



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Sept. 15, 2016

Hog Wild!

3rd annual HOGtoberfest to raise money, awareness for Good Samaritan Fund

Submitted by Becky Fitzgerald

Friends of Meadowlark Hills have a fun and tasty opportunity to support the Meadowlark Hills Foundation's Good Samaritan Fund when the doors to Cox Bros. BBQ open at 11 a.m. on Thursday, Oct. 13. Brothers Bud and Bobby Cox, sons of Meadowlark Hills resident Ellie Cox, pledge to donate 10% of that day's proceeds to the Fund.

Food specials on Oct. 13 at Cox Bros. BBQ, 223 McCall Road, include pulled pork sliders for \$2 each, available from the restaurant's opening to closing at 9 p.m., and a hog roast buffet beginning at 6 p.m. In addition, anyone who makes a Cox Bros. BBQ purchase on Oct. 13 may register to win a door prize: a barbecue meal for 10! Residents and employees who purchased a HOGtoberfest T-shirt also will be entered to win the door prize. The package includes two meats, two sides as well as buns, sauce, pickles and disposable dinnerware.

Back by popular demand will be two nods to traditional Oktoberfest favorites. Live music will be provided by accordion player Rusty Schwerdt, and a beer tasting and buying station will be operated by Flint Hills Beverage beginning at 6 p.m.

HOGtoberfest would certainly be fun with just barbecue, brews and music, but keep reading, there's more! In order to create additional opportunities to raise money and awareness for the Good Samaritan Fund, a Hog & Kisses Contest has begun, and 50/50 raffle tickets are now on sale. The 50/50 raffle winner takes home half of the money collected by ticket sales, and half of the proceeds support the Good Samaritan Fund. The more tickets we sell, the bigger your prize! Prize tickets are \$1 each, six for \$5, 15 for \$10 and 40 for \$20 and may be purchased at the Hospitality Desk.

Five hog kissing candidates will solicit votes in the form of dollars, with the candidate collecting the most money kissing a baby hog shortly after 6 p.m. on Oct. 13 at Cox Bros. Our little hog, a Hampshire-Duroc-



Yorkshire cross, was born a few weeks ago at Parks Farm east of Manhattan, so her snout will be just the right size for smooching in mid-October.

The Foundation reached out to our six founding churches, and five of the six answered our call for kissing candidates. Participating are Rev. Susan Evans, Blue Valley Memorial United Methodist

Church; Rev. Cam McConnell, First Presbyterian Church; Kyle Olson, Director of Spiritual Growth at First Lutheran Church; Rev. John Parsley of First Baptist Church, and Dave Rogers, co-owner of Burnett Automotive and a board member at First Christian Church. Last year, our own Lonnie Baker was our top vote-getter and pig kisser.

Vote for the candidate of your choice by placing cash or check in his/her hog jar, located at the reception desk, or online at www.meadowlark.org.

Residents and employees who purchased HOGtoberfest T-shirts are invited to wear them on a special Jeans Day for employees on Wednesday, Sept. 28, and on the day of the event. Employees who pay at least a \$1 on the 28th and 13th may wear jeans, and those dollars will support the kissing candidates.

Monte Spiller, Resident Services Leader, is working to arrange free transportation to Cox Bros. on Oct. 13 for those who would like a ride. Watch future Messengers and the Blue Book for a departure time and registration sheet.

HOGtoberfest wouldn't be possible without the help of local businesses. In addition to Cox Bros. BBQ, Meadowlark Hills Foundation would like to acknowledge returning sponsors McCullough Development and Flint Hills Beverage, as well as new sponsors, B104.7 and Powercat Illustrated/GoPowercat.com.

Please circle Oct. 13 on your calendars and support HOGtoberfest in one of the ways described. It's sure to be a day of FOOD, FRIENDS and FUNdraising!

UPCOMING EVENTS & ANNOUNCEMENTS

Campus Wide Fall Festival

Thursday, Sept. 21, from 3 to 4 p.m.

Fall is here! Come out and celebrate the beginning of fall at the Fall Festival hosted by Stolzer House from 3 to 4 p.m. Thursday, Sept. 21, in the Community Room.

Join in on the fun complete with fall games and compete in the apple dessert competition — bring your best apple-based sweets! We look forward to see you there!

Parkinson's Voice Class

Thursday, Sept. 19, from 2:15 to 3:15 p.m.

Do people ask you to repeat yourself more often? Is it challenging to be understood on the telephone? Come join our fun and interactive group in voice and speech exercises to improve your communication with family and friends! Exercises are geared toward individuals with Parkinson's disease, but anyone who is having difficulties communicating is welcome to attend.

The classes are led by LSVT and Speak Out! Certified Voice Clinician and KSU Graduate Students in Speech-Language Pathology.

The next voice class is scheduled from 2:15 to 3:15 p.m. Thursday, Sept. 19, in the KSU Classroom.

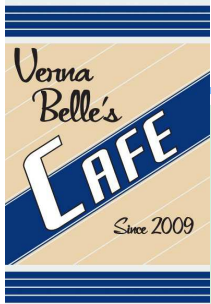
Tornado Presentation by Mary Knapp

Friday, Sept. 16, at 7 p.m.

After a tornado leaves town, Mary Knapp knows her phone will ring. Knapp, an associate agronomist with Kansas State University Research and Extension, is also the states climatologist. Knapp will be at Meadowlark Hills to present over the tornadoes that have touched down in Manhattan, Kansas at 7 p.m. Friday, Sept. 16, in the Community Room.

The presentation will discuss the 50th anniversary of the 1966 tornado that touched down north of the Amherst neighborhood, Jardine complex, a married student housing at the time, and St. Mary's Hospital, which is now Via Christ Health. The storm that caused nearly 40 injuries, but no deaths, has marked Manhattan's history for a lifetime.

Additionally, Knapp will present over the 2008 "Miller Ranch" Tornado, that left behind damage in the Miller Ranch neighborhood, the Little Apple Toyota building, crossed its way through Anderson Avenue and headed north east towards Denison Road and College Heights Road. Join Mary Knapp as she presents over Manhattan's whirlwind experience!



Lunch Specials

Sept. 19 – Sept. 24

Hours: Monday—Friday, 8 a.m. to 5 p.m.
Saturday—Sunday, 9 a.m. to 1 pm.

Sunday, Sept. 19 - Egg Salad Sandwich with Side <i>(Egg Salad on your choice of white or white bread)</i>	\$3.75/\$5.50
Monday, Sept. 20 - BBQ Chicken Pizza <i>(Shredded Chicken, green onions & French fried onions on a oven baked flat bread with BBQ sauce & Mozzarella Cheese)</i>	\$3.75/\$5.50
Tuesday, Sept. 21 - Patty Melt with Cottage Cheese & Fruit <i>(Grilled Hamburger patty with caramelized onion, Swiss Cheese & thousand island dressing on toasted Rye bread)</i>	\$3.75/\$5.50
Wednesday, Sept. 22 - BBQ Pork Sandwich with Cheesy Potatoes <i>(Shredded Pork smothered in BBQ sauce on a butter toasted bun)</i>	\$5.50
Thursday, Sept. 23 - Meatloaf Sandwich with Fruit Salad <i>(Slice of meatloaf topped with ketchup & mozzarella cheese on toasted Italian bread)</i>	\$3.75/\$5.50
Friday, Sept. 24 - Grilled Chicken Sandwich with Broccoli Salad <i>(Grilled Chicken topped with lettuce, tomato, Swiss Cheese & Roasted Garlic Aioli on a butter toasted bun)</i>	\$5.50
Saturday, Sept. 25 - BLT with side <i>(Bacon, lettuce & tomato on your choice of white or wheat bread)</i>	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Liquid Art Winery And Estate

Friday, Sept. 16, at 1:40 p.m.

Meadowlark Hills will be taking a group to visit the Liquid Art Winery Vineyards, located off of Scenic Drive in Manhattan, Kan. Friday, Sept. 16.

Liquid Art Winery is perched on top of a hill and includes a full production winery, tasting room and event center. There are two beautiful meadows that are surrounded by vineyard for outdoor ceremonies and or private parties. The beauty of the Estate along with 360 degree views of Manhattan and the Flint Hills are breathtaking.

Liquid Art Winery was a dream constructed many years ago by David and Danielle Tegtmeier.

Transportation will be departing from the Village Entrance at 1:40 p.m. Please sign up in the Blue Book located at the Hospitality Desk to attend the event.

Winter Ball Theme Ballot

The Winter Ball theme has been narrowed down to three options. The theme choices to choose from are: Winter Wonderland, A Night at the Ranch and Putting on the Ritz. Complete a ballot at the Hospitality Desk to submit your choice!

Video & Discussion

Wednesday, Sept. 21, at 4 p.m.

You are invited to watch video number four of “Journey from unbelief to Faith” at 4 p.m. Wednesday, Sept. 21, in the Living Room. All are welcome.

Osher Class: Apocalypse — WOW!

Thursday, Sept. 22, from 2 to 4 p.m.

This Osher Class will examine the talk among politicians, pundits and news commentators — not to mention the general public — about apocalyptic passages in the Bible and what they might mean for our time from 2 to 4 p.m. Thursday, Sept. 22, in the Community Room.

The class will highlight the texts describing the end of the world as we know it and the dawn of a new order. The class will go over a recent flood of books and films depicting the final conflagration and the fate of unfortunates “left behind.”

Additionally, in this course the class will examine selected writings from the Bible within their historical, social and cultural contexts to understand what they were saying, how they were understood in their own time and how best to read them today.

The third class is scheduled Thursday, Sept. 29, at the same time and location as the first class. No prior registration necessary to attend this event.

The Political, Diplomatic & Military Lecture Series

Friday, Sept. 19, from 6:30 to 9 p.m.

Kansas State University’s Military Affairs: The Political, Diplomatic & Military Lecture Series is hosting Mr. Patrick Murphy, Under Secretary of the United States Army from 6:30 to 9 p.m. Friday, Sept. 19, at the Kansas State University Alumni Center.

Join Mr. Murphy as he presents over evaluation of evolving security challenges facing the Army and our nation and a discussion of how coalition, national and local partnerships can be developed and leveraged in pursuit of enduring solutions.

Mr. Murphy was appointed as the 32nd Under the Secretary of the Army and Chief Managements Office on Jan. 4, 2016, and assumed duties as the Acting Secretary of the Army three days after being sworn-in, remaining in the position until May 18, 2016. He leads the management and operation of the Army and is a former collegiate hockey player.

Tickets to attend this event are \$25 per person and can be purchased by contacting Mr. Richard Crowley at (785) 307-0139 or via email at crowley@ksu.edu to RSVP or with any questions.

Kansas State Football Watch Party

Saturday, Sept. 17, at 1:30 p.m.

K-S-U Wildcats! Come out and cheer your K-State Wildcats as they take on the Florida Atlantic Owls for the home opener Saturday, Sept. 17!

The game will kick-off at 1:30 p.m. and refreshments will be served!

4-H Kids State Fair

Friday, Sept. 23, at 7 p.m.

State Fair, Country Fair — was there anything better than 4-H fair time? Well then step right up for some emerald green cotton candy! Put on your green and join the Kansas 4-H Foundation and friends for some fair time fun at 7 p.m. Friday, Sept. 23, in the Community Room.

Along with some exciting updates on the largest youth program in the state, you’ll (virtually) ride through Rock Springs 4-H Center and Clovia Scholarship House, with a few stops at the Kansas State Fair.

Local 4-H members will bring the fair to you with their favorite entries and audience members will get the opportunity to share their own 4-H fair experiences while enjoying 4-H trivia! Favorite fair treats will be served.

UPCOMING EVENTS & ANNOUNCEMENTS

Memory Café

Wednesday, Sept. 21, at 10 a.m.

Memory Café will meet in the West Conference Room at 10 a.m. Wednesday, Sept. 21. This group features story sharing, reminiscing and social engagement. It is facilitated by Bridget Larkin and Arlene Lundberg. All are welcome to participate in this informal setting and snacks are provided.

End of Summer Movie Night

Wednesday, Sept. 21, at 6:30 p.m.

Join us at 6:30 p.m. Wednesday, Sept. 21, for a night under the stars to celebrate the end of Summer! We will be hosting a movie night on Prairie Star Patio in order to enjoy the beautiful weather and outstanding food whipped up by Head Chef John Gasser.

After tallying up votes we finally have our movie choice for this fun night! We will be showing Bringing Down the House featuring Steve Martin and Queen Latifah. This comedy follows a lonely guy as he meets a woman on the internet who happens to be in prison. She breaks out of prison to be with him and proceeds to wreak havoc on his middle-class life.

You'll be laughing all night in between bites of yummy food! We still have seats open so make sure to sign-up in the Blue Book at the Hospitality Desk. We hope to see you there!

Grief Support Group

Tuesday, Sept. 20, at 10:30 a.m.

Join Bridget Larkin, LMSW, Social Services Leader, and Chaplain Patty Brown-Barnett, DMin, in a Grief Support Group from 10:30 to 11:30 a.m. Tuesday, Sept. 20, in the Living Room.

Memory Activities Class

Wednesday, Sept. 21, at 10 a.m.

Memory Activities Class (MAC) provides education, activities and discussions about memory and cognition in an informal setting. All levels of abilities are welcome and snacks will be provided. This group will meet at 10 a.m. Wednesday, Sept. 21, in the KSU Classroom.

Vespers Services

Sunday, Sept. 18, at 7 p.m.

The Vespers service, led by Jacob Spilker, Program Director from Peace Lutheran Church, will be at 7 p.m. Sunday, Sept. 18, in the Community Room. All are welcome.



DRINK SPECIAL

Sept. 18 to Sept. 24
Kentucky Wildcat

1/2 oz. Jack Daniels
1/2 oz. Southern Comfort
1/2 oz. Jim Beam
1/2 oz. Crown Royal
2 oz. Sweet & Sour
2 oz. Cola

\$3.75

Osher Class: Beginning Family History — Skills that Turn the Hobbyist into a Better Genealogist

Thursday, Sept. 20, at 6 p.m.

For generations, individuals have pursued their fascination with understanding their roots. With recent advances in technology and a growing interest nationwide, family history has become one of the fastest-growing industries in the United States.

This Osher Class will be an introduction to family history with a specific focus on useful beginner resources, websites, organization tips, research logs, citations and more from 6:30 to 8:30 p.m. Tuesday, Sept. 20, on the Third Floor Manhattan, 2323 Anderson Ave.

The second and third class is scheduled Tuesday, Sept. 27, and Tuesday, Oct. 4, at the same time and location as the first class. Please sign up in the Blue Book located at the Hospitality Desk for transportation. Transportation will be departing from the Village Entrance at 6 p.m.

Join Kelsee Walker, as she teaches family history and international records. Kelsee has received her bachelor's degree in Family History and Genealogy from Brigham Young University. She has completed family history internships in Austria, England and in the Family History Library at the International Records Reference Desk. Before moving to Kansas, she worked for FamilySearch and did client research as a contractor.

Meadowlark Hills Singers Practice

Monday, Sept. 19, at 3 p.m.

The next scheduled Meadowlark Hills Singers Practice is at 3 p.m. Monday, Sept. 19, in the Community Room.

RESIDENT COUNCIL MINUTES

Aug. 1, 2016

Members present: Sandra Emley, Jean Beatty, Orris Kelly, Loren Alexander, Pat Vogt, Polly Ferrell, Janice Parsons, Bea Rasmussen, Jo Lyle, Ivan Tompkins, Jo Call, Bob Crawford and Ruth Wells

Staff present: Sarah Duggan and Monte Spiller

Sandra welcomed all meeting attendees.

Updates

General Update: Sarah explained the display cases in the alcove near Prairie Star will be moved and replaced with art pieces. The floor in this area will be left open to accommodate scooter and walker parking.

The open receptionist position previously occupied by Mattie King will be filled soon as we have several interviews scheduled in the upcoming week.

Meadowlark Hills is looking at rebranding and renewing the marketing campaign in the next few months. Sarah will be reaching out to current residents to participate in videos, photos and other projects that will be used as part of the marketing campaign.

The Speedy PD Race for Parkinson's disease is coming soon! A pasta party is planned for August 26, with a keynote speaker following the dinner. The race date is Saturday, August 27, at Tuttle Creek State Park.

Approval of July Minutes:

Motion to approve minutes was moved and passed with corrections.

New Business:

1. The Employee Gift Committee members were announced, which included co-chairs, Janice Parsons and Sharon Smith. The two other members are Robert Reeves and Jo Lyle. Janice explained the committee is hard at work.

Old Business:

- A. An article was written by Polly Ferrell concerning the purchases of additional shopping carts and the need for donations to help purchase them. The article will be published in this week's Messenger.
- B. A request to move a select number of mailboxes on the 4th floor was made. Sarah Duggan will follow up accordingly.

Additional Topics:

- A. Residents acknowledged Emma and the Prairie Star staff as doing a great job!
- B. Council Members were encouraged to review the Campaign Policy and address it at their floor or neighborhood suppers. It is very important to know what is allowed and the proper procedures concerning candidates.

Jokes of the Week

What do sea monsters eat for lunch?
Fish N' Ships.

What's the name of the archeologist that works at Scotland Yard?
Sherlock Bones.

How did Ben Franklin feel after discovering electricity?
Shocked.

TOWN MEETING NOTES

Sept. 12, 2016

Welcome & Introduction of New Residents, Monte Spiller

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

Campus Update, Lonnie Baker

Lonnie explained that Meadowlark Hills as a whole is still looking at long range planning. The search has been an elaborate process for many reasons — one of them being that our world keeps changing. Meadowlark Hills services are intended to expand outside our campus and grow within the Manhattan community.

Home Health is growing rapidly throughout the region and Meadowlark Hills want to make sure that it is positioned for individuals that are needing that care. In order to create a strategic plan to serve the needs of those in need of Home Health and additional services, there are a few changes within our administration.

First on the list is Sarah Duggan, Community Relations Director. Sarah has been involved in many areas within this organization and has took on the responsibility of directing and managing our Home Health department. This is a full-time job in itself, and in addition she is involved with the Physicians Office, Independent Living Operations, Sales, Marketing, Fitness Services, Community Relations and many more areas. In order to free Sarah space to focus more on expanding Home Health — we have transitioned some of Sarah's responsibilities over to Jayme Minton, Support Services Director. Jayme is now overseeing Independent Living Operations and Sales. Now that Jayme manages two additional areas, we have coupled Human Resources department with Finance. Chris Nelson, Finance Director, will take on leadership for our Human Resources department.

Due to the new changes, offices will be shifting. A new organizational chart will be distributed at the Office Party scheduled to be next month.

Support Services Update, Jayme Minton

Jayme introduced IT Leader, Will Gold. IT is one of the departments that falls underneath Support Services. Will explained that one of the responsibilities within IT is to work on projects — the project does not need to be large or groundbreaking, but it does need to move Meadowlark Hills forward in regards to technology. One of the goals Will gives the IT team is to find low cost alternatives for newer technology. Larry Miller's, IT Intern, project was assigned to develop research with

Raspberry Pi, a low cost microprocessor that has open sores, which means everyone in the world is free to develop the architecture itself. Larry was assigned to learn and research how the team can use a Raspberry Pi processor to emulate more expensive processors like Intel and AMD. Larry spent three months physically creating an arcade machine. The project was very successful and Larry managed to make the processor run not just one vendor software, but five or six different vendor software's.

Larry explained that he wanted to build something that he was passionate about and introduce the audience to his passion. Larry's ideas came from enjoying video games as a child growing up in the 90s. The arcade machine includes many different 90s arcade games and was created to benefit residents.

Jayme introduced Patty Brown-Barnett, Chaplain, to the audience. Patty introduced Minister Natalie Barnes, the newest Chaplain Intern. Natalie will be at Meadowlark Hills on Tuesdays, Wednesdays, Fridays and the rest of the school year. Welcome to Meadowlark Hills, Natalie!

Community Relations Update, Sarah Duggan

Sarah announced that two Flu Shot Clinics are scheduled for Independent Living residents. Clinics are scheduled for Wednesday, Oct. 12, from 2 to 4 p.m. in the KSU Classroom and Friday, Oct. 14, from 8 to 10 a.m. in the KSU Classroom. For more information please see Ask Sarah on page 8 of this Messenger.

Grief Support Update, Patty Brown-Barnett

Patty announced that the first session of the Grief Support Group has been going very well. A second session of a Grief Support Group will begin in October at a new time. The Support Group will be meeting on Tuesday's from 2 to 3 p.m. Meeting dates are Tuesdays, starting Oct. 4, though Dec. 20. The group will have the opportunity to discuss grief and healing in a supportive environment.

The group discussion will be guided by *Understanding Your Grief* by Alan D. Wolfelt, Ph.D. The cost of the book is \$11. Bridget Larkin, LMSW, Social Services Leader and Patty Brown-Barnett, DMin, Chaplain, will be facilitating the sessions.

With the holidays coming up, many anticipate those or do not look forward to them due to a loss. Patty and Bridget will be holding two sessions of holiday bereavement group for those who would like support and a therapeutic environment during the holiday

TOWN MEETING NOTES CONT.

season. Please see upcoming Messengers for dates and times.

Speedy PD & Memory Program Update, Michelle Haub

Michelle thanked those who participated, volunteered and donated to the 8th annual Speedy PD Race for Parkinson's Disease that occurred a couple of weekends ago. Michelle announced that cash and in-kind donations amount raised was the grand total amount raised was \$66,245.

Team Rasmussen raised nearly \$9,000 for the Parkinson's Program and were awarded "Most Donations Raised Award."

The Memory Program will be collaborating with the University of Kansas Alzheimer's Disease Center to create the LEAP Program. LEAP stands for Lifestyle Enrichment for Alzheimer's Prevention. These classes will kickoff at 1:30 p.m. Wednesday, Oct. 5, in the Community Room with a presentation by Dr. Burns and Dr. Floresch. For more information, please stop by the Hospitality Desk to pick up flyers explaining more about the free informational session and the LEAP Program.

Osher Classes Update, Charlene Brownson

Registration for Fall 2016 Osher Lifelong Learning Program in Manhattan is now open. The Osher Lifelong Learning Institute at the University of Kansas has teamed up with Kansas State University to bring to the Manhattan area the diverse content, innovative learning opportunities and quality faculty that promote lifelong learning in the community. The Osher Institute offers courses for participants age 50 and over that stress the joy of learning. Meadowlark Hills residents and Passport Members fees for the classes have been prepaid. To enroll please do one of the following:

- Complete the form included in the fall catalog
- Call KU Osher toll-free (877) 404-5823 or (785) 864-5823
- Visit the web site www.osher.ku.edu.

Auction and HOGtoberfest Update, Becky Fitzgerald

Becky thanked volunteers and donors that came together to make the second annual benefit auction a success. For a full update on the Meadowlark Hills Auction, please see page 9.

The third annual HOGtoberfest is scheduled Thursday, Oct. 13, at Cox Bros. BBQ. Ten percent of all proceeds

will go to the Good Samaritan Fund. If you are needing transportation there is a sign-up sheet in the Blue Book located at the Hospitality Desk.

Becky announced the HOG & Kisses candidates, which includes five out of six of Meadowlark Hills founding churches: Pastor Susan Evans from Blue Valley Memorial Church, Rev. Cam McConnell from First Presbyterian Church, Rev. John Parsley from First Baptist Church, Dave Rogers from First Christian Church and Kyle Olson from First Lutheran Church. Be sure to donate to the contestant you want to kiss the hog Happy! Jars with each contestants names are located at the Hospitality Desk.

Events and Announcements, Monte Spiller

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

EVENTS & ANNOUN.

Painting for Fun with a special guest Saturday, Sept. 17, at 9:30 a.m.

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, Sept 17, in the KSU Classroom.

Jennifer Lieberman, Chief Assistant Pharmacist at Fort Riley Hospital, will be leading a freehand drawing session. No experience needed. Just come with a sense of fun and adventure. Hope to see you all there!



Veterans Group Meeting

Friday, Sept. 16, at 10 a.m.

The Veterans Group would like to invite any veterans who do not currently attend meetings to join the group. Meetings are held on the third Friday of every month at 10 a.m. in the Grosh Cinema. The next meeting will be on Friday, Sept. 16, at 10 a.m.

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.

MEADOWLARK HILLS BENEFIT AUCTION UPDATE

SOLD! Auction revenue tops 2015 effort

Submitted by Becky Fitzgerald

Eighty-six. 486. \$414. \$8,671. Put these numbers together, and they add up to another successful Meadowlark Hills benefit auction. On Saturday, Sept. 10, auctioneer Vern Gannon and his staff sold 486 items/groups of items for \$8,671 in merchandise. Add the \$414 of revenue generated at the Auction Café, and the event total is slightly more than \$9000! The event was held in the Utopia Room at St. Thomas More Catholic Church, a larger space than our 2015 location (Pottorf Hall).

Items prompting intense bidding from 86 registered participants included an oak bedroom set donated by the family of the late Margaret Walker; a Friends of Beach Museum of Art print by Oscar Larmar; an adjustable bed and a teak buffet donated by resident Jane Westfall; several washer/dryer sets, and a cast iron Fido bank donated by the late Lincoln Deihl, which was pictured in a previous Messenger.

The number of bidders was 22 fewer than in 2015, but the number of auction items and revenue generated from those items and food sales topped last year's totals.

My request for jewelry was answered in a big way! We ended up with two eight-foot tables loaded with necklaces, bracelets, rings, brooches and earrings. Most was costume jewelry, but several gold and silver pieces, as well as some real pearls, gemstones and diamonds attracted collectors who carefully examined the items with magnifying glasses prior to the auction's start. The highest-selling piece was a gold and diamond brooch that brought \$375. The jewelry contributed about \$1900 to the day's total.

Additional good news is that expenses for this year's sale were significantly lower than last year's, so more of the proceeds will go toward our Good Samaritan Fund. The fund helps to support residents in our healthcare households who have outlived their financial resources.

Many are to thank for helping to ensure a positive outcome. Once again, Pat Callaghan and Gannon Auctions donated their services. Callaghan began loading trailers with furniture on Thursday, Sept. 8, in order to bring it into the church on Friday. Vern Gannon, and his wife, Sherri, also were on hand several hours on Friday to oversee the arrangement of the items at the church before returning early on Saturday.

Five residents who attend St. Thomas More made a donation to Meadowlark Hills Foundation so that we would be able to give the church a monetary gift for the use of the Utopia Room. The church's maintenance staff set up the space with tables and chairs and swept up afterward, so this gift is well-deserved.

Diamond Real Estate Management allows us to use two units at Amherst Self-Storage free of charge so that we may



Jean Beatty arranges items the day before the auction.

store items from one auction to the next. As previously reported, Board of Trustees chair Fred Borck allowed us to store items at the former Orschlen building when we filled up our complementary units at Amherst.

I'd like to say hip, hip hooray to the residents, staff and others who helped prior to, during and after the auction. They collected, sorted and cleaned donations, loaded and unloaded auction items, removed trash, worked at the Auction Cafe, or helped buyers load furniture into vehicles. Please join me in thanking:

Lonnie Baker and his daughter, Kierstin, Cam and Jean Beatty, Sylvia Campbell, Carla Cranmer, Lois Deyoe, Sandra Emley, Shirley Escamilla, Polly Ferrell, Mary Harness, Frances Holcombe, Sue Hunt, Magye Loya, Greg Lund, Kim O'Donnell, Jayme Minton, Pat Murray, Janice Parsons, Tracy Musselman, Chris Nelson, Esther Sobering, Monte Spiller, and Kinzie Jo Nelson. A few other residents loaned us their over-the-door hooks for the display of wreaths and artwork. Thank you Mary Lou Gibbs, Alice Howard, Helen Roser and Velma Skidmore.

Kudos, also, to Brook Nieheus, who made breakfast burritos, and Prairie Star Restaurant staff who provided barbecue beef and pulled pork, all for the Auction Café. Drivers Rod Anderson, Chris Loehr and Ray Padel transported donations to/from the church or delivered and picked up café items.

Finally, the auction wouldn't happen without the many who donated their treasures. Thank you for remembering the Foundation during your right-sizing or estate-settling processes, and please keep Meadowlark Hills in mind in the future. Our storage units are now empty, and we'd like to fill them with your antiques and vintage items. All are welcome to donate.

I also greatly appreciate the residents, Passport members and employees who attended the event. If you have questions or comments, please contact me. See you all in 2017! Could our sales top \$10,000?!

ASK SARAH

Goodbye summer, hello flu season!

Submitted by Sarah Duggan

The leaves are changing, the air is turning crisp and the next stop is flu season and even better, flu shots! Two Flu Shot Clinics have been scheduled for Independent Living residents. Flu shots given at these on-campus clinics will be billed to your insurance. There will be at least two nurses at each Flu Shot Clinic to assist in administering the vaccine. Join us for a clinic at whichever date and time listed below works best for you.



- Wednesday, October 12, from 2 to 4 p.m. in the KSU Classroom
- Friday, October 14, from 8 to 10 a.m. in the KSU Classroom

In addition to receiving your flu shot, it's important to remember what to look for and how to take extra care of ourselves to avoid getting sick.

The flu spreads from person to person, up to about six feet away. Many experts believe the flu is spread mainly by droplets made from people with the flu when they sneeze, cough or talk. To avoid this, stay home if you are sick and stay away from others who are ill. It is important to wash your hands often with soap and water and disinfect surfaces and objects that may be contaminated with germs like the flu.

The flu often comes on suddenly and people who have the flu experience all or some of the following symptoms:

- fever, or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue

If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except for medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine. When sick, limit your contact with others as much as possible. Thanks for stopping by – see you next week!

FOUNDATION NEWS

In Honor of Those Living & Passed

August 2016

In Memorial and Honor of:

*Newton Cox
Sandy Emley
Grace Gates
Sean Githens
Bob Hammaker
Barbara Harlan
Gene Hoerman
Arliss Honstead
Bette Jennings
Phyllis Mentgen
Chuck Niernberger
Winifred Reed
Gail Rogers
Team Luchoolio
Team Meadowlark Hills
Team Petey Fighting PD/Monty Peterson
Team PopPop/Dave Stevenson
Team Rasmussen
Team Stevenson
Margaret Walker
Nadine Walker
Warren Walter
Donis Vaughn
Paul Young*

Meadowlark Hills Foundation has gratefully accepted gifts in August benefitting the Good Samaritan Fund and Parkinson's Program.

CONSTRUCTION UPDATE

Submitted by Jon Bechtel

The concrete project has been slowed by rain but is moving forward. The driveway to the Park entrance is open from the West side parking lot. We will be finishing half of the resident reserved parking and carport (weather permitting) this week. While it is curing, we will start demolition of the concrete in front of Honstead up to the Lyle entrance. This area will be closed to all traffic during this time.

Upon completion of the third section we will go to the fourth section which is the south end Reserved resident parking and carport. The fifth section then be the north end between the Lyle entrance and where the asphalt starts. We are working to get this completed as soon as possible. Thank you for your patience.

PRAIRIE STAR RESTAURANT

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

Sept. 18 - Sept. 24

Includes beverage, starter and dessert.

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.

SUNDAY	September 18 ~ Lunch \$10	Dinner \$11
	Chicken Fried Steak Mashed Potatoes & Gravy Vegetable of the Day	Grilled Chicken Kabobs Rice Pilaf Vegetable of the Day
MONDAY	September 19 ~ Lunch \$10	Dinner \$14
	Grilled Lemon Thyme Chicken Breast Wild Rice Choice of Vegetable	Coconut Shrimp Baked Potato Vegetable of the Day
TUESDAY	September 20 ~ Lunch \$7	Dinner \$11
	Taco Bar (does not include drink, starter, or dessert)	Italian Sausage Fettuccine with Sweet Peppers Vegetable of the Day
WED.	September 21 ~ Lunch \$10	Dinner \$11
	BBQ Pulled Pork Sandwich French Fries Choice of Vegetable	Fish N' Chips Coleslaw French Fries
THURS.	September 22 ~ Lunch \$7	Dinner \$11
	Potato Bar (does not include drink, starter, or dessert)	Shepherds Pie Choice of Vegetable
FRIDAY	September 23 ~ Lunch \$11	Dinner \$13
	Baked Tilapia with Lemon Butter Roasted Red Potatoes Choice of Vegetable	Chicken Breast Gorgonzola with Walnut Crust Vegetable of the Day Sun Dried Tomato Sauce
SAT.	September 24 ~ Lunch \$10	Dinner \$16
	Grilled Ham Steak with Pineapple Hash Brown Casserole Choice of Vegetable	Roast Prime Rib with Beef Au Jus Green Chili Mashed Potatoes Vegetable of the Day

*You may substitute an extra vegetable for the starch on any special for no additional charge.

Grosh Cinema Movies

Sunday, Sept. 18 - Saturday, Sept. 24

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

Sunday, Sept. 18 – Cowgirls n’ Angels (2012)

When a feisty youngster seeks refuge with a troupe of female rodeo riders and their ornery leader, she finds both a new family and a grand passion.

Co-Starring: Bailee Madison, James Cromwell & Jackson Rathbone

Rated PG; 1 hr. 31 min.

Monday, Sept. 19 – Joyful Noise (2012)

Their town may be broke, but one gospel choir has big dreams—and a big problem with its squabbling directors.

Co-Starring: Dolly Parton, Queen Latifah & Keke Palmer

Rated PG-13; 1 hr. 57 min.

Tuesday, Sept. 20 – Spy (2015)

Unassuming CIA analyst Susan Cooper is far from being a James Bond type, but when she’s thrust into the field to investigate the disappearance of her partner, she turns into an improbably superspy.

Co-Starring: Melissa McCarthy, Jason Statham & Jude Law

Rated R for language, violence & sexual content; 1 hr. 55 min.

Wednesday, Sept. 21 – P.S. I Love You (2007)

When she loses her beloved husband, Gerry, to a brain tumor, grieving widow Holly Kennedy learns that he left a series of letters behind to help her cope with the pain of living without him.

Co-Starring: Hilary Swank, Gerard Butler & Lisa Kudrow

Rated PG-13; 2 hrs. 7 min.

Thursday, Sept. 22 – The Finest Hours (2016)

When a furious Atlantic storm rips apart two oil tankers, a Coast Guard team performs a daring and heroic rescue to save the lives of the crew.

Co-Starring: Chris Pine, Casey Affleck & Ben Foster

Rated PG-13; 1 hr. 57 min.

Friday, Sept. 23 – Great Expectations (2012)

Fate—with a little help from a mysterious unnamed benefactor—whisks young orphan Pip from poverty to a life of unexpected wealth.

Co-Starring: Helena Bonham Carter, Robbie Coltrane & Ralph Fiennes

Rated PG-13; 2 hrs. 8 min

Saturday, Sept. 24 – 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.

This Week's Opportunities September 18 - September 24

SUNDAY • SEPTEMBER 18

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, led by Jacob Spilker, from Peace Lutheran Church, CR

MONDAY • SEPTEMBER 19

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 and Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 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
- 2:15 p.m. ~ Parkinson's Voice Class, KSU CL
- 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

TUESDAY • SEPTEMBER 20

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. ~ Reality Check, TR
- 10:30 a.m. ~ Steady Yourself, CR
- 10:30 a.m. ~ Grief Support Group, LR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Seven Dolors Book Discussion, LR
- 2:00 p.m. ~ LifeStory Writing Group, LR
- 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
- 6:00 p.m. ~ Depart for Osher Class: Beginning Family History, VE

WEDNESDAY • SEPTEMBER 21

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. ~ Pond Ride, VE
- 10:00 a.m. ~ Worship Service led by Chaplain Patty Brown-Barnett, LR
- 10:00 a.m. ~ Memory Activities Class, KSU CL
- 10:00 a.m. ~ Memory Café, CON
- 10:00 a.m. ~ Memory Care Partners Support Group, TR
- 12:00 p.m. ~ Yoga, KSU CL
- 1:10 p.m. ~ Meditation Group, TR

- 1:30 p.m. ~ Pitch, GR
- 2:30 p.m. ~ Pond Ride, VE
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Fit 2 Fight PD, KSU CL
- 3:00 p.m. ~ Campus Wide Fall Festival, CR
- 4:00 p.m. ~ Video & Discussion, LR
- 6:30 p.m. ~ Gerontology Class, CR

THURSDAY • SEPTEMBER 22

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 9:00 a.m. ~ Messenger Ladies, CON
- 10:00 a.m. ~ Pond Ride, VE
- 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
- 2:00 p.m. ~ Osher Class: Apocalypse — Wow!, CR
- 2:30 p.m. ~ Pond Ride, VE
- 4:00 p.m. ~ St. Paul's Episcopal Church Service, LR
- 7:00 p.m. ~ IL Bingo, CR

FRIDAY • SEPTEMBER 23

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 and Be Fit, CR
- 12:00 p.m. ~ Parkinson's Partners Luncheon, CR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 1:15 p.m. ~ Parkinson's Care Partner Support Group, LR
- 2:30 p.m. ~ Pond Ride, VE
- 7:00 p.m. ~ Resident Program: 4-H Kids State Fair, CR

SATURDAY • SEPTEMBER 24

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