



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

April 7, 2016

Grow Green Match Day

Meadowlark Hills Foundation to participate in community event

Submitted by Becky Fitzgerald

Earth Day, April 22, 2016, is a great day for the Manhattan, Kansas community when the 4th Annual Grow Green Match Day will take place. On that day, donations made through the Greater Manhattan Community Foundation to participating nonprofit agencies will receive a 50% match that can be used for their most crucial needs.

Meadowlark Hills Foundation is joining 44 other local organizations in urging our donors to participate. For our Foundation, Grow Green Match Day is an opportunity to increase our endowment so that we can continue to develop our services and meet the future needs of our campus and community.

Here's how the event works:

Although gifts of any amount are welcome and encouraged, individual contributions ranging from \$25 to \$1,000 per organization will receive a local match at \$.50 per \$1, so a \$1,000 gift can receive a \$500 local match. Already, several Meadowlark Hills residents have pledged to participate, so I'm confident our endowed fund will experience a healthy growth spurt. Last year, Meadowlark Hills Foundation received an \$8000 boost on Match Day!

Gifts may be made by cash, check, or online between 7 a.m. and 7 p.m. at event headquarters, located at Colony Square Atrium, 555 Poyntz Ave., or online from a remote

Grow Green Bingo

Plan now to try your luck at 7 p.m. on April 7, 14 and 21 in the Community Room for Grow Green Bingo, sponsored by Meadowlark Hills Foundation. Proceeds from these sessions will benefit the Good Samaritan Fund on Grow Green Match Day, which is Friday, April 22. Bingo players of any age and skill level are welcome! Never played before? What a great time to try it!

Grow Green Bingo nights feature celebrity callers, out-of-the ordinary bingo games and special prizes, such as gift certificates to be used at Meadowlark Hills or local businesses. Tim Fitzgerald, who hosts a weekly TV show on WIBW called The Drive, is the celebrity caller on April 7, and Wyatt Thompson, K-State's Voice of the Wildcats, will call the games on April 21. Three K-State students, who asked to help Meadowlark Hills Foundation with a fundraising project, will facilitate the games on April 14. Their names are Ariel Scherer, Christina Pitts and Rachel Roszel.

The fee to participate is a donation amount of your choice, but a minimum of \$1 per card is encouraged. Cash or check will be accepted. Please write checks to Greater Manhattan Community Foundation and date them April 22, 2016, no matter which date you play.

location. Because there are prize incentives for donations made at event headquarters, Meadowlark Hills is providing transportation at 10 a.m. and at 2 p.m. that day for those who are willing and able to donate in person. Please register in the Blue Book if you'd like a free ride to the event.

Donors who attend the event will be entered for a chance to win \$100 for the participating charity of their choice. (A winner will be chosen every hour from that hour's donations!) And, the three participating not-for-profits with the most donors coming in person to the event will win extra prize money; \$500 for 1st place, \$300 for 2nd place, and \$200 for 3rd place.

If you cannot visit event headquarters in person, either on your own or as part of the Meadowlark Hills group, please leave your donation at the Hospitality Desk, and your gift will be submitted for you. The concierges will accept donations beginning April 21 through 9 p.m. and through 6 p.m. on April 22. Checks should be made payable to Greater Manhattan Community Foundation and dated 4/22/15 no matter which day they are submitted. Donations are tax-deductible.

If you have questions, please contact Becky Fitzgerald, Development Director, at 323-3843. Thank you for considering this opportunity!

UPCOMING EVENTS & ANNOUNCEMENTS

Meadowlark Hills Wellness Olympiad Kickoff Party!

Friday, April 8, from 3 to 4 p.m.

The kickoff party for the upcoming Wellness Olympiad will be held Friday, April 8, from 3 to 4 p.m. in the Community Room. All registered participants are encouraged to attend, where we will hand out materials, go over the challenge rules and schedules and announce the best team name. The Olympiad will officially start on Monday, April 11, so be sure you are ready to hit the ground running from the start! Anybody that is unable to attend the kickoff party should contact Jeff Heidbreder at (785) 341-2995 so we can arrange getting the necessary materials to you.

Semi-Annual Pool Tournament

Registration is now open until Monday, April 11

It is that time again for Meadowlark Hills Semi-Annual Pool Tournament! All are encouraged to register starting Thursday, April 7, until Monday, April 11, in the Billiards Parlor. Look for the bracket to be displayed Tuesday, April 12. If you have any questions, please contact Monte Spiller at (785) 323-3801.

Kraner Karaoke Night

Friday, April 15, at 7 p.m.

At 7 p.m. Friday, April 15, the Game Room and Pub is the place to be! Gary and Jaccie with Kraner Karaoke will be in the Game Room with a huge selection of songs for your singing pleasure. Enjoy drinks, social hour and good-enough singing from residents and staff.

Jokes of the Week

What do you call a rabbit with fleas?
Bugs Bunny!

What's the slipperiest country?
Greece!

What did the Cinderella say to the
photographer?
"Some day my prints will come."

Coffee Corner with Coach Bill Snyder

Tuesday, April 12, at 2 p.m.

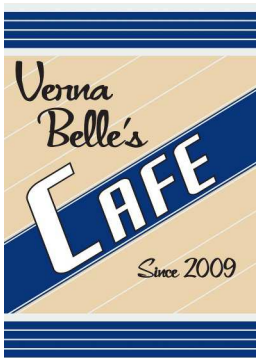
Show your K-State pride by wearing purple as Meadowlark Hills hosts special guests at Coffee Corner at 2 p.m. Tuesday, April 12, in the Community Room. Icon of wildcat country, KSU Football Coach Bill Snyder along with a few football players will be speaking, signing autographs and showing a highlight video!

Manhatter Ladies Luncheon

Thursday, April 14, at 12:30 p.m.

Happy Spring! Join Harriette Janke as she hosts the Manhatter Ladies Luncheon at 12:30 p.m. Thursday, April 14, in the Manhattan Room. Menu includes: Quiche with chopped ham, broccoli & cheese, fresh fruit, lemon poppy seed muffin and carrot cake. Cost is \$10 a person.

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



Lunch Specials

April 10 – April 16

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

Saturday–Sunday, 9 a.m. to 3 pm.

Sunday, April 10 - Ham Salad Sandwich with Soup or Chips	\$3.75/\$5.50
Monday, April 11 - Ultimate Grilled Cheese with Tomato Soup	\$3.75/\$5.50
Tuesday, April 12 - Chicken Bacon Ranch Quesadilla with Soup or Chips	\$3.75/\$5.50
Wednesday, April 13 - Walking Taco	\$5.50
Thursday, April 14 - BBQ Chicken Panini with Cottage Cheese & Fruit	\$3.75/\$5.50
Friday, April 15 - Nacho Burger with Confetti Corn	\$5.50
Saturday, April 16 - Tuna Melt with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Outdoor Encounters

Submitted by Nathan Bolls

Last Friday had a typical beginning: alarm clock, squashing a cockroach or two, breakfast, shaving and dressing, and reviewing my list of things-to-do-today. Fellow travelers on the short-term-memory-loss trail will relate to that list-checking ritual.

The first item of business was (at his request) to drop off at our CEO's office my final recommendations for growing (as a surreptitious cash crop) a small patch of *Cannabis* in a remote spot on campus.

The second item was to walk our MLH trails to check how the birth of spring is progressing. Scanning 360 degrees from the pond dam revealed that plants are beginning to celebrate Irish green in earnest. I saw hints that some of the dogwood blossoms will be purple this year. A set of two-toed raccoon tracks added mystery to the water's edge. A barred owl had waded out into the pond and was peering down as if hoping to spear a fish.

Suddenly preoccupied with the adjoining K-State cattle pasture, I saw one of the lithe ones cavorting about. The sun was reflecting off of something that seemed to be growing out from the middle of the animal's forehead. Unicalf? Those scientists working on genetic modification of organisms are out of control.

I retreated to the peaceful trail through the woods between Kimball and the Meadowlark Valley cottages. But I soon flushed a rabbit-like creature full of flurry and fury. Headed uphill toward the stand of conifers near Kimball, the animal ran through the brush on its hind legs, but bent over. It gave the impression of wearing a short thick coat with thick belt and a dark, narrow-brimmed hat. And, I swear it had a beard! Pythons in Florida, now Leprechauns in Kansas!? Enough already!

I scurried home, curled up under my "suckie blanket" in my recliner rocker, and contemplated the print, hanging on my living room wall, of a Breughel painting that depicts Icarus falling into the sea after having flown too near the sun. And I vowed to never ever again go hiking on April 1st.

Newlyweds Game Show Night

Friday, April 8, at 7 p.m.

Friday, April 8, the anthropology students will be hosting the Newlyweds Game Show Night. This will resemble the classic American TV game show we all know and love!

The night will include putting students and residents to the test of how well they know each other. Participants will be asked questions in the multiple rounds trying to match their partner's answer. Come join us for a night filled with laughter and good memories to come at 7 p.m. in the Community Room!

8th Annual Tulip Time Festival

Thursday, April 14, at 8:45 a.m.

Experience the beauty of the Ted Ensley Gardens at Lake Shawnee in Topeka, Kan. in full bloom. Meadowlark Hills will be taking a group to visit the 8th Annual Tulip Time Festival Thursday, April 14. The group will tour and relish the thousands of tulips along the Ted Ensley Garden at Lake Shawnee.

Visitors are welcome to enjoy the splendor of the tulips and daffodils in the great landscaped parks followed by a picnic lunch. The lunch menu includes: a sandwich, chips, fruit, a cookie, water and soda.

Transportation will depart from the Village Entrance at 8:45 a.m. and will return to Meadowlark Hills around 2 p.m. Please sign up in the Blue Book located at the Hospitality Desk to attend this day trip. The cost of the trip is \$27 per person and includes the tour, lunch and transportation. Please contact Monte Spiller, Resident Services Leader at (785) 323-3801 with any questions.

Memorial Service for Rosemary Carroll

Friday, April 15, at 1:30 p.m.

A memorial service will be held for Rosemary Carroll at 1:30 p.m. Friday, April 15, in the Community Room. Refreshments will be served. All are welcome.

Beach Museum of Art Discussion

Thursday, April 13, at 6:30 p.m.

Join Kim Richards from the Beach Museum of Art at 6:30 p.m. Wednesday, April 13, in the KSU Classroom to learn and discuss American artist Roger Shimomura. Roger's paintings, prints and theatre pieces address sociopolitical issues of ethnicity. All residents who are interested are invited to participate.

Center on Aging Lecture Series

Thursday, April 14, at 4 p.m.

Join Professor David Steward, PhD in Water Resources Engineering, for the Center on Aging Lecture Series at 4 p.m. Thursday, April 14, in the KSU Classroom. David will discuss "Educating the next generation of groundwater resources engineers and scientists at Kansas State University." The discussion will highlight an overview of water resources in Kansas, groundwater, the Ogallala Aquifer, interdisciplinary studies and the great thing his students are doing.

April Focus Group

Friday, April 15, at 10 a.m.

The staff attendee for the April Focus Group will be Social Worker, Bridget Larkin. Come meet Bridget at 10 a.m. Friday, April 15, in the KSU Classroom.

UPCOMING EVENTS & ANNOUNCEMENTS

DRINK SPECIAL



April 11 to April 16

April Rain

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

\$3.75

The Generals who Became President

Tuesday, April 12, from 6:30 to 8:30 p.m.

Join Robert Smith, Director of the Fort Riley Museum and doctorate in history from KSU, as he presents over the well-known generals who became Presidents from 6:30 to 8:30 p.m. Tuesday, April 12, in the Community Room. No prior registration is necessary to attend.

Memory Activities Class

Wednesday, April 13, at 10 a.m.

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 will meet from 10 to 11 a.m. Wednesday, April 13, in the KSU Classroom.

Parkinson's Webinar

Wednesday, April 13, at 11 a.m.

The Parkinson's Program invites you to a webinar entitled, "Getting Your Best Sleep with Parkinson's" at 11 a.m. Wednesday, April 13, in the West Conference Room. This webinar will highlight sleep disorders associated with Parkinson's, the difference between sleep disorders that are a symptom of the disease or a side effect of medication and, most importantly, how to live your best life with a sleep disorder.

The panel will feature Dr. Mitchell Miglis, Clinical Assistant Professor at the Stanford University Center for Sleep Sciences and Medicine, Dr. Lama Chahine, faculty member of the Parkinson's Disease Movement and Bret Parker, Executive Director of the New York Association.

Vespers Services

Sunday, April 10, at 7 p.m.

The Vespers service, led by Reverend Glenn Fogo from First Methodist Church, will be at 7 p.m. Sunday, April 10, in the Community Room. All are welcome.

Kansas City, here we come!

Submitted by Becky Fitzgerald

Kemper Museum of Contemporary Art, "A Grand Night of Singing" at Quality Hill Playhouse and lunch/shopping at Webster House. Kansas City, Mo., has much to entice visitors, so plan now to join Monte Spiller and Becky Fitzgerald when we travel in May to the City of Fountains.

A three-day, two-night adventure is planned for Tuesday, May 10 through Thursday, May 12, and speaking of water features, a guided tour of some of the city's fountains is on our itinerary, too!

In addition to sites in the downtown and Country Club Plaza areas of Kansas City, we'll spend some of our time in nearby Independence, with guided tours at the Harry S. Truman Museum and an architectural wonder: Community of Christ Temple.

Tours at museums and the temple will range in length from thirty minutes to an hour, and seating is available along the way for those with difficulty standing for long periods. Our group, depending on the size, will be divided into smaller groups, increasing our ability to hear our docents.

Cost is \$395 per person (double occupancy) with 20 paid travelers. The single rate is \$545. This trip fee includes hotel suite with complimentary amenities, motor coach transportation, two hot breakfasts, three lunches and all activity fees (museums, tours and Playhouse performance). A \$100 deposit, payable by check or credit card, is due with your reservation. Residents may add this fee to their April statement. Please note, the cost may vary, depending on the number of travelers.

Complete itineraries will be available soon; Becky and Monte are working to firm up a few tour stops. If you have questions, please contact either tour leader.

Monte: (785) 323-3801

Becky: (785) 323-3843

Morning Golf Cart Rides

Available Friday, April 15, at 10 a.m.

Afternoon rides down to Bayer Pond resumed last month at 2:30 p.m. Monday, March 21, allowing residents and friends to take advantage and welcome the spring weather. Morning rides will be available at 10 a.m. starting Friday, April 15. All rides will depart from the Village Entrance at their designated times. Please sign up in the Blue Book located at the Hospitality Desk if you are interested in riding down to Bayer Pond.

April Birthday List Corrections

A few mistakes were found in the April birthday list in last week's Messenger. Esther Sobering does not have a birthday in April and Marcia Smies' birthday is Saturday, April 9. Staff apologize for the errors.

RESIDENT COUNCIL MINUTES

March, 7, 2016

Members present: Sandra Emley, Jean Beatty, Loren Alexander, Pat Vogt, Marilyn Ray, Polly Ferrell, Ed Skidmore, Janice Parsons, Ivan Tompkins, Don Rasmussen, Johanna Lyle and Sharon Smith

Staff present: Sarah Duggan and Monte Spiller

Sandra welcomed all meeting attendees.

Updates

1. Introduction of new neighborhood Rep: Sandra Emley introduced Johanna Lyle as the new Tuttle Creek neighborhood representative and that Polly Ferrell was re-elected as the 4th floor representative.
2. **General Update:** Sarah Duggan reported Lonnie will be out of the office on different occasions during the month of March traveling to conferences on behalf of Meadowlark Hills. Part of his travels will include going to Washington D.C. The staff is starting to work on the budgeting process, preparing it for approval from the board before the new fiscal year starts on July 1, 2016.

Sarah addressed the increase of the fitness center usage and some concerns that have been brought forth. She explained this option has been available for years and just recently has increased numbers. Meadowlark Hills does not advertise this membership and feel the major reason for the increase is by word of mouth. There will be discussion about what the price should be and Jeff has reassured us that no one has been turned away from any exercise class due to overcrowded classes.

Sarah shared that we are starting to plan for Summerfest and it is scheduled for June 3. Sarah also shared that she will be starting new marketing campaign and will be reaching out for actors, etc. moving forward.

3. **Board Update:** Jean Beatty reported they met on Thursday, February 18, with Larry Fox giving the welcome. The Executive Report was given by Lonnie Baker; Executive Committee reported there was a motion approved to change the Marketing and Resident Services, Nominating and By-laws and Personnel Committees. The Finance Committee passed the motion to approve additions to the fiscal year 2016 capital budget as outlined in the financial report. The motion to renew our Worker's compensation policy was also approved.

Approval of February Minutes:

Motion to approve minutes was moved and passed.

New Business:

1. Sandra Emley provided copies of the Severe Weather Plan for representatives to share and go over with other residents at the floor suppers.
2. The Policy Review for the Month is the "Resident Affiliation Policy"
3. Sandra Emley expressed there have been reported concerns about pricing, consistency and portion sizes at Prairie Star Restaurant. It was explained those concerns have been brought to staff's attention and Jayme Minton; Support Services Director will be attending the April meeting to address and answer any questions related to those concerns.

Old Business:

1. Monte Spiller explained he spoke with Mike Davis regarding the question about snow removal in between vehicles. Mike Davis stated his team has no problem removing snow from around your vehicle, just call the front desk and make a request. The reason they don't clean around everyone's vehicle is due to man power, time and priority of main access streets needing cleaned.
2. Also, concerning the speed bump signs, Mike stated the signs will be changed from speed bump to different verbiage advising of rumble strips, but there was not a specific time line.

Additional Discussion Topics:

1. Don Rasmussen reminded all that fishing has started down at Bayer Pond.

FOUNDATION NEWS

In Honor of Those
Living & Passed

March 2016

In Memory of:

*Diane Dollar
Stephen Krug
Francis Skully
Ella Parsons*

*Donations were made to Good Samaritan
Fund and Sloan House.*

NATIONAL PARKINSON'S AWARENESS MONTH

Submitted by Michelle Haub

For the fourth consecutive year, the State of Kansas proclaimed April as *National Parkinson's Awareness* month. Recognizing the growing number of individuals affected by Parkinson's disease, the City of Manhattan made its inaugural proclamation for April as Parkinson's Awareness Month.

It is estimated that 4 to 6 million people worldwide are living with Parkinson's disease (PD). The number of Americans with PD is estimated to be one million; however this number is likely higher as many people are not accurately diagnosed. There are blood tests and brain images that can be done to rule out other disease processes, but there is not one specific test that results in a definitive diagnosis of PD. Although diagnosing PD is a complicated task, almost 60,000 Americans are diagnosed every single year. With our population living longer, the rate of diagnosis will continue to grow as the risk for this progressive neurological disease increases with age. Men have a greater prevalence of PD than women; however, this statistic is not always reflected in our community. The cause of PD is still being researched; however, the best evidence currently suggests that there is both a genetic and an environmental component involved. This means that although an individual may have the genetic predisposition for the disease, unless they are exposed to a toxin (i.e. pesticides) the disease will not become active.

The hallmarks of the disease are rigidity (stiff muscles), postural instability, bradykinesia (slow movements) and resting tremor (although not present in the majority of individuals). A few other common features present in PD include: depression, quiet voice, constipation, vision changes and sleep disturbances. Although PD is a progressive neurological degenerative disease, it typically progresses slowly and people can live with the disease for many years. Multiple System Atrophy (MSA) and Progressive Supranuclear Palsy (PSP) are other diseases that are in the Parkinson's family and are often referred to as "Parkinson-like" or "atypical Parkinson's." These diseases present with similar features but often progress more rapidly.

Optimal medication management is imperative for individuals with PD and can help decrease the symptoms of the disease. With the right medications, therapy and exercise, individuals can regain some control and confidence in their daily living skills and improve their quality of life. This is where the Meadowlark Hills Parkinson's Program becomes



so important for individuals affected by the disease in the Flint Hills region.

The Program offers biweekly exercise classes, weekly voice classes, boxing classes three times per week, bimonthly caregiver support groups, monthly education group meetings, consultations, monthly Young Onset Parkinson's group meetings, monthly PD Partners luncheons, a lending library of books (both at Meadowlark Hills & the Manhattan Public Library), CDs and equipment and other outreach and educational opportunities. All of these services are provided free of charge to anyone in Manhattan and the surrounding communities.

The celebration of Parkinson's Awareness Month began **Tuesday, April 5**, at the **Holiday Inn Campus Ballroom** with the **Mary Roberts Memorial Parkinson's Party**.

Although Mary did not have PD, her husband of 65 years, John, was diagnosed with PD at the age of 86. John and Mary were active beneficiaries of the PD resources proved by the Meadowlark Hills Parkinson's Program. Mrs. Roberts instructed that the memorial left in her name be directed to the Parkinson's Program so that residents with PD could benefit even more from the program's care and services. More specifically, she wanted to support efforts to educate and assist those with Parkinson's disease and their caregivers. Her fervent desire was that others be extended a hand just as she and John had been helped through the kindness of others.

Then **Thursday, April 28**, the **6th Annual Pig Out for Parkinson's** will take place at **Cox Bros BBQ** on McCall Rd. The primary purpose of this event is to raise awareness for PD. Members of the Parkinson's Core Team will be available from 11 a.m. to 2 p.m. and 4:30 to 9 p.m. to educate those in the community about PD and the services the Parkinson's Program offers. Cox Bros donates 10 percent of the sales from this day to the Parkinson's Program.

K-State Head Football Coach, Bill Snyder, will be present at lunch to sign autographs and take pictures. With a minimum donation of \$10 to the Parkinson's Program, you receive a bottle of Cox Brothers BBQ sauce signed by Coach Snyder. Prize drawings for an autographed K-State football and basketball, two one-day general admission tickets to Country Stampede and a hand-knitted shawl will take place. The tickets for the prize drawings are \$1 for one ticket or \$5 for six tickets and can be purchased at the Hospitality Desk until 12 p.m. Thursday, April 28, or at Cox Bros. BBQ. The drawings will take place at 8:30 p.m.

If you have questions about the Parkinson's Program please contact Michelle Haub, Speech-Language Pathologist and Parkinson's Program Leader, at 323-3899 or email michelle.haub@meadowlark.org

I look forward to seeing you Thursday, April, 28, at Cox Brothers BBQ to celebrate National Parkinson's Awareness Month!

TOWN MEETING MINUTES

April 4, 2016 Creek: Jo Lyle, and Meadowlark Road: Ivan Tompkins.

Welcome, Monte Spiller

Monte welcomed the Town Meeting attendees. There were no new residents in attendance.

Campus Update, Lonnie Baker

Lonnie announced that long term care facilities have experienced a reduction of income due to taxes and state budgeting. LeadingAge Kansas is advocating for the Senate Bill 457 to pass — as it would increase the maximum annual amount of the quality of care assessment from the current \$1,950 to \$4,908 per licensed bed. The bill would extend the expiration date of the assessment by four years. Lonnie will keep Meadowlark Hills up-to-date regarding Senate Bill 457.

Lighting fixtures are installed and painting is completed on the Third Floor. Sloan and Honstead Houses are near completion with renovations. At the next Town Meeting photographs will be shared of Sloan and Honstead Houses completed renovations.

Health Services Update, Annie Peace

Annie announced that Kristin Bribiesca, former Health Services Assistant, has accepted an internal position as Collins Household Coordinator. Congrats Kristin! Annie will begin interviewing for the Health Services Assistant position this week.

If you need any Health Services assistance, please refer to Annie Peace, Health Services Director, or Tracy Musselman, Executive Assistant to Lonnie Baker, until the position is filled.

Representatives & Board Members, Sandra Emley

Sandy, Council Chair, announced the Council Representatives of Board of Trustees: Loren Alexander, Orris Kelly and Jean Beatty. After four years of excellent service, Loren Alexander is stepping down from his services. The Council is searching for a new Council Representative to serve a three-year term on the Board of Trustees. This is a great opportunity to work alongside great business men and women in Manhattan's community. During the month of May, the election will be open for voting the newest representative; in June it will be announced who the new representative will be; and July the new representative will begin their duties.

Sandy listed and introduced floor and neighborhood representatives. First floor: Ruth Wells, Second floor: Pat Vogt and Jo Call, Third floor: Marilyn Ray, Fourth floor: Polly Ferrell, Fifth floor: Alice Roper, Meadowlark Circle: Janice Parson, Meadowlark Valley: Don Rasmussen, Meadowlark Road: Sharon Smith, Tuttle

Wellness Olympiad, Jeff Heidbreder

Jeff reminded the attendees that Tuesday, April 5, is the last day to sign up to participate in this year's wellness challenge. As of Monday, April 4, there are seventeen teams signed up.

The Meadowlark Hills Wellness Olympiad Kickoff Party is at 3 p.m. Friday, April 8, in the Community Room. The Kickoff Party will include information packets and an overview of the Wellness Olympiad.

Grow Green Match Day, Becky Fitzgerald

Becky announced that Meadowlark Hills Foundation will be participating in the 4th Annual Grow Green Match Day Friday, April 22. Grow Green Match Day is an event that provides organizations the opportunity to donate to the Great Manhattan Community Foundation. To celebrate this event, Meadowlark Hills Thursday night bingo sessions will have a different twist the first three weeks in April.

Meadowlark Hills Foundation will be sponsoring Grow Green Bingo Thursday, April 7, 14 and 21. The fee to participate is a donation amount of your choice, but a minimum of \$1 per card is encouraged.

Additionally, Becky introduced Rachel Roszel, one out of three students at K-State University, majoring in Social Work. The students asked to help with a fundraising project for the Meadowlark Hills Foundation, will be facilitating Grow Green Bingo Thursday, April 21.

For more information on Grow Green Match Day, please see the front page of this Messenger.

Pig Out for Parkinson's, Michelle Haub

Michelle announced that for the fourth consecutive year, the State of Kansas proclaimed April as National Parkinson's Awareness month, recognizing the growing number of individuals affected by Parkinson's disease. Michelle presented the inaugural proclamation displayed in a frame.

Michelle reminded residents that Tuesday, April 5, at the Holiday Inn Campus Ballroom, all are invited to attend Mary Roberts Memorial Parkinson's Party.

Another event to celebrate Parkinson's Awareness month is the 6th Annual Pig Out for Parkinson's at Cox Bros BBQ on McCall Road. For more information on this event, please see on page six of this Messenger.

Announcements, Monte Spiller

Monte highlighted the upcoming events for the month of April. For more details and information on those events, please check the weekly Messenger.

UPCOMING EVENTS & ANNOUNCEMENTS

Historic Fort Riley Tour

Friday, April 15, at 9 a.m.

This Osher Special Event will be taking a group to Fort Riley, one of the Army's oldest and continuously garrisoned posts. The visit will include the historic Main Post of a guided tour of the U.S. Cavalry Museum, which chronicles the history of the horse-mounted branch of the service from 1775 to 1950; the 1st Infantry Division Museum and a tour of the historic Custer house restored to its original 1870's look.

Join Robert Smith, Director of the Fort Riley Museum, as he guides the tour from 9 a.m. to 3 p.m. Friday, April 15. Osher Transportation will be available and will depart from the Village Entrance. The \$65-fee includes transportation, admissions and lunch. If you wish to cancel, your refund must be requested by Friday, April 8.

Maintenance Update

Friday, April 8, there will be a company bringing a lift to work on the soffit right over the Village Entrance. This will block the drive in to the Front Lobby for most of the day. Maintenance encourages everyone to use the West and Breezeway Entrances while this is being completed.

Additionally, Monday, April 18, the West Elevator will be out of service due to jack replacement. This will take six weeks. The main hallway will be partially blocked while the work is being completed. The start date may change if the material delivery date changes.

Severe Weather Presentation

Wednesday, April 13, at 1:15 p.m.

Join Myron Calhoun, retired K-State faculty from the College of Engineering, as he explores the world of severe weather and the hazardous path it often takes. An interesting look into funnel clouds, tornados and Kansas wind storms will begin at 1:15 p.m. Wednesday, April 13, in the Community Room.

Verna Belle's Café Weekend Hours

Verna Belle's Café will be changing their weekend hours to 9 a.m. to 1 p.m. on Saturday and Sunday's.

Worker Heritage

Wednesday, April 13, from 6:30 to 8:30 p.m.

The next Osher class is from 6:30 to 8:30 Wednesday, April 13, in the Community Room. The last class will be Wednesday, April 20.

Video Worship Service

Wednesday, April 13, at 4 p.m.

You are invited to watch a televised worship sermon by Reverend Dr. Daniel J. Brege titled "Believing Christ's Word" at 4 p.m. Wednesday, April 13, in the Living 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, April 13, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

Kentucky Derby

Saturday, May 7, at 4 p.m.

Meadowlark Hills is celebrating the Kentucky Derby in true country style! Join us in the Community Room at 4 p.m. Saturday, May 7, to have a delicious family-style dinner with Derby Pie for dessert, sip on a mint julep, compete in a 'Best Hat' contest, and watch the race. Sign-up sheets are available now in the Blue Book at the Hospitality Desk. Make sure to check the Messenger next week for more information on this fun event!

Prairie Star Restaurant Update

Submitted by Jayme Minton

Thank you for your continued support of Prairie Star Restaurant and for me in my role as the Support Services Director. One of the things I love most about working at Meadowlark Hills is the always-present opportunity to openly share feedback, suggestions, appreciation and even the *occasional* concern.

One concern that I've heard frequently in the past couple of months is the lack of consistency regarding the splitting of daily specials. I was fortunate enough to work with the Independent Living Resident Council and the restaurant team to come up with a fair and consistent solution. Prairie Star Restaurant will continue to offer full and small daily specials at a price that includes your choice of starter and dessert. (Or if you are like me, you can skip the starter and have two desserts!) Instead of offering a "split" full special, customers will be able to share the meal, however the shared meal will be a full special on one plate that can be divided onto an additional plate as you would like at the table. The servers are able to help divide the plate as desired. This will be the same for starters and desserts.

For example, if two people (friends, neighbors, significant other, etc.) want to share a special, they can decide to skip starter and both get desserts (or two starters and no dessert) or they can share the starter and share the dessert at the table. Don't worry, we can provide extra plates and forks. If you would like to add an extra starter the charge will be \$2 per additional starter and \$3 per each additional dessert.

If you have questions regarding this update for the daily specials (or any other food-related business!), please contact me at (785) 313-0454, stop by my office or see Grace Burghart in Prairie Star Restaurant.

LETTER TO THE MESSENGER

Do Unto Others As You Want Them To Do Unto You

Submitted by Warren Walter

“The longer I live, the more I realize the impact of attitude of life. Attitude, to me is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we embrace for the day. We cannot change our past... we cannot change the fact that people will act a certain way. We cannot change the inevitable. The only thing we can do is play the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how to react to it. And so it is with you... we are in charge of our attitude.”

— Charles Swindoll

“Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny.”

— Mahatma Gandhi

ASK SARAH

Can we do it all?

Submitted by Sarah Duggan

Meadowlark Hills is each resident's home. The organization strives to provide high-quality care and customer service for those who live at Meadowlark Hills while creating a welcoming and comfortable environment an individual can call home and staff can take pride in their work.

But is Meadowlark Hills *always* able to take care of any resident needs? The short answer is no – not if the clinical acuity of a resident is too high for a skilled nursing or transitional care facility to manage.



Sometimes there are instances where a resident needs care that is outside what the skilled nursing facilities can provide. In these instances, hospitals or long-term acute care (LTAC) facilities are most appropriate for the level of care required. If a resident needs to stay at a hospital or LTAC, the staff at Meadowlark Hills will coordinate with the facility to ensure a smooth transition and will look forward to the resident's return to their home at Meadowlark Hills when their condition has improved.

Please remember to submit your ponderings to the Ask Sarah box at the Hospitality Desk.

See you next week and thanks for stopping by!

PRAIRIE★STAR RESTAURANT

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

April 10 - April 16

Includes beverage, starter and dessert.

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.

SUNDAY	April 10 ~ Lunch \$10	Dinner \$13
	Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Beef Tips Fettuccine Vegetable of the Day
MONDAY	April 11 ~ Lunch \$10	Dinner \$12
	Hot Brown Sandwich Choice of Vegetable	Cilantro-Lime Chicken with Avocado Salsa Saffron Rice Vegetable of the Day
TUESDAY	April 12 ~ Lunch \$7	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Bacon Brown Sugar Pork Tenderloin Swiss & Green Onion Scalloped Potatoes Vegetable of the Day
WED.	April 13 ~ Lunch \$10	Dinner \$14
	BBQ Pulled Pork Sandwich French Fries Coleslaw	Grilled Salmon with Dill Sauce Duchess Potatoes Vegetable of the Day
THURS.	April 14 ~ Lunch \$7	Dinner \$13
	Hamburger & Hot Dog Bar (does not include drink, starter or dessert)	Meatloaf Stuffed with Mozzarella Marsala Sauce Mashed Potatoes Vegetable of the Day
FRIDAY	April 15 ~ Lunch \$9	Dinner \$13
	Fog City Mac & Cheese Choice of Vegetable	Shrimp & Chicken Penne with Sherry Garlic Sauce, Fresh Basil, Portabella Mushrooms, Sun Dried Tomatoes & Spinach Garlic Bread
SAT.	April 16 ~ Lunch \$10	Dinner \$14
	Beef Quesadilla Spanish Rice Black Beans	Crab Cakes Wild Rice 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 10 - Saturday, April 16

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

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

Sunday, April 10 – The Little Rascals (1994)

They're back! Spanky, Alfalfa, Buckwheat, Darla, Porky and Petey return to tickle a new generation's funny bone.

Co-Starring: Travis Tedford, Bug Hall & Brittany Ashton Holmes

Rated PG; 1 hr. 22 min.

Monday, April 11 – Elizabeth (1998)

A shrewd young woman ascends the English throne. Now she must destroy her enemies both far and near.

Co-Starring: Cate Blanchett, Geoffrey Rush & Christopher Eccleston

Rated R for violence and sexuality; 2 hrs. 3 min.

Tuesday, April 12 – Cobb (1994)

A reporter working on a biography of baseball player Ty Cobb finds that his hero is far from heroic. What is the truth, and should it be revealed?

Co-Starring: Tommy Lee Jones, Robert Wuhl & Lolita Davidovich

Rated R for strong language, and for scenes of nudity and violent behavior; 2 hrs. 9 min.

Wednesday, April 13 – The Spirit of St. Louis (1957) **Resident Request*

Air travel became limitless when Charles A. Lindbergh made the first flight from New York to Paris on May 21, 1927, relieved in this soaring adventure.

Co-Starring: James Stewart, Murray Hamilton & Patricia Smith

Not Rated; 2 hrs. 15 min.

Thursday, April 14 – Roberta (1935) **Resident Request*

Parisian couturier and deposed Russian princess Stephanie has her hands full when half her business is bequeathed to American footballer John Kent. Kent knows nothing about fashion, but sparks fly as the two try to learn to run a company together.

Co-Starring: Irene Dunne, Fred Astaire & Ginger Rogers

Not Rated; 1 hr. 46 min.

Friday, April 15 – Bridge of Spies (2015) **Resident Request*

At the height of the Cold War in 1960, the downing of an American spy plane and the pilot's subsequent capture by the Soviets draws Brooklyn attorney James Donovan into the middle of an intense effort to secure the aviator's release.

Co-Starring: Tom Hanks, Mark Rylance & Alan Alda

Rated PG-13; 2 hrs. 22 min.

Saturday, April 16 – RV (2006)

Climbing aboard their mammoth recreational vehicle for a cross-country trip to the Rockies, the Munro family prepares for the adventure of a lifetime.

Co-Starring: Robin Williams, Cheryl Hines & Kristin Chenoweth

Rated PG; 1 hr. 39 min.

This Week's Opportunities April 10 - April 16

SUNDAY • APRIL 10

Breakfast at Verna Belle's—Omelets with Fruit

- 9:00 a.m. ~ Miller Worship Service, MFR
- 10:00 a.m. ~ Worship Service, CR
- 2:00 p.m. ~ Wroten Worship Service, WL
- 2:30 p.m. ~ Pond Ride, VE
- 7:00 p.m. ~ Vespers, Rev. Glenn Fogo from First Methodist Church, CR

MONDAY • APRIL 11

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
- 11:30 a.m. ~ Meadowlark Valley Luncheon, LR
- 12:00 p.m. ~ Yoga, KSU CL
- 12:00 p.m. ~ Beginner Tai Chi, CR
- 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. ~ Hearing Aid Doctor, CON
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 2:15 p.m. ~ Parkinson's Voice Class, KSU CL
- 2:30 p.m. ~ Pond Ride, VE
- 3:00 p.m. ~ MLH Singers Practice, CR
- 7:00 p.m. ~ Community Bingo, CR

TUESDAY • APRIL 12

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

- 10:30 a.m. ~ Steady Yourself, CR
- 10:30 a.m. ~ Reality Check, TR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Seven Dolors Book Discussion, LR
- 1:00 p.m. ~ Tai Chi, LR
- 2:00 p.m. ~ Coffee Corner with Coach Bill Snyder and KSU Football Players, CR
- 2:00 p.m. ~ Wellness Olympiad Chair Stand, KSU CL
- 2:30 p.m. ~ Pond Ride, VE
- 3:30 p.m. ~ Ambassadors Committee Meeting, CON
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:30 p.m. ~ 4th Floor Supper, MR
- 6:30 p.m. ~ Osher Class: The Generals, CR

WEDNESDAY • APRIL 13

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

- 9:00 a.m. ~ New Perspectives, KR
- 9:00 a.m. ~ Building and Grounds Meeting, LR
- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 10:00 a.m. ~ Worship Service, LR
- 10:00 a.m. ~ Memory Activities Class, KSU CL
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:00 a.m. ~ Parkinson's Webinar: Getting Your Best Sleep with Parkinson's, CON
- 12:00 p.m. ~ 2nd Men's Club Luncheon, LR
- 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
- 1:00 p.m. ~ Wellness Olympiad Group Walk, VE

- 1:10 p.m. ~ Meditation Group, TR
- 1:15 p.m. ~ Severe Weather Presentation by Myron Calhoun, CR
- 1:30 p.m. ~ Collins Worship Service, CH
- 1:30 p.m. ~ Pitch, GR
- 2:00 p.m. ~ Wellness Olympiad Fitness Seminar, KSU CL
- 2:30 p.m. ~ Pond Ride, VE
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Fit 2 Fight PD, CR
- 4:00 p.m. ~ Video Worship Service, LR
- 6:30 p.m. ~ Artist Discussion with the Beach Museum, KSU CL
- 6:30 p.m. ~ Osher Class: Worker Heritage, CR

THURSDAY • APRIL 14

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 9:00 a.m. ~ Messenger Ladies, CON
- 10:00 a.m. ~ Meadowlark Bible Study, CON
- 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. ~ Manhatter Ladies' Luncheon, MR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 2:00 p.m. ~ Wellness Olympiad Picture Contest, GR
- 2:30 p.m. ~ KSU Gerontology Class, CR
- 2:30 p.m. ~ Pond Ride, VE
- 4:00 p.m. ~ Center on Aging Lecture Series, KSU CL
- 4:00 p.m. ~ Wellness Olympiad Group Walk, VE
- 7:00 p.m. ~ Grow Green Bingo, CR

FRIDAY • APRIL 15

Breakfast at Verna Belle's—Waffle or Pancake

- 9:00 a.m. ~ Depart for Osher Special Event: Fort Riley Tour, VE
- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Veterans Group, GC
- 10:00 a.m. ~ Resident Focus Group, KSU CL
- 10:00 a.m. ~ Pond Ride, VE
- 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 & Foot Card Games, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, KSU CL
- 1:30 p.m. ~ Memorial Service for Rosemary Carroll, CR
- 2:30 p.m. ~ Pond Ride, VE
- 3:30 p.m. ~ Catholic Rosary, CR
- 7:00 p.m. ~ Resident Program: Karaoke Night, GR & KR

SATURDAY • APRIL 16

Breakfast at Verna Belle's—Omelets with Fruit

- 9:00 a.m. ~ Fit 2 Fight PD, CR
- 9:30 a.m. ~ Painting for Fun, KSU CL
- 10:00 a.m. ~ Pond Ride, VE
- 2:30 p.m. ~ Pond Ride, VE

ROOM ABBREVIATIONS

BP, Billiards Parlor	LB, Library
CH, Collins House	LR, Living Room
CR, Community Room	MFR, Miller Friendship Rm
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	WL, Wroten Library
	WS, Woodshop