



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Oct. 6, 2016

## Mystery Murder Dinner Theatre Party

**Monday, Oct. 31, at 6 p.m.**

In the middle of the night, the mysterious owners of the historical Anonville Manor disappeared into the night, never turning back. Years later, the Manor remains closed because of a growing need for restoration and rumors of something sinister roaming the abandoned hallways.

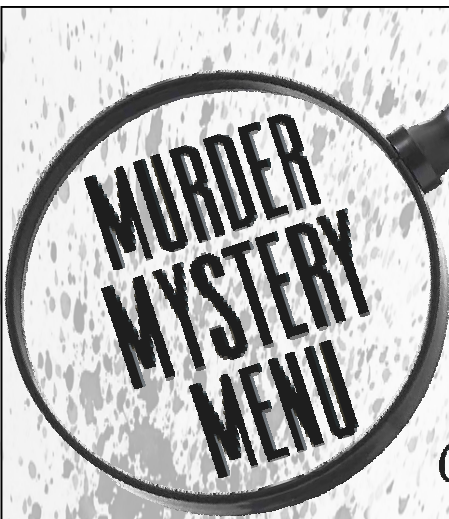
In the past year, the Manor has fallen into new management, but no one knows anything about the new owners. Recently, the mysterious owners have decided to re-open the Anonville Manor to the public...this is your invitation into the mystery.

Prairie Star Restaurant is hosting a Murder Mystery Dinner Theatre Party where all guests are welcome to dress in costume and bring an investigative mind to help solve the Anonville Manor mystery! Starting at 6 p.m. Monday, Oct. 31, Prairie Star will be transformed as you have never seen it before, as Anonville Manor.

In addition to murder, mayhem, and mystery, a five-course meal will be served. The event is \$25 per person and the mystery begins at 6 p.m. You can find the sign-up sheet at Prairie Star; just ask any of the mysterious women in black, better known as the Prairie Star Servers.

For those faint of heart who choose a quiet life and decide not to attend, Verna Belle's Café will be open that evening to serve anyone who does not sign up for dinner at Prairie Star.

The restaurant will be closed for take-out and delivery orders that evening.



**Monday, October 31**  
*The Mystery Begins at 6 p.m.*  
**Prairie Star Restaurant**  
**\$25 per person**

**Devilish Eggs**

**Guacamole in a Pumpkin**  
*with Blue Tortilla Chips*

**Jack-O-Lantern Cheese Ball**  
*with Lavosh*

**Pumpkin Soup**  
*in an Acorn Squash Bowl*

**Mixed Green Salad**  
*with Roasted Beets, Cucumbers, Carrots, Black Olives,  
Tossed with Roasted Beet Vinaigrette*

**Pork Tenderloin Roulades**  
*with Squash Stuffing*  
**Roasted Red Pepper Sauce**

**Cider Scalloped Potatoes**  
*with Smoked Gouda*

**Roasted Leeks and Carrots**

**Caramel Apple Creme Brulee**

## UPCOMING EVENTS & ANNOUNCEMENTS

### Brittany & Nate Hernandez Performance

**Friday, Oct. 7, at 7 p.m.**

We are thrilled to have Meadowlark Hills' own, Brittany Hernandez and her husband, Nate, perform for us at 7 p.m. Friday, Oct. 7, in the Community Room. This husband and wife duo live in Manhattan, Kan. Brittany works at Verna Belles Café, and Nate works as an electrician with BK electric. Together they lead music at their church in Wamego, Kan., and perform around town at community events. Don't miss out on this great night of talent!

### October Focus Group

**Thursday, Oct. 13, at 10 a.m.**

The Focus Group scheduled for October will highlight another great staff member at 10 a.m. Thursday, Oct. 13, in the KSU Classroom. The staff attendee for next week's Focus Group will be Hospitality team member, Tom Barcellina!

### Kansas State Football Watch Party

**Saturday, Oct. 8, at 6 p.m.**

K-S-U Wildcats! Come and cheer your K-State Wildcats as they take on the Texas Tech Red Raiders Saturday, Oct. 8! The game kicks off at 6 p.m., and complimentary refreshments will be served in the Game Room.

### Part D Prescription Drug Open Enrollment

**Wednesday, Nov. 9**

Representatives from The North Central Flint Hills Area Agency on Aging will be at Meadowlark Hills Wednesday, Nov. 9. Sign-up sheets are now available in the Blue Book located at the Hospitality Desk.

Please be sure to bring your Medicare card, insurance card, and the list of all medications you are currently taking (name of drug, dosage, 30-day quantity and monthly cost). Your pharmacy can send you a copy of your medications upon request. Please see Rita Harsch in the Finance Office if you have questions.

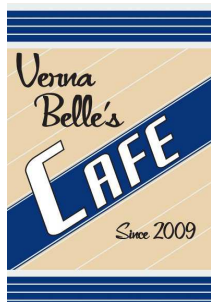
### Card Making with Michelle

**Thursday, Oct. 6, at 1:30 p.m.**

There has been a time change for this month's scheduled time for Card Making with Michelle. The time has been changed to 1:30 p.m. instead of 2 p.m. Join Michelle Lehmer at 1:30 p.m. Thursday, Oct. 6, in the Living Room for card making inspired by fall. The group will be making cards for fall and all occasions!

### Community Bingo canceled

Community Bingo is canceled at 7 p.m. Monday, Oct. 10, in the Community Room.



## Lunch Specials

**Oct. 9 – Oct. 15**

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

Saturday–Sunday, 9 a.m. to 1 pm.

<b>Sunday, Oct. 9 – Ham Salad Sandwich with Side</b> (Diced Ham with onions, celery and hard boiled eggs in a creamy dressing on bread)	<b>\$3.75/\$5.50</b>
<b>Monday, Oct. 10 – Pesto &amp; Tomato Grilled Cheese with Tomato Soup</b> (Basil pesto, sliced tomatoes & Mozzarella Cheese on toasted Italian Bread)	<b>\$3.75/\$5.50</b>
<b>Tuesday, Oct. 11 – Chicken Bacon Ranch Panini with Potato Salad</b> (Shredded Chicken, Bacon, ranch dressing & Swiss cheese on toasted Italian bread)	<b>\$3.75/\$5.50</b>
<b>Wednesday, Oct. 12 – Quesadilla Day!</b> (Your choice of Cheese, Chicken or Shredded Beef in a crispy flour tortilla)	<b>\$3/\$4/\$5</b>
<b>Thursday, Oct. 13 – Grilled Ham &amp; Cheese with Fruit Salad</b> (Sliced Ham with American & Cheddar Cheese on toasted Italian Bread)	<b>\$3.75/\$5.50</b>
<b>Friday, Oct. 14 – BBQ Chicken &amp; Potato Foil Packet</b> (Chicken & diced potatoes topped with Cheddar Cheese, Bacon & BBQ sauce wrapped in aluminum, foil & grilled)	<b>\$5.50</b>
<b>Saturday, Oct. 15 – Tuna Melt with Side</b> (Tuna Salad & American Cheese on grilled White or Wheat Bread)	<b>\$3.75/\$5.50</b>

## UPCOMING EVENTS & ANNOUNCEMENTS

### **Beach Museum Outing**

**Friday, Oct. 14, at 9:50 a.m.**

Join us Friday, Oct. 14, for a visit to the Beach Museum of Art located on K-State campus Friday, Oct. 14. The exhibit containing Civil War era drawings for the Becker Collection offers the first opportunity for scholars and enthusiasts to see selections from this important and previously unknown collection and to appreciate these national treasures as artworks.

Part of this traveling exhibition will be displayed at the U.S. Cavalry Museum at Fort Riley through a partnership that will also bring Civil War-related artifacts from the Cavalry Museum to the galleries of the Beach Museum of Art.

Transportation will depart from the Village Entrance at 9:50 a.m. Please register in the Blue Book located at the Hospitality Desk. Cost for transportation is \$3.

### **Lifestyle Enrichment for Alzheimer's Prevention (LEAP!) class**

**Thursday, Oct. 13, at 2:30 p.m.**

Foundations of LEAP! beings Thursday, Oct. 13. Join us at 2:30 p.m. in the KSU Classroom during the following dates:

- Thursday, Oct. 13, 20 & 27
- Thursday, Nov. 3, 10 & 17

Prior registration is necessary to attend the class.

### **Tommy Lee Performance**

**Friday, Oct. 14, at 7 p.m.**

Saxophonist Tommy Lee is scheduled to perform classic tunes at 7 p.m. Friday, Oct. 14, in the Community Room. Tommy has been playing in the Manhattan area since 1949 and is a familiar face to many! Don't miss out on this one-man-band!

### **Second Session of Grief Support Group**

**Tuesday, Oct. 11, from 2 to 3 p.m.**

The second session of Grief Support Group begins at 2 p.m. Tuesday, Oct. 11, in the West Conference Room. This is an opportunity to discuss bereavement and healing in a supportive environment. The group is facilitated by Bridget Larkin, LMSW, Social Services Leader, and Chaplain Patty Brown-Barnett, DMin.

### **Beach Museum of Art Discussion**

**Wednesday, Oct. 12, at 6:30 p.m.**

Join Kim Richards from the Beach Museum of Art at 6:30 p.m. Wednesday, Oct. 12, in the KSU Classroom to learn and discuss notable etcher and print maker Maurice R. Bebb.

### **Get on the Good Foot!**

**Friday, Oct. 14, from 3 to 4 p.m.**

Learning and re-visiting skills from the past is a great way to enhance cognitive well-being, not to mention the benefits of social engagement and pure, good-hearted fun!

So take a walk down memory lane, dust off those dancing shoes and swing on down, or get in line for a fun hour of dancing from 3 to 4 p.m. Friday, Oct. 14, in the Community Room.

No prior dance experience is needed.

### **Asian Rural Institute**

**Tuesday, Oct. 11, at 7 p.m.**

Come learn more about ARI (Asian Rural Institute), sustainable agriculture, community building and servant leadership from JB Hoover, Executive Director of American Friends of ARI, and Rene Guilingen, a graduate of ARI from the Philippines who will speak about the impact of the ARI training program on him and his community.

ARI training focuses on sustainable agriculture through integrated organic farming techniques, community building and servant leadership. It is community based, and hands-on learning is emphasized in all areas.

ARI's mission is to build an environmentally healthy, just and peaceful world in which each person can live to his or her fullest potential. ARI provides training for grassroots leaders. Each year ARI invites 25 to 30 rural leaders of all ages, both men and women, from developing countries to its campus in northern Japan for a nine-month training program. Over the past 40 years, ARI has trained more than 1,300 rural leaders.

Plan to attend the presentation at 7 p.m. Tuesday, Oct. 11, in the Community Room.

### **Meadowlark Hills Singers Practice**

**Monday, Oct. 10, at 3 p.m.**

The next scheduled Meadowlark Hills Singers Practice is at 3 p.m. Monday, Oct. 10, in the Community Room.

### **Painting for Fun with a special guest**

**Saturday, Oct. 8, at 9:30 a.m.**

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, Oct. 8, 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!

## UPCOMING EVENTS & ANNOUNCEMENTS

### Outdoor Encounters

*Submitted by Nathan Bolls*

Our palette of fall!  
Gently falling, fading—gone  
Save in grateful eyes.

Haiku poem by NJB

The first greenings of spring, in their endless variety of forms, represent a “color of relief.” We sense the promise of consistently warmer days and a new growing season. The beautiful turning of leaves in fall seems one of the consolation prizes we are given to soften the dread of winter.

Several factors influence fall leaf color: increasing night length, steadily lowering temperatures, and leaf pigments. Color intensity is enhanced by ample rainfall and by steadily falling, but not suddenly freezing, temperatures.

Genetics determine why certain plant species or fruits turn certain colors, but the astronomically-based trend of steadily longer nights during fall is the big unvarying factor in the equation. I’ll see genetics in action in late October as I drive south from OH to SC. The leaf color of any given species of tree or shrub will be essentially the same whether I see it at a warmer 1,000 feet altitude or at 3,000 feet or more while driving through the Appalachian Mountains.

Chlorophyll, during the growing season, constantly is being produced and broken down. Chlorophyll production slows down and eventually stops as night length increases and temperatures drop. Other pigments are unmasked.

The carotenoid pigments, present along with chlorophyll during the growing season, produce the yellow, gold, orange, and brown colors we see in some leaves, and in corn, carrots, daffodils, rutabagas, buttercups, and bananas.

The anthocyanin pigments, most produced in leaves as days shorten and nights lengthen, give their colors to some leaves and to cranberries, red apples, plums, concord grapes, blueberries, cherries, and strawberries.

Genetics play the big role in determining the combination of carotenoid and/or anthocyanin pigments present in ripe fruit and in the “leaves of fall” for any given species of plant. Many beautiful processes are in motion as plants and animals prepare for the cold. The most obvious, and beautiful, as trees and shrubs shed their most vulnerable parts, is Our Palette of Fall.

Please press a red one for me.

### Life Reimagined: Facilitating the Transition for the Next Great Adventure *Tuesday, Oct. 18, from 4 to 5:30 p.m.*

Individuals either approaching retirement age or currently retired are encouraged to enroll in this five-week course that starts Tuesday, Oct. 18. Classes are held on Tuesdays from 4 to 5:30 p.m. at UFM, and the fee is \$9. Instructors are former and present faculty from KSU, including Drs. Fred Newton, Dan Wilcox and Arthur Rathbun.

The course will introduce strategies to plan, adapt and maintain personal well-being during the autumn years of life. The following objectives will be explored: (1) Managing transitions. Finding ways to adapt, make changes, re-imagine, and re-define a changing life situation. (2) Reflection and recapitulation. Utilizing stories of importance in one’s life to define strengths, interests, and meaning that in turn identify attributes that can be used in the future. (3) Increasing and sustaining happiness. Engaging in activities that maintain physical, psychological, and social well-being. (4) Openness and Creativity. Learning to create and take advantage of serendipity and the chance opportunities that are available in every day experience. (5) Overcoming perceived barriers. The opposite of action in life is fear. Fear is most often a paralysis of the unknown; how to break those barriers. (6) Maintaining social support. How we can maintain human connections with opportunities to converse and share thoughts and feelings with other people. (7) Creating a life of meaning. We all leave the planet, so what is the most important legacy that we would like to leave behind?

The activities to achieve these objectives will include readings and brief presentations, demonstration of activities to exemplify the concepts and group discussions and interactions to personalize these ideas to our own lives.

Enroll through UFM Community Learning Center online here <http://bit.ly/2dxGhIf> or via phone by calling (785) 539-8763

### Shopping Trip

*Wednesday, Oct. 12, at 10 a.m.*

Take advantage of the complimentary transportation to local shopping centers. Transportation now goes to Dillons and Walmart. The next trip departs at 10 a.m. Wednesday, Oct. 12, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

### Parkinson’s Voice Class

*Monday, Oct. 10, from 2:15 to 3:15 p.m.*

The next voice class is scheduled from 2:15 to 3:15 p.m. Monday, Oct. 10, in the KSU Classroom.



## UPCOMING EVENTS & ANNOUNCEMENTS

### Fall Prevention Presentation

**Tuesday, Oct. 11, from 12:30 to 2 p.m.**

Summitcare Therapy Services would like to invite independent living and assisted living residents to have the opportunity to try the Biodex Balance Machine and learn more about fall prevention from 12:30 to 2 p.m. Tuesday, Oct. 11, in the Community Room

Attendees will be able to participate in a fall assessment utilizing the machine to for their balance and risk for falls. A brief presentation will follow covering falls, fall prevention, how to improvement upper extremity performance and low vision in your home or apartment presented by Occupational Therapist, Kristen McKee. Refreshments will be served.

### Open Enrollment for state of Kansas Retirees

**Friday, Oct. 14 at 1 p.m. and Friday, Oct. 21, at 9:30 and 1:30 p.m.**

If you retired from the state of Kansas, you have received your State Employee Health Plan Direct Bill Newsletter by now. Each year, the state of Kansas hosts Open Enrollment webinars and meetings throughout the state of Kansas for their retirees.

Please join us at 9:30 a.m. and 1:30 p.m. Friday, Oct. 21, at CiCo Park in Manhattan, Kan. There will be Open Enrollment meetings discussing the changes in 2017. These meetings will be for the state of Kansas retirees.

There will be a State of Kansas Retiree/Direct Bill Members webinar at Meadowlark starting at 1 p.m. Friday, Oct. 14, in the KSU Classroom. Meadowlark will be hosting the Retiree/Direct Bill Online Open Enrollment webinar for our residents. This will be an opportunity for state of Kansas retirees to listen to the State 2017 insurance changes instead of attending the Open Meeting at CiCo Park. Please arrive a little earlier so we can be sure there is room for all attendees.

### Flu Vaccine Presentation

**Monday, Oct. 10, at 4:30 p.m.**

Join Deirdre Greely, RN, for a thirty-minute presentation on the Flu Vaccine at 4:30 p.m. Monday, Oct. 10, in the Community Room. Deirdre will discuss the differences between flu vaccine types and why it is okay to wait to receive your annual vaccine. She will have handouts from the CDC to share and a there will be an opportunity for questions.

Deirdre works as a nurse with the Meadowlark Medical Professionals, our on-campus physician's clinic. She is pursuing her master's degree in nursing education and a requirement of her course work is to make a public health presentation. There is no sign-up necessary to attend.

### Art Committee Meeting rescheduled

**Friday, Oct. 14, at 9:30 a.m.**

The Art Committee meeting, usually held on the first Friday of each month, has been rescheduled for 9:30 a.m. Friday, Oct. 14, in the Living Room.

### Osher Class: Female Artists of the Flint Hills

**Monday, Oct. 10, at 6 p.m.**

The second class is from 6:30 to 8:30 p.m. Monday, Oct. 10, in the KSU Tower, 2323 Anderson Ave. on the third floor. The third class will be Monday, Oct. 17, 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 depart from the Village Entrance at 6 p.m.

### Vespers Services

**Sunday, Oct. 9, at 7 p.m.**

The Vespers service, led by Presbyterian Trinity Deacons from Trinity Presbyterian Church, will be at 7 p.m. Sunday, Oct. 9, in the Community Room.

### Rides to HOGTOBERFEST

**Thursday, Oct. 13, at 11 a.m. and 5 p.m.**

Join the fun of HOGTOBERFEST by eating at Cox Bros. BBQ on Thursday, Oct. 13. Need a ride or don't want to drive? Register in the Blue Book for FREE transportation! A vehicle departs at 11 a.m. and 5 p.m.

Persons dining in the evening will be able to watch the winner of the HOG & Kisses Contest before returning to Meadowlark. Proceeds benefit the Good Samaritan Fund.

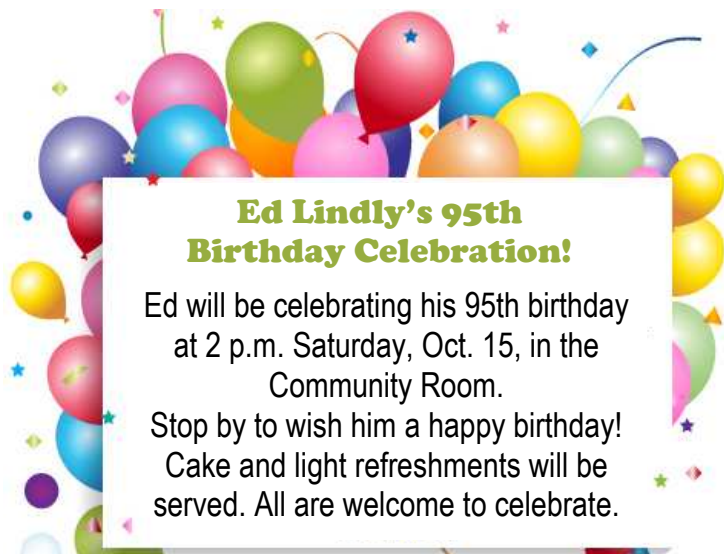
## LETTER TO THE MESSENGER



*Photograph submitted by Ivan Tompkins*

Pictured above are eight Monarch butterflies enjoying the Grand Blue False Spirea flowers found in the backyard of Ivan's home. The photograph was taken Wednesday, Sept. 21, 2016.

## UPCOMING EVENTS & ANNOUNCEMENTS



### **Ed Lindly's 95th Birthday Celebration!**

Ed will be celebrating his 95th birthday at 2 p.m. Saturday, Oct. 15, in the Community Room.

Stop by to wish him a happy birthday!

Cake and light refreshments will be served. All are welcome to celebrate.

### **Shopping Cart Fund is growing**

*Submitted by Polly Ferrell*

Our grocery-style shopping cart fund continues to grow. The \$600 currently raised means we are half way to the goal of \$1,250. We hope you will want to help us complete the project with a donation, so that our rolling stock can increase from five to a total of 10 carts.

These grocery-style carts allow the user to keep shopping bags at table height, thus making it easy to roll the cart to the kitchen counter and unload shopping bags or other items without needing to bend over to lift the bags. Some residents also find these carts useful for carrying supplies from one place to another within the apartment building.

If you would like to help complete this project, please place your cash or check in a sealed envelope and leave it at the Hospitality Desk. If you submit cash, please include your name and address. Checks should be made out to Meadowlark Hills Foundation with "cart project" written on the memo line. All donations are tax-deductible. Thank you for your generous support.

### **Memory Café**

**Wednesday, Oct. 12, at 10 a.m.**

Memory Café will meet in the West Conference Room at 10 a.m. Wednesday, Oct. 12. This group features story sharing, reminiscing and social engagement. It is facilitated by Bridget Larkin and Arlene Lundberg. All are welcome and snacks are provided.

### **Memory Activities Class**

**Wednesday, Oct. 12 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 meets from 10 to 11 a.m. Wednesday, Oct. 12, in the KSU Classroom.

### **Osher Class: Brown vs. Board of Education**

**Wednesday, Oct. 12, from 6:30 to 8:30 p.m.**

*Brown vs. Board of Education*, the landmark Supreme Court case that changed the face of education in America, resulted from a lawsuit seeking to desegregate the schools in the state capital, Topeka.

The course will highlight the history of various legal cases that led to the historic decision ending "separate but equal" schools in the United States from 6:30 to 8:30 p.m. Wednesday, Oct. 12, at the KSU Tower, 2323 Anderson Ave., third floor.

The second and third classes will be Wednesday, Oct. 19, and Wednesday, Oct. 26, at the same time and location as the first class. Transportation is available and will depart from the Village Entrance at 6 p.m. To register for transportation please sign up in the Blue Book located at the Hospitality Desk.

Join Russ Hutchins, professor of U.S. History, Western Civilization and Economics at Friends University, as he teaches about the Brown vs. Board of Education.

### **Flu Shot Clinics**

Two Flu Shot Clinics have been scheduled for Independent Living residents. 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

If you do not receive a flu shot at one of these clinics, more clinics will be scheduled as needed. According to the CDC (Center of Disease Control and Prevention) flu season peaks between December and February. According to Meadowlark Hills Medical Professionals Clinic receiving your vaccinations late October and into November provides adequate protection against the influenza virus infection.

### **Video Worship Series**

**Wednesday, Oct. 12, at 4 p.m.**

You are invited to watch a televised worship series by Rev. Paul Shoemaker, titled "Your Faith Has Made You Well" at 4 p.m. Wednesday, Oct 12, in the Living Room. All are welcome.

# TOWN MEETING NOTES

Oct. 3, 2016

## **Welcome & Introduction, Monte Spiller**

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

## **Campus Update, Lonnie Baker**

Lonnie updated the attendees on the construction occurring on campus. Roofing is close to being completed, the concrete is estimated to be completed by the end of fall and the duplex construction on the east end of Meadowlark Valley is underway. In the spring, there will be renovations inside the Community Center. The renovations will include an update on new carpet and paint.

Lonnie attended a presentation by CMS (Center of Medicare and Medicaid Services) Long Term Care Branch Manager, Darla McCloskey. Darla explained to long-term care facilities that they have issued 400 pages of new regulations prior to the election within our healthcare houses. Darla mentioned that in the past the cost for civil money penalties was up to \$25,300 a day. The good news is that it is now \$18,000 a day. CMS thinking is all about quality. They issue more penalties — they receive better quality. Luckily, we are equipped enough to handle it as an organization. Lonnie has the opportunity to be more active within LeadingAge to be an advocate for change.

## **Grief Support Update, Bridget Larkin**

Bridget announced that the second session of the Grief Support Group will begin Tuesday, Oct. 11. The second session will be from 2 to 3 p.m. and will be held in the West Conference Room. 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. Bridget Larkin, LMSW, Social Services Leader and Patty Brown-Barnett, DMin, Chaplain, will be facilitating the sessions.

Patty and Bridget will be holding two sessions of holiday bereavement for those who would like support and a therapeutic environment during the holiday season. The group sessions will be from 3 to 4 p.m. Tuesday, Nov. 8, and Tuesday, Nov. 29, in the West Conference Room.

## **Memory Program Update, Michelle Haub**

LEAP! classes will begin Thursday, Oct. 13. Classes will be taught by Jeff Heidbreder, Lisa Schwartz, Bridget Larkin and Michelle Haub. Currently LEAP! classes are

full. Additional classes will be held through the UFM in the spring.

The Memory Program will be arranging a dance class with Monte Spiller starting at 3 p.m. Friday, Oct. 14, in the Community Room. This is a free class offering a variety of dances. The class is for optimal brain growth and learning. See more details on Page 3.

## **HOGtoberfest Update, Becky Fitzgerald**

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 for lunch and dinner. Departing times are at 11 a.m. and 5 p.m. from the Village Entrance.

Becky announced that Dave Rogers from First Christian Church is in the lead and has collected the most donations of any current or previous hog kissing candidate! Be sure to donate to the contestant you want to kiss a live (baby) hog. Jars with each contestant's name are located at the Hospitality Desk.

If you are on Facebook, a game started Monday, Oct. 3, *Where's Happy?* A photo of Happy, the HOGTOBERFEST mascot, will be displayed on the Meadowlark Facebook page every day through Oct. 12. Daily prizes will be awarded to an individual who correctly guesses where Happy's photo was taken.

## **Gift Committee, Sandy Emely**

Sandy announced that it is that time of year to recognize the hard work of Meadowlark's staff. She introduced the Gift Committee: Sharon Smith, Janice Parsons, Robert Reeves and Jo Lyle. Residents have received letters through the mail regarding instructions on how to make contributions if you wish to do so. Contributions can be placed in the box labeled "Employee Gift Box" located at the Hospitality Desk.

## **Events and Announcements, Monte Spiller**

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

## Jokes of the Week

Why do we sing "take me out to the ball game" when we are already there?

Why are they called "stands" then they are made for sitting?

# RESIDENT COUNCIL MINUTES

Sept. 12, 2016

**Members present:** Sandra Emley, Jean Beatty, Jo Call, Orris Kelly, Pat Vogt, Polly Ferrell, Janice Parsons, Bea Rasmussen, Jo Lyle, Ivan Tompkins, Marilyn Ray, Alice Roper and Sharon Smith

**Staff present:** Lonnie Baker, Sarah Duggan, Jayme Minton and Monte Spiller

Sandra welcomed all meeting attendees.

## Updates

**Staff update:** Jayme Minton introduced herself to the resident council in attendance. She explained the recent changes that took place with leadership of specific departments. Sarah Duggan will focus on growing Home Health and the Physician's office, and Jayme has taken on Sales and Independent Living. Human Resources will now be headed by Chris Nelson, Financial Services Director.

**General Update:** Lonnie explained that we are about a year and half into the Long Range Planning. Along the way, we have done quite a few things with the board, which includes restructuring the Board, how we come together as a Board, committees within the board and a lot of education with changes.

There has been a lot of discussion about things going on within Accountable Care Organizations (ACO's) which is health systems working with specific referral system. There is a lot of uncertainty within these plans and the Board is viewing our current status with opportunities in regards to the health care systems. There is opportunity in Manhattan and surrounding areas for Home Health and provider services. We are looking at it as a profitable situation and we will push to find growth within this area.

## Approval of August Minutes:

Motion to approve minutes was moved and passed with corrections.

## New Business:

1. Jean Beatty provided the Council members a copy of the updated list of the trustees. The Board met on Wednesday, Aug. 31, with a welcome from Larry Fox. The May, 2016 Board of Trustees Minutes were approved, with Executive Report being given by Lonnie Baker. Fred Borck, the current chair, reported for the Executive Committee and Chris Nelson for the Finance Committee with several motions being approved. There were no reports from the Long Range Planning Committee and Foundation Update.

2. Sarah Duggan explained the Flu Shot Clinics have been scheduled to take place on Oct. 12 and 14. An article will be run in the current week's Messenger, providing specific times and location, with each clinic running for a two-hour time frame with two nurses administering the flu shots.

3. It was brought to the attention of the Council that there is concern about proper maintenance of wild flowers and grass in specific areas on campus. There are several factors to consider in maintaining aesthetic value as well as pleasure and enjoyment of all residents.

## Old Business:

A. Concerning the purchase of additional shopping carts, Polly Ferrell requested to be kept informed and updated on how close we are to meeting the project goal to purchase 10 carts. She also volunteered to provide any follow up with informing other residents on what is needed to obtain the goal.



## RESIDENT COUNCIL MINUTES CONT.

- B. All e mailboxes on the 4<sup>th</sup> Floor were moved in a timely manner shortly after the initial request.
- C. After reviewing the possible process of tree inventory, Meadowlark has chosen to look at other resources that are available in the immediate region including with K-state and a possible partnership. The main objective is looking at maintaining the current trees we have on campus.
- D. The Employee gift committee is ahead of schedule and will be sending the first letter in early October and follow up with a reminder towards the middle of October.

### Additional Topics:

- A. Sarah Duggan thanked for excellent articles in the recent edition of the K-Stater Magazine.

### ASK SARAH

#### Exciting news!

*Submitted by Sarah Duggan*

Things are busy at the Duggan household – and they are going to get busier! This week we are heading to New York City (Brooklyn, to be exact!) to meet our three-month-old niece, Gia Grace. Murphy talks fondly of Baby Gia and is *incredibly* excited to meet her in person. In addition, going to Brooklyn means we get to enjoy New York pizza, bagels and a precious time with our family.

But that's not all! My husband and I have more exciting news: We're expecting Baby Duggan #2 in April 2017. Because of Murphy's young age, she doesn't quite understand what is happening, but I know she will be a great big sister.

The great thing about Meadowlark is the relationships we build with those around us. It is truly a large, extended family, and I am glad to have you all as a part of my life.

I also enjoy the creative questions I receive in the drop box at the Hospitality Desk, so please, keep those questions coming! Thanks for stopping by – see you next week!



### FOUNDATION NEWS

#### In Honor of Those Living & Passed

September 2016

#### *In Honor of:*

*Hog Kissing candidates: Dave Rogers,  
Kyle Olson, Susan Evans,  
Cam McConnell and John Parsley  
Team Rasmussen  
Team PopPop  
Team Craig Kohl*

#### *In Memory of:*

*Newton Cox  
Evelyn Hawley  
Chuck Niernberger  
Donis Vaughn*

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

**DRINK SPECIAL**



**Oct. 10 to Oct. 15  
Caramel Candy Apple**

1 1/2 oz. Butter shots  
1 1/2 oz. Sour Apple Pucker  
2 tbs. Triple Sec

**\$3.75**

# PRAIRIE★STAR

## RESTAURANT

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

## Oct. 9 - Oct. 15

Includes beverage, starter and dessert.

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

SUNDAY	October 9 ~ Lunch \$12	Dinner \$10
	Baked Ham with Tropical Salsa Steamed Rice Vegetable of the Day	Chili Corn Bread Vegetable of the Day
MONDAY	October 10 ~ Lunch \$10	Dinner \$13
	Riblet Sandwich Potato Salad Vegetable of the Day	Stuffed Chicken with Parmesan & Artichoke with Carrot Maderia Wine Sauce Roasted Red Potatoes Vegetable of the Day
TUESDAY	October 11 ~ Lunch \$7	Dinner \$13
	Fajita Bar (does not include drink, starter or dessert)	Short Ribs Green Chili Mashed Potatoes Vegetable of the Day
WED.	October 12 ~ Lunch \$10	Dinner \$14
	Pineapple-Grilled Pork Chop Roasted Red Potatoes Choice of Vegetable	Maple-Glazed Salmon Baked Sweet Potato Vegetable of the Day
THURS.	October 13 ~ Lunch \$ 9	Dinner \$12
	Mac & Cheese Bar (does not include drink, starter or dessert)	Turkey Breast with Dressing Mashed Potatoes & Gravy Vegetable of the Day
FRIDAY	October 14 ~ Lunch \$10	Dinner \$13
	Fried Catfish Baked Beans Coleslaw	Shrimp & Chicken Penne with Portobello Mushrooms, Basil, Spinach & Sun-Dried Tomatoes with Sherry Garlic Sauce Garlic Toast Vegetable of the Day
SAT.	October 15 ~ Lunch \$10	Dinner \$13
	Swedish Meatballs Egg Noodles Choice of Vegetable	Crab-Stuffed Sole with Roasted Red Pepper Sauce Mushroom Risotto Vegetable of the Day

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

## Grosh Cinema Movies

Sunday, Oct. 9 - Saturday, Oct. 15

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

### Sunday, Oct. 9 – Brother Bear (2003)

The brother of an Indian brave killed by a bear vows vengeance but is soon transformed by the Great Spirits into the very thing sought to slay.

Co-Starring: **Joaquin Phoenix, Jeremy Suarez & Jason Raize**

Rated G; 1 hr. 25 min.

### Monday, Oct. 10 – Barnum (1986)

Michael Crawford stars in this flamboyant stage production as P.T. Barnum, co-founder of Barnum & Bailey's "Greatest Show on Earth."

Co-Starring: **Michael Crawford, Eileen Battye & Paul Miller**

Not Rated; 1 hr. 53 min.

### Tuesday, Oct. 11 – High-Rise (2015)

Soon after Robert Laing moves into a luxurious skyscraper in '70s London, tensions mount between its upper-floor elites and lower-level working class.

Co-Starring: **Tom Hiddleston, Luke Evans & Jeremy Irons**

Rated R for violence, strong sexual content and language; 1 hr. 58 min.

### Wednesday, Oct. 12 – Burn After Reading (2008)

In this dark comic farce, an ousted CIA official loses his penned memoir to a pair of moronic gym employees who use it to try and turn a profit.

Co-Starring: **George Clooney, Frances McDormand & Brad Pitt**

Rated R for pervasive language, some sexual content and violence; 1 hr. 36 min.

### Thursday, Oct. 13 – Practical Magic (1998)

In director Griffin Dunne's romantic comedy, sisters Sally and Gillian are modern-day witches whose love lives are complicated by an unusual curse.

Co-Starring: **Sandra Bullock, Nicole Kidman & Stockard Channing**

Rated PG-13; 1 hr. 44 min.

### Friday, Oct. 14 – Becoming Jane (2012)

A passionate romance with roguish barrister Tom Lefroy serves as the inspiration for the works of budding novelist Jane Austen.

Co-Starring: **Anne Hathaway, James McAvoy & Julie Walters**

Rated PG-13; 2 hrs.

### Saturday, Oct. 15 – The Little Prince (2015)

He taught her about imagination, loneliness and love. She'll always remember to see with her heart.

Co-Starring: **Jeff Bridges, Rachel McAdams & Paul Rudd**

Rated PG; 1 hr. 46 min.

# This Week's Opportunities Oct. 9 - Oct. 15

## SUNDAY • OCTOBER 9

*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 Presby. Trinity Deacons, CR

## MONDAY • OCTOBER 10

*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  
11:30 a.m. ~ Meadowlark Valley Luncheon, LR  
12:00 p.m. ~ Yoga, 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, TR  
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, LR  
2:30 p.m. ~ Pond Ride, VE  
3:00 p.m. ~ MLH Singers Practice, CR  
4:30 p.m. ~ Flu Vaccine Presentation, CR  
6:00 p.m. ~ Depart for Osher Class: Female Artists of the Flint Hills, VE

## TUESDAY • OCTOBER 11

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

10:00 a.m. ~ Pond Ride, VE  
10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
12:00 p.m. ~ Seven Dolors Book Discussion, LR  
12:30 p.m. ~ Fall Prevention Presentation, CR  
2:00 p.m. ~ Grief Support Group, CON  
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. ~ 4th Floor Supper, MR  
7:00 p.m. ~ Asian Rural Institute, CR

## WEDNESDAY • OCTOBER 12

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

9:00 a.m. ~ New Perspectives, KR  
9:00 a.m. ~ Building & Grounds Meeting, LR  
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. ~ Walmart/Dillons Shopping Trip, VE  
10:20 a.m. ~ Weights 101, CR  
11:00 a.m. ~ Sit and Be Fit, CR  
12:00 p.m. ~ Yoga, CR  
12:00 p.m. ~ 2nd Men's Club Luncheon, LR  
1:10 p.m. ~ Meditation Group, TR1  
1:30 p.m. ~ Pitch, GR

1:30 p.m. ~ Collins Worship Service, CH  
2:00 p.m. ~ IL Resident Flu Shot Clinic, 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 & CSC  
4:00 p.m. ~ Video Worship Service, LR  
6:30 p.m. ~ Beach Museum Artist Discussion, KSU CL

## THURSDAY • OCTOBER 13

*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, CON  
10:00 a.m. ~ Resident Focus Group, KSU CL  
10:00 a.m. ~ Great Decisions, LR  
10:30 a.m. ~ Steady Yourself, CR  
11:00 a.m. ~ Depart for HOGTOBERFEST, VE  
11:15 a.m. ~ Chair Yoga, CR  
1:00 p.m. ~ Blood Pressure Clinic, GR  
2:30 p.m. ~ Pond Ride, VE  
2:30 p.m. ~ LEAP! Class, KSU CL  
5:00 p.m. ~ Depart for HOGTOBERFEST, VE  
6:00 p.m. ~ Depart for Osher Class: Brown vs. BOE, VE  
7:00 p.m. ~ IL Bingo, CR

## FRIDAY • OCTOBER 14

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

8:00 a.m. ~ IL Resident Flu Shot Clinic, KSU CL  
9:50 a.m. ~ Depart to Beach Museum Day Trip, VE  
9:30 a.m. ~ Seated Strength, CR  
9:30 a.m. ~ Art Committee, LR  
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. ~ Open Enrollment Webinar, KSU CL  
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  
3:00 p.m. ~ Memory Program Dance Class, CR  
7:00 p.m. ~ Resident Program: Tommy Lee, CR

## SATURDAY • OCTOBER 15

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

9:00 a.m. ~ Fit 2 Fight PD, CSC  
9:30 a.m. ~ Painting for Fun, KSU CL  
10:00 a.m. ~ Pond Ride, VE  
10:00 a.m. ~ Tai Chi, CR  
2:00 p.m. ~ Ed Lindly's 95th Birthday Celebration, CR  
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
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
PSP, Prairie Star Patio	CSC, Combative Sports Center