

# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

May 12, 2016

## Summerfest 2016

*Meadowlark Hills invites you!*

### **Friday, June 3, at 5 p.m.**

Meadowlark Hills invites you and your family to our annual community block party, Summerfest!

Summerfest is Meadowlark Hills' annual kick-off to summer, so what better way to welcome summer than to attend this fun-filled bash! All residents, staff, families, Passport members and board members are welcome to attend.



Summerfest is scheduled 5 p.m. Friday, June 3. This yearly free event features a cook-out, live entertainment by the Santiago Brothers, games for children and the young at heart, snorkones and a beer garden.

The cookout will start at 5 p.m. and the Santiago Brothers band will be performing from 6 p.m. to 8 p.m.

We look forward to see you all there!

## Seafood Boil

*Enjoy delicious shrimp, steamed clams & mussels*

### **Friday, May 20, at 6 p.m.**

Meadowlark Hills is bringing the ocean to you! Join us at 6 p.m. Friday, May 20, on the Prairie Star Patio for a delicious Seafood Boil!

Michael B. will be performing while we enjoy great food such as peel and eat shrimp, steamed clams and mussels, and chocolate cupcakes. The pub will also be open if you would like to buy a beer or the drink special for that week - spiked lemonade!

This Seafood Boil will be the special for that night in Prairie Star Restaurant. As Seafood Boils generally go, all of the food will be put out at once so it is a first-come, first-serve meal. There will be plenty of seafood to go around!

Prairie Star Restaurant's main dining room and kitchen will still be open during this event for those who would rather not eat seafood.

No registration is necessary to attend this event. Full menus are also available at the Hospitality Desk and Prairie Star Restaurant.

We hope to see you there!



## UPCOMING EVENTS & ANNOUNCEMENTS

### Genae Denver Spring Recital

**Sunday, May 15, at 2:30 p.m.**

Students from Genae Denver's Vocal Studio will be performing their spring recital at 2:30 p.m. Sunday, May 15, in the Community Room. All are welcome to enjoy an afternoon of music!

### Memorial Service for Nelson Love

**Sunday, May 22, 2 to 4 p.m.**

Please join the Love and Runion families for the memorial of Nelson Love who passed away Tuesday, April 5, at Hospice House.

The family of Nelson will be celebrating with a New Orleans style service and lots of music from 2 to 4 p.m. Sunday, May 22, in the Community Room. The memorial will have jazz, piano, snacks and happiness.

### May Focus Group

**Thursday, May 12, at 10 a.m.**

The Focus Group scheduled for May will highlight another great staff member at 10 a.m. Thursday, May 12, in the KSU Classroom. The staff attendee for the May Focus Group will be Social Services Leader, Bridget Larkin!

### Exercise Classes canceled

The following exercise classes will be canceled on the dates listed below:

- Steady Yourself — Thursday, May 19
- Chair Yoga — Thursday, May 19
- Fit 2 Fight PD — Saturday, May 21

### Ms. Emily's Music Recital

**Saturday, May 14, at 1 p.m.**

You are invited to attend a music recital given by students of Emily Gallagher. It will take place at 1 p.m. Saturday, May 14, in the Community Room.

### Memory Care Partner Support Group

**Wednesday, May 18, 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.

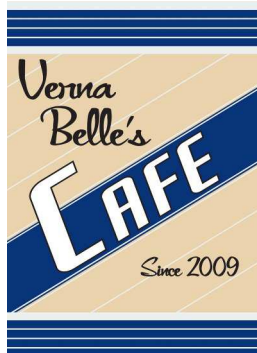
Special guest Jason Fox, will be joining the group to speak about therapy services and safety practices for caregivers. This group will meet from 10 to 11 a.m. Wednesday, May 18, in the Tranquility Room.

### Jokes of the Week

What do you get when you cross a pig  
and a centipede?  
Bacon and legs!

Why did the spy stay in bed?  
Because it was undercover.

Why did the orange stop in the middle  
of the hill?  
Because it ran out of juice!



## Lunch Specials

**May 15 – May 21**

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

Saturday–Sunday, 9 a.m. to 1 pm.

Sunday, May 15 - Tuna Salad Sandwich with Soup or Chips	\$3.75/\$5.50
Monday, May 16 - Everything Bagel Sandwich with Fruit Salad	\$3.75/\$5.50
Tuesday, May 17 - Hawaiian Pizza	\$3.75/\$5.50
Wednesday, May 18 - Walking Taco	\$5.50
Thursday, May 19 - Chicken Bacon Ranch Panini with Pasta Salad	\$3.75/\$5.50
Friday, May 20 - Mushroom Swiss Burger with Broccoli Salad	\$5.50
Saturday, May 21 - Bacon Cheddar Egg Salad with Soup or Chips	\$3.75/\$5.50

## UPCOMING EVENTS & ANNOUNCEMENTS

### Wellness Olympiad Update

We are nearing the final week of our Meadowlark Hills Wellness Olympiad, but there is still time to earn valuable points for your team! Week Five tracking sheets will be due by 5 p.m. Tuesday, May 17, at the Hospitality Desk or Caul Fitness Center.

The **Brain Teaser Challenge** will be held Friday, May 13. Your team can pick up a sheet from the Hospitality Desk from 8 a.m. to 5 p.m. Each team will receive one point for participating in the challenge, two points for each correct answer and ten points for the fastest "correct" completion time.

The second round of **Chair Stands** will be from 2 to 3:30 p.m. Tuesday May 17, in the KSU Classroom. Once again, each participant will receive one point per completed repetitions, plus one bonus point if you can better your previous result.

The final challenge before our Post Party will be the **Paper Airplane Challenge**, which will be held from 2:30 to 4 p.m. Friday May 20, in the Game Room. Each team will receive the same materials and the challenge will be to make your airplane fly farther than your competition.

Remember to start thinking about an appetizer/dessert to bring for our **Healthy Recipe Challenge** at the Wednesday May 25, Post Party. Each participating team will receive five points, with the opportunity to win more points! Contact Jeff Heidbreder at (785) 341-2995 or in the Caul Fitness Center with any Olympiad questions.

### Memory Activities Class

**Wednesday, May 18, 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 at 10 a.m. Wednesday, May 18, in the KSU Classroom.

### Acrylic Watercolor Painting for Fun

**Saturday, May 14, at 9:30 a.m.**

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, May 14, in the KSU Classroom. Don't forget to bring paint supplies and be ready to paint away!

### Vespers Services

**Sunday, May 15, at 7 p.m.**

The Vespers service, led by Reverend John Parsley from First Baptist Church, will be at 7 p.m. Sunday, May 15, in the Community Room. All are welcome.

### Manhattar Ladies Tour and Lunch

**Thursday, May 12 at 12 p.m.**

Calling all Manhattar ladies! The Manhattar Ladies will be taking a tour of Bluemont Hotel and having lunch after at Pizza Ranch today, May 12.

The tour of Bluemont Hotel will last 30 minutes or less and is free of charge! After the tour, the Manhattar Ladies will have lunch at Pizza Ranch on 511 McCall Road. The cost for lunch and transportation is \$10 per person. Lunch includes a buffet with several kinds of sliced pizza, including desert pizza and soft ice cream, fried chicken, potatoes and gravy, corn, green beans and a salad bar.

Transportation will be available and will depart from the Village Entrance at 12 p.m. Please sign up in the Blue Book located at the Hospitality Desk for an afternoon of fun!

### Grandma Hoerner's Day Trip

**Wednesday, May 25 at 9:30 a.m.**

Meadowlark Hills will be taking a short trip East to Grandma Hoerner's, located in the heart of the Midwest in the majestic Flint Hills of Kansas Wednesday, May 25. Grandma Hoerner's Foods is known as one of Kansas' "best kept secrets."

The gourmet store features all of their natural and organic products and they invite you to stop in and taste what everyone's talking about. They also carry natural and organic products from locally owned businesses, as well as treasures from around the world.

After the tour, the group will have the opportunity to shop. The bus will depart from the Village Entrance at 9:30 a.m. with the cost of transportation is \$5 per person. A sign up sheet is located in the Blue Book at the Hospitality Desk.



Store  
2Door

Groceries  
& More

Meadowlark Hills Home Health offers a grocery shopping service that is delivered to you.

If you are interested in learning more about this service, call Home Health at (785) 537-9497 to get additional information.

## UPCOMING EVENTS & ANNOUNCEMENTS

### DRINK SPECIAL



### May 16 to May 21 Spiked Lemonade

2 oz. Vodka Origin  
3 oz. Lemonade  
1 tsp. Sugar

**\$3.75**

### KelLee Parr Presentation

**Friday, May 27, at 7 p.m.**

Meadowlark Hills is honored to have KelLee Parr, author of the book, "My Little Valentine," share the story of his mother and granddaughter's journey to find one another at 7 p.m. Friday, May 27, in the Community Room.

The story is factual and based on his personal experiences, information shared by family members and hundreds of letters between mother and daughter.

Mr. Parr will be talking about his book, answering questions and sharing the motivation behind the book.

You don't want to miss out on this special event!

### Memory Luncheon

**Wednesday, June 1, 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 from 11 a.m. to noon Wednesday, June 1, in the West Conference Room.

Please sign up in the Blue Book located at the Hospitality Desk if you interested in attending the luncheon.

### Leader of the Pack

Have you noticed a Meadowlark Hills employee who has gone above and beyond? You can nominate them to be Leader of the Pack.

An employee is chosen each month, and they are awarded a special parking spot, a Meadowlark Hills gift certificate and a free car wash.

Stop by Verna Belle's Café or the Human Resource office to fill out a nomination form with information about an outstanding employee.

## ASK SARAH

### Going the extra mile

*Submitted by Sarah Duggan*

Sometimes we all just need a little extra attention whether it be from our family, friends, hairstylist, restaurant server or even our doctor. A well-rounded approach to healthcare coupled with great customer service can often be the difference between a relaxing evening at home and hours spent in the ER.



If you have Medicare and live with two or more chronic conditions, you can qualify for the Chronic Care Management (CCM) Program. In CCM, you will have professional staff helping you coordinate care with your different specialists, making sure you have the correct prescriptions and getting a monthly check-in to keep you healthy.

Unfortunately, people with multiple chronic conditions are more likely to be hospitalized and have restrictions on their ability to engage in daily tasks. With CCM, your doctor and their staff devote extra attention to your needs, helping you stay healthier without extra office visits. The result is better management of your healthcare needs, decreased hospitalizations and spending more time with the people you care about and doing the things you love.

To participate in CCM, talk with your doctor's office. You will need to sign-up for the program and the staff can walk you through the process. The Meadowlark Hills Medical Professionals here on our campus currently offers the CCM Program. If you have further questions about this opportunity, you are welcome to call Mary Jo Eichman, Physician's Practice Leader, at 537-1900 for further information.

Thanks for stopping by and see you next week!



## SPEEDY PD ART WORKSHOPS

### Speedy PD Art Workshops

Join us to make the art for the age-group awards for the Speedy PD Race. Kathrine Schlegeck, Beach Museum Education Director, will provide the materials, education and inspiration. No previous art experience is needed.

Workshops will be in the KSU Room at Meadowlark Hills

Tuesdays from 11 a.m. to 12:30 p.m.

- May 24, July 12 & 19 & August 9

Wednesdays from 1:30 to 3 p.m.

- June 1 & 15

#### Questions?

Contact: Michelle, Parkinson's Program Leader

Phone: 785-323-3899

E-mail: michelle.haub@meadowlark.org



## SAVE THE DATE

### SYMPHONY IN THE FLINT HILLS

**Saturday, June 11,  
at 2 p.m.**

The 11<sup>th</sup> anniversary of Symphony in the Flint Hills will be here before you know it! This year's Symphony Signature Event will take place on private land in Chase County Saturday, June 11, 2016.

Edward Bass, a rancher with extensive interests in Texas and Kansas, will host the 11<sup>th</sup> annual event on his "South Clements Pasture." The theme of the 2016 Signature Event is "Future of the Flint Hills." As in past years, the Governor of Kansas will serve as honorary chair and the Kansas City Symphony will perform the sunset concert. Reserved seats and transportation have been secured. All you need are comfortable shoes and a desire to hear beautiful music in a gorgeous setting. Transportation will depart from the Village Entrance at 2 p.m., allowing some time at the concert site to enjoy the festival prior to the concert at 6:45 p.m.

Visit the instrument petting zoo, hear a discussion in one of the heritage and

culture tents, listen to strolling musicians or take a covered wagon ride. Food and beverages are available for purchase on your own. The package price offered by Meadowlark Hills, including a ticket, reserved seat and transportation, will be \$118 per person. Register by signing up in the Blue Book. Residents, Passport members, board members and their friends and families are also welcome attend. If you've attended the Symphony in the Flint Hills before, you know what a delightful experience this is. If you haven't attended previously, the signature event festival organizers have planned to celebrate the 11<sup>th</sup> anniversary promises to be a fantastic introduction.

If you have questions, please contact Monte Spiller at (785) 323-3801.

# PRAIRIE★STAR RESTAURANT

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

## May 15 - May 22

Includes beverage, starter and dessert.

The restaurant can accept up to four reservation per time, depending on party size. Reservations can be made in person or by calling 323-3820.

SUNDAY	May 15 ~ Lunch \$11	Dinner \$12
	Braised Beef Brisket with Horseradish Sauce Garlic Mashed Potatoes Vegetable of the Day	Beef Burgundy Tips Fettuccine Vegetable of the Day
MONDAY	May 16 ~ Lunch \$10	Dinner \$12
	Chicken Salad Melt Choice of Vegetable	Smoked Ham with Apricot Glaze Swiss & Green Onion Scalloped Potatoes Vegetable of the Day
TUESDAY	May 17 ~ Lunch \$7	Dinner \$14
	Taco Bar (does not include drink, starter or dessert)	Baked Cod with Lemon Butter Lemon Couscous Vegetable of the Day
WED.	May 18 ~ Lunch \$10	Dinner \$12
	Breaded Pork Sandwich French Fries Coleslaw	Braised Cajun Chicken Red Beans & Rice Vegetable of the Day
THURS.	May 19 ~ Lunch \$7	Dinner \$12
	Pizza Bar (does not include drink, starter or dessert)	Lasagna with Meat Sauce Garlic Toast Vegetable of the Day
FRIDAY	May 20 ~ Lunch \$9	Dinner \$11
	Beef Enchiladas Spanish Rice Black Beans	Seafood Boil
SAT.	May 21 ~ Lunch \$10	Dinner \$12
	Spaghetti with Meat Sauce Garlic Toast Vegetable of the Day	Chicken Fairmont with Hunters Sauce 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, May 15 - Saturday, May 21

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

**Sunday, May 15 – 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.**

**Monday, May 16 – While You Were Sleeping (1995)**

Some girls find love with a prince. Some, with a mogul. This shy romantic's dream date? A coma victim.

**Co-Starring: Sandra Bullock, Bill Pullman & Peter Gallagher**

**Rated PG; 1 hr. 43 min.**

**Tuesday, May 17 – The Hurt Locker (2008)**

Kathryn Bigelow directs this gripping drama following one of the U.S. Army's elite explosive ordnance disposal teams operating in Iraq.

**Co-Starring: Jeremy Renner, Anthony Mackie & Brian Geraghty**

**Rated R for war violence and language; 2 hrs. 10 min.**

**Wednesday, May 18 – A Mile in His Shoes (2011)**

A minor-league baseball team finds renews inspiration when they hire new pitcher Mickey Tussler, a lad who suffers from Asperger's syndrome.

**Co-Starring: Luke Schroeder, Dean Cain & George Canyon**

**Rated PG; 1 hr. 29 min.**

**Thursday, May 19 – The Grapes of Wrath (1940)**

Tom Joad, a Depression-era everyman, leads his poor family on a harrowing journey from Oklahoma's Dust Bowl to the promised land of California.

**Co-Starring: Henry Fonda, Jane Darwell & John Carradine**

**Not Rated; 2 hrs. 8 min.**

**Friday, May 20 – The Lady in the Van (2015) \*Resident Request**

In this touching human drama adapted from writer Alan Bennett's bestselling memoir, he befriends the elderly Miss Shepherd, who's living in a van that's been parked in his driveway for 15 years.

**Co-Starring: Maggie Smith, Alex Jennings & Jim Broadbent**

**Rated PG-13; 1 hr. 44 min.**

**Saturday, May 21 – Runaway Bride (1999)**

Sparks fly when a newspaper columnist writes a one-sided, sexist story about a commitment-phobic bride who abandoned three men at the altar.

**Co-Starring: Julia Roberts, Richard Gere & Joan Cusack**

**Rated PG; 1 hr. 56 min.**

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# This Week's Opportunities May 15 - May 21

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## SUNDAY • MAY 15

*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  
2:30 p.m. ~ Genae Denver Spring Recital, CR  
7:00 p.m. ~ Vespers, Rev. John Parsley from First Baptist Church, CR

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## MONDAY • MAY 16

*Trash pick-up day*

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*

9:30 a.m. ~ Seated Strength, CR  
10:00 a.m. ~ Pond Ride, VE  
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, TR  
1:15 p.m. ~ Parkinson's Exercise Class, CR  
1:30 p.m. ~ Ladies Pool Table Time, BP  
2:30 p.m. ~ Pond Ride, VE  
3:00 p.m. ~ MLH Singers Practice, CR  
5:30 p.m. ~ 5th Floor Supper, MR  
7:00 p.m. ~ Community Bingo, CR

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## TUESDAY • MAY 17

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

7:30 a.m. ~ 1st Pres. Men's Bible Study, LR  
10:00 a.m. ~ Pond Ride, VE  
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, CR  
2:00 p.m. ~ Writing Group, LR  
2:00 p.m. ~ Wellness Olympiad Chair Stand, KSU CL  
2:30 p.m. ~ Pond Ride, VE  
3:00 p.m. ~ Coffee Corner, CR  
4:00 p.m. ~ Newspaper & Bible, LR  
5:30 p.m. ~ 2nd Floor Supper, CR

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## WEDNESDAY • MAY 18

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

9:30 a.m. ~ Seated Strength, CR  
10:00 a.m. ~ Pond Ride, VE  
10:00 a.m. ~ Memory Care Partners Support Group, TR  
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  
12:00 p.m. ~ Yoga, KSU CL

12:00 p.m. ~ Beginner Tai Chi, CR

1:00 p.m. ~ Wellness Olympiad Group Walk, VE

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

1:30 p.m. ~ Pitch, GR

2:00 p.m. ~ Fitness/Nutrition Seminar, KSU CL

2:30 p.m. ~ Pond Ride, VE

2:30 p.m. ~ General Support Group, CON

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

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

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## THURSDAY • MAY 19

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*

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

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

10:00 a.m. ~ Pond Ride, VE

11:00 a.m. ~ Parkinson's Webinar, CON

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

2:30 p.m. ~ Pond Ride, VE

4:00 p.m. ~ Wellness Olympiad Group Walk, VE

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

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

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## FRIDAY • MAY 20

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

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

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, CR

2:30 p.m. ~ Wellness Olympiad Airplane Contest, GR

2:30 p.m. ~ Pond Ride, VE

3:30 p.m. ~ Catholic Rosary, CR

6:00 p.m. ~ Resident Program: Seafood Boil, PS Patio

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## SATURDAY • MAY 21

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

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

10:00 a.m. ~ Pond Ride, VE

2:30 p.m. ~ Pond Ride, VE

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## ROOM ABBREVIATIONS

BP, Billiards Parlor

CH, Collins House

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

MFR, Miller Friendship Rm

MR, Manhattan Room

MS, Miller Spa

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WL, Wroten Library

WS, Woodshop