Bob" Dillon

***Bold denotes milestone
birthday of 80, 90, 100 or 100+***

Employees

3/1	Shannon Hill
3/2	Jeanette Wagner
3/3	Will Gold
3/3	Mattie Ross
3/4	Beverly Shriver
3/4	Ashley Asher
3/8	Hope Cole
3/9	Sara Snell
3/10	Kristen Martin
3/10	Erick Mbembati
3/11	Renay Andersen
3/11	Anastasia Brown
3/11	Josh Clarke
3/11	Garrett Stryker
3/12	Shirley Escamilla
3/12	Abilene Katt
3/12	Mattie King
3/12	Shari Garten
3/16	Kathy Ross
3/16	JuRee Burgett

Assisted Living

3/7	Carol Barnett
3/23	Marion Boydston

Independent Living

3/1	Jean Beatty
3/1	Pauline Norby
3/2	Warren Walter
3/2	Ken Lyle
3/5	Patricia Murray
3/9	Pat Hartman
3/10	Helen Janes
3/12	Charles Deyoe
3/14	Penny Socolofsky
3/15	Don Davis
3/17	Mildred Lindholm
3/19	Sherry Andres
3/19	Steve Owens
3/20	Betty Braaten
3/22	Sue Bayer
3/22	Donis Vaughn
3/23	Sandra Emley
3/24	Donald Fallon
3/25	Ruth Friedmann
3/29	Dorothy Frazee

3/17	Jessica Olson
3/19	Lynn Roberts
3/19	Mariah Childs
3/22	Emma Machell
3/23	Allie Cochran
3/27	Gustaf Lindstrom
3/27	Caitlin Poytress
3/28	Keana Davis
3/28	Jon Bechtel
3/29	Claudia Gordon
3/29	Gabriel Gutierrez
3/31	Emily Foye
3/31	Jerald Hunter

PRAIRIE STAR RESTAURANT

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

Feb. 28 - March 5

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. 28 ~ Lunch \$10	Dinner \$12
	Baked Ham with Peach Sauce Au Gratin Potatoes Vegetable of the Day	Baked Chicken Drumstick Mashed Potatoes Vegetable of the Day
MONDAY	Feb. 29 ~ Lunch \$10	Dinner \$12
	Spaghetti & Meatballs Garlic Toast Choice of Vegetable	Grilled Cajun Pork Chop Red Beans & Rice Vegetable of the Day
TUESDAY	March 1 ~ Lunch \$7	Dinner \$14
	Fajita Bar (does not include drink, starter or dessert)	Chicken Fried Chicken Mashed Potatoes Vegetable of the Day
WED.	March 2 ~ Lunch \$10	Dinner \$14
	Hot Turkey Sandwich Mashed Potatoes & Gravy Choice of Vegetable	Coconut Shrimp Rice Pilaf Vegetable of the Day
THURS.	March 3 ~ Lunch \$9	Dinner \$14
	Macaroni & Cheese Bar (does not include drink, starter or dessert)	Stuffed Flank Steak with Sweet Peppers, Caramelized Onions & Jalapeno Cheese Sauce Twice Baked Potato Vegetable of the Day
FRIDAY	March 4 ~ Lunch \$11	Dinner \$14
	Baked Cajun Catfish Hush Puppies Choice of Vegetable	Baked Sol with Dill Sauce Roasted Red Potatoes Vegetable of the Day
SAT.	March 5 ~ Lunch \$10	Dinner \$13
	B.B.Q Grilled Chicken Sandwich Coleslaw French Fries	Pot Roast with Carrots, Onions and Celery Roasted Red 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 28 - Saturday, March 5

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

Sunday, February 28 – Shall We Dance? (2004)

A wistful middle-aged lawyer finds an undiscovered passion within when an impulse prompts him to take ballroom dancing lessons.

Co-Starring: Richard Gere, Jennifer Lopez & Susan Sarandon

Rated PG-13; 1 hr. 46 min.

Monday, February 29 – Leap Year (2010)

The trip to Dublin, the marriage proposal: she's got it all planned. The unexpected romance? That she didn't pencil in.

Co-Starring: Amy Adams, Matthew Goode & Adam Scott

Rated PG; 1 hr. 40 min.

Tuesday, March 1 – Freedom Writers (2007)

While her at-risk students are reading classics such as "The Diary of Anne Frank," a teacher asks them to keep journals about their troubled lives.

Co-Starring: Hilary Swank, Imelda Stanton & Patrick Dempsey

Rated PG-13; 2 hrs. 2 min.

Wednesday, March 2 – Bend of the River (1952) **Resident Request*

Once a vicious Missouri bushwhacker, Glyn McLyntock now leads a wagon train through Indian raids and hijackings to the new boom town of Portland, Oregon, where he becomes embroiled in the conflict between wealthy miners and farmers.

Co-Starring: James Stewart, Rock Hudson & Arthur Kennedy

Not Rated; 1 hr. 32 min.

Thursday, March 3 – How to Steal a Million (1966)

Most art thieves trip over their own feet trying to steal the real thing. So why do these two want the forgery?

Co-Starring: Audrey Hepburn, Peter O'Toole & Eli Wallach

Rated TV-PG; 2 hrs. 3 min.

Friday, March 4 – Mission: Impossible—Rogue Nation (2015) **Resident Request*

Legendary superspy Ethan Hunt pushes his mental and physical capabilities to the limit once again as he accepts another ridiculously dangerous assignment in this explosive globe-trotting sequel.

Co-Starring: Tom Cruise, Rebecca Ferguson & Jeremy Renner

Rated PG-13; 2 hrs. 11 min.

Saturday, March 5 – The Journey of August King (1995)

Young widower August King risks his life to save Annalees, a runaway slave he encounters in the woods of North Carolina in 1815.

Co-Starring: Jason Patric, Thandie Newton & Larry Drake

Rated PG-13; 1 hr. 32 min.

This Week's Opportunities February 28 - March 5

SUNDAY • FEBRUARY 28

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 29

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

1:10 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

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

TUESDAY • MARCH 1

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

7:30 a.m. ~ 1st Pres. Men's Bible Study, LR

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

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

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

12:00 p.m. ~ Kimball Luncheon, MR

12:00 p.m. ~ Parkinson's Webinar, KSU CL

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

2:00 p.m. ~ Writing Group, LR

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. ~ Depart for Osher Class: "As You Like It!", VE

WEDNESDAY • MARCH 2

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

9:00 a.m. ~ New Perspectives, KR

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

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

11:00 a.m. ~ Sit & Be Fit, CR

11:00 a.m. ~ Memory Luncheon, CON

11:30 a.m. ~ 1st Men's Club Luncheon, MR

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. Tran's 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

5:00 p.m. ~ Downton Abbey High Tea & Dinner, CR

THURSDAY • MARCH 3

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

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

12:00 p.m. ~ Domestic Science Club Luncheon, CR

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

1:00 p.m. ~ Resident Anthropology Training, LR

2:00 p.m. ~ Parkinson's Education Group, CR

5:30 p.m. ~ Meadowlark Circle Supper, MR

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

7:15 p.m. ~ KSU vs. TCU Men's Basketball Watch Party, GR

FRIDAY • MARCH 4

Breakfast at Verna Belle's—Waffle or Pancake

9:30 a.m. ~ Seated Strength, CR

9:30 a.m. ~ Art Committee Meeting, LR

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

11:00 a.m. ~ Sit & Be Fit, CR

12:30 p.m. ~ Mending Angel, GR

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

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

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

3:30 p.m. ~ Catholic Mass, KSU CL

7:00 p.m. ~ Resident Program: "Mortified," CR

SATURDAY • MARCH 5

Breakfast at Verna Belle's—Omelets with Fruit

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

2:00 p.m. ~ KSU vs. Texas Tech 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