

Personhood & Dementia Outreach opportunity presented by the K-State Center on Aging

All are welcome to attend the free outreach opportunity *Personhood and Dementia*, presented by the K-State Center on Aging. This event is set for Thursday, Nov. 2, from 9 to 11 a.m. and 1 to 3 p.m. in the Hartford Room at the Bluemont Hotel.

Gary Glazner, founder of the Alzheimer's Poetry Project, will guide the attendees through an interactive day of poetry making as the group learns to use poetry to increase interaction and encourage joy in dementia care. Gary emphasizes simple poetry techniques combined with a variety of activities, including dance, exercise, music, storytelling and

visual art to facilitate new and positive ways of communicating with people in all stages of dementia.

Additionally, the *Personhood and Dementia* event will feature Karen Clond of the Alzheimer's Association will also share her work with Memories in the Making, a find arts program in which people with Alzheimer's disease create art to boost self esteem and open the channels of communication with loved ones.

For more information, please visit www.he.k-state.edu/aging/outreach/personhood-dementia.



HOG Kissing Contest heats up

by Becky Fitzgerald

As reported in last week's Messenger, our five HOG & Kisses Contest participants are raising money and awareness for the Good Samaritan Fund as part of

HOGtoberfest. The contestant who receives the most votes, in the form of dollars, will kiss a live (baby) hog shortly after 6 p.m. on Oct. 26 at Cox Bros. BBQ. The candidates are sending emails, writing letters and posting information on their websites, but two of the candidates are using other creative and eye-catching methods to garner support.

Both sides of the marquee at Alliance Realty are promoting real estate advisor Keith Eyestone's candidacy. Alliance Realty is located at 1135 Westport Dr., between Taco Bell and Sunflower Bank. The side not pictured reads: HOGTOBERFEST / MAKE KEITH / KISS A PIG

Travis Hecht, a broker at Coldwell Banker Realty Group One, 2630 Claflin Road, has created videos featuring Chris P. Bacon, his HOGtoberfest mascot, and

posted them to his Facebook page. In a recent video, Chris was hog-napped and is being held for \$10,000 ransom! The photo above shows Chris in his barn prior to the crime. Dawn Belville, another broker with the agency, made the barn especially for the promotion. A person who donates to see Chris return home writes his or her name on a chalkboard sign that says "I Paid the Ransom" and is photographed with the sign.

A few of Travis's videos have been posted on Meadowlark's Facebook page, so check them out at MeadowlarkMHK.

As this edition of the Messenger went to "press," Cindy Sloan of Rockhill Real Estate Group remains in first place, followed by Hecht, Jodi Thierer of Legacy Realty of Kansas, Eyestone and Jerry Weis of Realty Executives Weis Real Estate Co. Vote for your favorite candidate by placing cash or a check in a candidate's jar, located in the Meadowlark Hills lobby, or online at www.meadowlark.org/hog-kisses-contest-2017. Contributions are tax-deductible.



[top] Last known picture of Chris P. Bacon.

[above] Signage at Alliance Realty promoting the 2017 HOGtoberfest event.

Celebration of Life for Irvin Reeves

Friday, Oct. 13, at 2:30 p.m.

Please join in a celebration of Irvin Reeve's life in the Community Room Friday, Oct. 13, between 2:30 and 4:30 p.m. This is a come-and-go event.

Irvin Reeves, 81, passed away peacefully in his home Friday, Oct. 6, 2017 with his wife and the love of his life, Darlene, by his side. Darlene and Irvin were married for 60 years. After traveling the US and living in Arizona, they found their home at Meadowlark Hills in 2016, where Irvin enjoyed meeting new friends.

Irvin served his country during the Korean War in the US Army. He worked for the US Post Office in Manhattan, Kan. For 37 years. In addition to traveling, he loved fishing, camping, golfing, playing cards and spending time with his grandkids.

KSU Watch Parties

Saturday, Oct. 14, at 11 a.m. & Oct. 21, time TBD

Come to the Game Room for the KSU Watch Parties listed below. Go STATE!

- Oct. 14 ~ KSU vs. TCU, 11 a.m. kick-off time & refreshments will be served at 10:30 a.m.
- Oct. 21 ~ KSU vs. OU Sooners, kick-off time is to be determined & refreshments will be served

Vespers Services

Sunday, Oct. 15, at 7 p.m.

The Vespers services will be led by Rev. Helen Hutchinson from Trinity Presbyterian Church. Vespers service will begin at 7 p.m. Sunday, Oct. 15, in the Community Room. All are welcome.

Memory Care Partner Support Group

Wednesday, Oct. 18, at 10 a.m.

Memory Care Partners Support Group will meet from 10 to 11 a.m. Wednesday, Oct. 18, in the Tranquility Room. The group will hear about falls prevention from Jeff Heidbreder, Fitness Services Leader.

This group provides opportunity for 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.

Music with David Littrell

Friday, Oct. 13, at 7 p.m.

Dr. David Littrell will perform in the Community Room at 7 p.m. Friday, Oct. 13. He will be accompanied by Amanda Arrington.

Dr. Littrell is a distinguished professor at K-State in the School of Music, Theater and Dance. He has conducted to the K-State Orchestra for 28 years and will retire from the music faculty in June 2018 after 31 years. He founded the Gold Orchestra in 1989 and conducted it for 27 years before retiring from that post in 2015.

Amanda is the faculty collaborative pianist at K-State and performs over 70 concerts a year.

Parkinson's Webinar

Thursday, Oct. 19, at 11 a.m.

The topic for October's PD webinar is *What Do a Dog and Keyboard Have in Common? Screening for Parkinson's*.

The Michael J. Fox Foundation describes this sessions as expert panelists discuss studies using dog sniffing, keyboard strokes and other tactics to screen for Parkinson's disease. They'll also talk about early signs to look for if you feel you're at risk for Parkinson's.

Low Vision Support Group

Thursday, Oct. 19, at 2 p.m.

Join Amy Wagner from NanoPac, Inc. to discuss low vision assistive technology options and how they can help individuals maintain and/or regain their independence and improve their quality of life. Amy will demonstrate both hand-held portable, as well as CCTV and head-worn vision devices.

Please sign up in the Blue Book at the Hospitality Desk if you plan to attend. Prior sign up is not required, but appreciated.

Gospel & Bluegrass Music with Alva Bowyer

Friday, Oct. 20, at 7 p.m.

Come and enjoy an evening of entertainment Friday, Oct. 20, at 7 p.m. in the Community Room.

Meadowlark welcomes artist *So-Lo Grass* from Junction City, Kan. Alva Bowyer plays a mixture of bluegrass, gospel and Appalachian ballads. He is also a member of the band *North Forty*, which has performed for Meadowlark in the past and is a popular group in the Junction City area.

Smile for the Camera!

Tuesday, Oct. 24, & Oct. 31 at 1:30 p.m.

Tuesday, Oct. 24 and Oct. 31, from 1:30 to 3:30 p.m., Monte will be taking pictures of all Independent Living residents to update the new software system. Pictures will be taken in the Living Room. This is a come-and-go event, so there is no sign up necessary. Staff thank you, in advance, for your participation. If you have any questions, please contact Monte at 323-3801.

Artfull Memories Class

Wednesday, Oct. 25, depart at 9:45 a.m.

The Artfull Memories Class will meet at the Beach Museum of Art at 10 a.m. Wednesday, Oct. 25. Transportation to the museum will be available and will depart from the Village Entrance at 9:45 a.m. Please sign up in the Blue Book if you would like to utilize this service.

The class is led by Art Educator Kim Richards who will take the group through the museum followed by a short discussion in the Beach Café. The class will conclude at 11:30 a.m.

There is no charge to attend the event, which is part of the Meadowlark Memory Program. Please contact Michelle Haub at 323-3899 with questions.

Halloween Party

Tuesday, Oct. 31, at 2 p.m.

You're invited to join Collins House residents and staff as they host the annual Halloween Party Tuesday, Oct. 31, from 2 to 4 p.m. in the Community Room.

Join the carnival-style bash featuring Witch Hat Ring Toss and Skeleton Bowling! Guests will enjoy games, a photo booth and many spooky treats.

You're invited to participate in the Team Costume Contest. Each team must have four members, two residents and two staff members. Prizes will be awarded to the top three teams with the best costumes. Trick or treat!

Part D Enrollment

Friday, Nov. 17, at 9 a.m.

It is time again to start thinking about Open Enrollment and your Part D plans. The North Central Flint Hills Area Agency on Aging will be coming to Meadowlark Hills at 9 a.m. Friday, Nov.

17, 2017.

We ask to please watch your mail during the upcoming months. Do not put up, shred or throw away any mail that will allow you to make an informed decision during the 2017 Open Enrollment period for the year 2018. Your current Part D plan will notify you if they are changing anything as well.

A sign-up sheet will be available in the Blue Book located at the Hospitality Desk starting this week showing the time slots available.

If you have any questions or concerns please contact Rita Harsch, Financial Counselor, at (785) 323-3891 or by stopping by the Finance office located across the hall from Verna Belle's Café.

A poster for the Prairie Star Haunted House event. The background is a dark, atmospheric image of a large, ornate, multi-story house with many windows, some of which are lit up. The text is overlaid on the image in a white, serif font. At the top, it says "PRAIRIE STAR HAUNTED HOUSE". Below that, "TUESDAY, OCT. 31 AT 5 P.M.". Then "\$17 PER PERSON". Below that, "MENU". The menu items are listed in a smaller font: "French Onion Soup", "Mixed Greens in Red Pepper Jack'o'Lantern with Roasted Red Pepper Vinaigrette", "Breadstick Fingers", "Pork Tenderloin with Cranberry Relish", "Mashed Sweet Potatoes", "Steamed Beets", "Pumpkin Bread", and "Red Velvet Cake". At the bottom, there is a paragraph of text: "Prairie Star Restaurant will take unlimited reservations for the Haunted House meal. The regular menu will not be available for dinner Oct. 31. Boxed dinners will be available for those who do not want to attend the special meal. Sign up for both options at the restaurant's host stand."

PRAIRIE STAR HAUNTED HOUSE
TUESDAY, OCT. 31 AT 5 P.M.
\$17 PER PERSON
MENU
French Onion Soup
~
Mixed Greens in Red Pepper Jack'o'Lantern
with Roasted Red Pepper Vinaigrette
Breadstick Fingers
~
Pork Tenderloin with Cranberry Relish
Mashed Sweet Potatoes
Steamed Beets
Pumpkin Bread
~
Red Velvet Cake

Prairie Star Restaurant will take unlimited reservations for the Haunted House meal. The regular menu will not be available for dinner Oct. 31. Boxed dinners will be available for those who do not want to attend the special meal. Sign up for both options at the restaurant's host stand.

PRAIRIE★STAR
RESTAURANT

Extended Hours
Monday to Friday, 7 a.m.to 8 p.m.
Saturday, 9 a.m. to 8 p.m. Sunday, 9 a.m. to 7 p.m.

All specials include beverage, starter and dessert.
An extra vegetable can be substituted for the starch at no additional charge.
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	Oct. 15 ~ Lunch \$12	Dinner \$10
	Sautéed Chicken Breast with Sundried Tomato Sauce Wild Rice Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	Oct. 16 ~ Lunch \$7	Dinner \$12
	Cheesy Beef Goulash Choice of Vegetable <i>No starter or dessert included.</i>	Cornish Game Hen ala Orange Mixed Grains Vegetable du Jour
TUESDAY	Oct. 17 ~ Lunch \$8	Dinner \$13
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Pork Tenderloin stuffed with Spinach, Portobello Mushrooms & Fresh Mozzarella Yukon Gold Garlic Mashed Potatoes Vegetable du Jour
WED.	Oct. 18 ~ Lunch \$7	Dinner \$12
	Chicken Salad Melt Choice of Vegetable <i>No starter or dessert included.</i>	Stewed Chicken in Wild Mushroom Sauce Rice Pilaf Vegetable du Jour
THURS.	Oct. 19 ~ Lunch \$7	Dinner \$14
	Hamburger & Hot Dog Bar <i>(does not include drink, starter, or dessert)</i>	Swiss Steak Mashed Potatoes & Gravy Vegetable du Jour
FRIDAY	Oct. 20 ~ Lunch \$7	Dinner \$15
	Tamale Pie <i>No starter or dessert included.</i>	Shrimp Scampi Cheddar & Bacon Scalloped Potatoes Vegetable du Jour
SAT.	Oct. 21 ~ Lunch \$10	Dinner \$13
	Hot Brown Choice of Vegetable	Stuffed Meatloaf with Fresh Mozzarella Roasted Red Potatoes Vegetable du Jour

DRINK SPECIAL | Salty Dog Punch
1 oz. Vodka, 3 oz. Pineapple Juice, 1 oz. Lemon Lime Soda & a lime garnish
\$3.75

Grosh Cinema Movies

Sunday, October 15th-Saturday October 21st, 2017

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

2 and 6 p.m., Sunday

Sunday, Oct. 15 Caroline (2009)

A curious young Caroline unlocks a door in her family's home and is transported to a universe that strangely resembles her own—only better.

Co-Starring: Dakota Fanning, Teri Hatcher, John Hodgman & Jennifer Saunders

Rated PG; 1 hr. 40 min.

Monday, Oct. 16 – 12 (2007)

In Moscow, 12 jurors, representing a cross-section of modern Russia's fractured society, weigh the fate of a teen accused of murdering his stepfather.

Co-Starring: Sergei Makovetsky, Nikita Mikhalkov, Sergey Garmash & Valentin Galt

Rated PG-13; 1 hr. 40 min.

Tuesday, Oct. 17– The Magic Belle Isle (2016)

A burned-out author finds his creative passion renewed when he moves to quaint Belle Isle and befriends a single mother and her three daughters.

Co-Starring: Morgan Freeman, Virginina Madsen & Kenan Thompson

Rated PG-13; 1 hrs. 55 min.

Wednesday, Oct. 18 – Witness (1985)

Detective John Book goes undercover in an Amish community to protect a boy who witnessed a murder. Once inside, Book must adjust to major culture shock while cautiously romancing the boy's mother.

Co-Starring: Harrison Ford, Kelly McGillis & Josef Sommer

Rated R for Moderate Nudity, Violence & Profanity; 1 hrs. 52 min.

Thursday, Oct. 19– Forest Gump (1994)

He's a war hero, a mogul and a prophet. He's not an intelligent man, but he leads a brilliant life.

Co-Starring: Tom Hanks, Robin Wright, Haley Joel Osment & Sally Field

Rated PG-13; 2 hr. 22 min.

Friday, Oct. 20– Extremely Loud & Incredibly Close (2011)

Believing that his father left him a message before dying on September 11, young Oskar embarks on an emotional odyssey through New York City.

Co-Starring: Natalie Portman, Peter Sarsgaard, Greta Gerwig

Rated PG-13; 2hrs. 9 min.

Saturday, Oct. 21 – Chicago (2002)

This Oscar-winning musical set in the Roaring 20s tells of Roxie Hart, who played the media with razzle-dazzle to parlay a murder rap into stardom.

Co-Starring: Renee Zellweger, Catherin Zeta-Jones, Richard Gere, Queen Latifah & John C. Reilly

Rated PG-13; 1 hrs. 53 min.

Weekly Opportunities Calendar Oct. 15 to Oct. 21

Sunday • October 15

Breakfast at Prairie Star—Pastries 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

7:00 p.m. ~ Vespers with Rev. Helen Hutchinson
from Trinity Presbyterian Church, CR

Monday • October 16

Breakfast at Prairie Star—Biscuits & Sausage Gravy

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

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

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

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

12:00 p.m. ~ Yoga, CR

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

1:00 p.m. ~ Parkinson's Exercise Class, CR

1:30 p.m. ~ Ladies Pool Table Time, BP

1:45 p.m. ~ Parkinson's Voice Class, CR

3:30 p.m. ~ MLH Singers Practice, CR NEW TIME!

5:30 p.m. ~ 5th Floor Supper, MR

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

Tuesday • October 17

Trash pick-up day

Breakfast at Prairie Star—Breakfast Sandwich with Fruit

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

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

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

3:00 p.m. ~ Coffee Corner, CR

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

4:00 p.m. ~ Newspaper & Bible, LR

5:30 p.m. ~ 2nd Floor Supper, CR

Wednesday • October 18

Breakfast at Prairie Star—Breakfast Burrito with Fruit

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

10:00 a.m. ~ Worship Service, LR

10:00 a.m. ~ Memory Activities Class, KSU CL

10:00 a.m. ~ Memory Café, WCR

10:00 a.m. ~ Memory Care Partners Support Grp, TR

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

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

12:00 p.m. Yoga, CR

1:30 p.m. ~ Pitch, GR

1:30 p.m. ~ Collins Worship Service, CH

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

3:00 p.m. ~ Rock Steady Boxing, CR

4:00 p.m. ~ Lutheran Video Worship Service, LR

5:30 p.m. ~ Gerontology Class, CR

Thursday • October 19

Breakfast at Prairie Star—Biscuits & Sausage Gravy

8:30 a.m. ~ Messenger Ladies, WCR

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

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

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

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

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

2:00 p.m. ~ Low Vision Support Group, LR

1:30 p.m. ~ Osher Class: WWI

2:00 p.m. ~ Stepping On, KSU CL

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

Friday • October 20

Breakfast at Prairie Star—Waffle or Pancake

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

10:00 a.m. ~ Veterans Group, GC

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

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

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

1:00 p.m. ~ Parkinson's Exercise Class, CR

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

7:00 p.m. ~ Bluegrass & Gospel Music by Alva Bowyer,
CR

Saturday • October 21

Breakfast at Prairie Star—Pastries with Fruit

9:00 a.m. ~ Rock Steady Boxing, CSC

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

TBD ~ KSU Watch Party, GR

Room Abbreviations

BP, Billiards Parlor

CH, Collins House

CR, Community Room

CON, Conference Room

GR, Game Room

GC, Grosh Cinema

KR, Kansas Room (Pub)

KSU CL, KSU Classroom

PSP, Prairie Star Patio

HD, Hospitality Desk

LB, Library

LR, Living Room

MFR, Miller Friendship Rm

MR, Manhattan Room

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WL, Wroten Library

CSC, Combative Sports Center

MS, Miller Spa

*Me

CORRECTION

Unfortunately, an October birthday was left off the list in the Sept. 28 Messenger. Please note **Mary Jo Hageman** is celebrating her birthday today, Oct. 12! Happy birthday, Mary Jo!