



Mark your calendars! The grand re-opening for Verna Belle's Café is set for Thursday, Nov. 30. *Bazaar Dawn* by Zac Barnes [pictured above] will be featured in the Café.

'Soft' opening planned for Café donors

by Becky Fitzgerald, Development Director

A shower for Verna Belle's Café in September offered attendees an opportunity to contribute to the soon-to-be completed project by purchasing plates, cups, flatware, chairs and artwork.

To date, 34 gifts have been received totaling **\$5,479!** Another gift was given to the Art Fund with the expectation that at least a portion of the contribution would be used to purchase fine art for the Café. Meadowlark Foundation appreciates your generosity!! To that end, *Bazaar Dawn* by Zac Barnes has been purchased.

If you've planned to support the Café project, it's not too late. Please see Becky Fitzgerald, Development Director, for a Gift Registry form, or you may leave a donation of any amount at the Hospitality Desk. If requested, residents may add a donation to their monthly statements. Wish list items include, but aren't limited to, dinner plates, salad plates, coffee cups and soup/cereal bowls.

We'd like to thank donors of all levels with a Preview Party at Verna Belle's, planned for later this month. Party-goers will be among the first to see the finished space and are invited to sample Café menu items. Invitations will be delivered soon.

Meadowlark new owner of Autumn Hills

By Sarah Duggan, Community Relations Dir.

Meadowlark is the new owner of Autumn Hills Memory Care Home.

Autumn Hills, a HomePlus model for senior living with a focus on memory care, currently has two locations; one in Manhattan and one in Riley. Effective Dec. 1, Meadowlark will be the owner and operator of both Autumn Hills locations.

Meadowlark is on the forefront of exploring better ways to care for aging adults, not only on the current campus in Manhattan, Kan. but also in the surrounding region. Lonnie Baker, CEO of Meadowlark, is excited about the opportunity to serve more people and more communities through the HomePlus model. "As an organization, we are always reinventing ourselves," Lonnie stated. "In continuing to grow and expand, this is the next logical step. As our home health agency grows and the reach from the Meadowlark Parkinson's Program and Meadowlark Memory Program increases, HomePlus presents itself as a natural fit."

Current owners, Heather and Aaron Tremblay, will remain on staff and serve in their current roles providing oversight and direction to both HomePlus locations. "We are confident in the abilities of Lonnie and the team at Meadowlark to continue the reputation of excellent care," Heather said. "Meadowlark is world-renowned for the care they provide. The many resources that Meadowlark brings will greatly expand our ability to offer services to those living at Autumn Hills."

Meadowlark has a desire to continue

see Autumn Hills, page 5

Woodwinds Anonymous Performance

Friday, Nov. 10, at 7 p.m.

Woodwinds Anonymous will perform at 7 p.m. Friday, Nov. 10, in the Community Room.

Woodwinds Anonymous was organized in 1975, originally as a woodwind trio. All are invited to attend and enjoy some wonderful music!

KSU Watch Parties

Saturday, Nov. 11, at 2:30 p.m. & Nov. 18, time TBD

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

- Nov. 11 ~ KSU vs. West Virginia, kick-off time is 2:30 p.m. & refreshments will be served
- Nov. 18 ~ KSU vs. Oklahoma State University, kick-off time is TBD & refreshments will be served

Vespers Services

Sunday, Nov. 12, at 7 p.m.

The Vespers services will be led by Rev. Michael Schmidt from St. Luke's Lutheran Church.

Vespers service will begin at 7 p.m. Sunday, Nov. 12, in the Community Room. All are welcome.

Day Trip to Beach Museum of Art

Tuesday, Nov. 14, depart at 9:45 a.m.

You're invited to take a trip to the Beach Museum of Art on K-State's campus. The group will have the opportunity to view different exhibits, including *Thrift Style*. This exhibit explores the recycling of fabrics in clothing and quilts drawn from the collection of the Historic Costume and Textile Museum of K-State.

Transportation will depart from the Village Entrance at 9:45 a.m. The group expects to return to Meadowlark by noon. The cost for transportation is \$3 per person. Please sign up in the Blue Book at the Hospitality Desk if you'd like to attend.

Holiday Grief Support

Tuesday, Nov. 14, at 11 a.m.

The holidays, although joyous, can be difficult for those who have experienced loss; a loss of a loved one or a loss of personal health. Holiday grief support sessions are an opportunity to share feelings and receive support from

Meadowlark's licensed social worker, chaplain and other individuals who have experienced loss.

The last session will meet at 11 a.m. Tuesday, Nov. 14. For more information, please contact Bridget Larkin, Social Services Leader, at (785) 323-3837 or via e-mail at bridget.larkin@meadowlark.org.

Festival of Trees

Wednesday, Nov. 15, depart at 11 a.m.

You're invited to join Monte and Abby for lunch at Early Edition Restaurant followed by a visit to the Festival of Trees Wednesday, Nov. 15. The group will depart from the Village Entrance at 11 a.m. and a sign-up sheet is available in the Blue Book located at the Hospitality Desk. Cost for transportation is \$3 and lunch will be the responsibility of each resident.

Each year the Flint Hills Volunteer Center hosts the Festival of Trees Gala. Local area businesses and community members donate decorated Christmas trees, front porch displays, entryway displays and mantel displays to be auctioned off at the event. Again this year, Meadowlark will decorate and donate a Christmas tree for Festival of Trees.

This year's theme for the Meadowlark tree is "Santa Claus is Coming to Town." Meadowlark Festival of Trees Committee members this year are Becky Fitzgerald, Abby Cavender, Bridget Larkin and Hope Laubhan. Festival of Trees is a magical and fun way to begin the holiday season. For more information, please contact Abby at 320-7199 or Monte at 323-3801.

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

We ask that 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.

Musical Performance

Friday, Nov. 17, at 7 p.m.

You're invited to enjoy performances by members of the Music Teacher National Association at 7 p.m. Friday, Nov. 17, in the Community Room. The Chapter at K-State consists of piano students working to inspire and service others through music.

The Chapter works to served fellow university students through piano tutoring and also seeks to reach out to the community to help enrich other's lives through the gift of music. Teaching is also another focus of the group's mission in an effort to share the joy that music has brought into their lives.

Deck the Halls!

Friday, Nov. 23, at 9:30 a.m.

Join us as we deck the halls at Meadowlark for the holiday season starting at 9:30 a.m. Friday, Nov. 23. You're invited to help as long as you'd like! Please sign up in the Blue Book if you are interested in helping decorate for Christmas, including assembling and dressing trees in all areas of the Meadowlark campus. Tis the season!

Grab yer dancin' shoes!

Tuesday, Dec. 12, at 1 p.m.

Line Dancing is coming to Meadowlark next month! Jayme Minton, Support Services Director, is inviting everyone down to the Community Room to learn some classic line dances. Class will meet at 1 p.m. on the following Tuesdays:

Dec. 12, Electric Slide & Cupid Shuffle

Dec. 19, Achy Breaky Heart

Dec. 26, The Hustle

Jan. 2, Copperhead Road

Jan. 9, To Be Determined

No prior sign up is necessary. Join us in the Community Room Tuesday, Dec. 12, to get moving!



Thanksgiving Dinner

Cost: Adults, \$16 & Children, \$8

starter, choice of

Butternut Squash Soup

*Green Salad
with Choice of Dressing*

Ambrosia Salad

entree, choice of

Roast Turkey

Roast Ham

vegetable, choice of

Green Bean Casserole

Medley of Vegetables

sides

Sausage Sage Dressing

Mashed Potatoes

Cranberry Relish

Giblet Gravy

dessert, choice of

Pumpkin Pie

Pecan Pie

Served with hot rolls and butter. Sign up for either 11 a.m. or 1 p.m. at the host stand in Prairie Star Restaurant.



Veteran's Day 2017 in Manhattan

One hundred one soldiers from Riley County who died in WWII will be honored with a Memorial Wall located in the east foyer at Peace Memorial Auditorium. The ribbon cutting event for the wall is at 1:30 p.m. Friday, Nov. 10.

Other Veteran's Day festivities include breakfast at the American Legion at 7:30 a.m. and the Parade at 9:30 a.m. followed by a program at Peace Memorial Auditorium.

Town Meeting Notes, Nov. 6

Notes from Nov. 6 Town Meeting conducted by Monte Spiller, Resident Services Leader.

Welcome Monte welcomed the meeting attendees. There weren't any new residents in attendance to be introduced.

Campus Update The State Survey team visited Meadowlark for our annual survey of long-term care and assisted living. Both survey processes went well, with one minor tag given to long-term care. Lonnie announced that as of Dec. 1, Meadowlark will own Autumn Hills, a HomePlus facility. Autumn Hills has two locations—one in Manhattan and one in Riley. The HomePlus model is stable and state licensed. This acquisition is the first step into another model to meet the needs of seniors in the Flint Hills region.

Support Services Update Dr. Floersch introduced Jen Peterson, the new Nurse Practitioner and the Meadowlark Medical Professionals clinic. Patients of the clinic will start seeing Jen around more frequently.

The remaining carpet installation is beginning tonight, Nov. 6. All the work will be done at night. This should take about a week to complete. The artwork in the west hallway of the Community Center will be re-hung after the carpet is complete. Verna Belle's Café is set to re-open Thursday, Nov. 30.

Thanksgiving meal sign up is open. You can make a reservation by visiting the host stand in Prairie Star Christmas decorating will begin the day after Thanksgiving. Anyone interested in helping may sign up in the Blue Book at the Hospitality Desk.

The Sales team has been doing well keeping census consistently over 90-percent. There will be four new

move-ins to independent living in the month of November and so far there is one scheduled for December.

Holiday Grief Support Bridget, Social Services Leader, and Patty Brown-Barnett, Chaplain, invited everyone to attend one or both of the Holiday Grief Support sessions scheduled for November. This is an opportunity to provide and receive emotional support in anticipation for the holidays.

Memory Program Update Michelle Haub, Memory Program Leader, invited everyone to attend the LEAP! Class informational meeting Thursday, Nov. 9, at 6:30 p.m. in the Community Room. This is an opportunity to learn about LEAP!, a program customized specifically for Meadowlark by the University of Kansas Alzheimer's Disease Center. Topics covered in the Foundations of LEAP! Include: physical activity and exercise, social and cognitive engagement, nutrition, sleep and stress management. Class will meet weekly from 6 to 7:30 p.m. in the KSU Classroom. The next six-week course will begin Jan. 22.

Foundation Update HOGtoberfest raised over \$27,000 for the Good Samaritan Fund. Our newest sponsor this year was E&K of Omaha. They are the specialty contractors working on the NBAF project.

All Verna Belle's project donors will be invited to a soft-opening reception for the Café Tuesday, Nov. 28. Invitations will be sent out in the next few days. If you have not given a gift, but would like to, please contact Becky at 323-3843.

Upcoming Events Monte reviewed the events coming up in the month of November. Please see the weekly Meadowlark Messenger for details.

IL Resident Council Minutes, Oct. 2, 2017

Members present: Pat Vogt, Jean Beatty, Bob Crawford, Nyle Larson, Betty Love, Jo Call, Verlyn Richards, Marilyn Ray, Steve Owens, Polly Ferrell, Jo Lindly, Jo Lyle, Janice Parsons, Ivan Tompkins, Bea Rasmussen and Sharon Smith.

Staff present: Lonnie Baker, Jayme Minton and Monte Spiller

Pat welcomed all meeting attendees.

Updates

General Update: Lonnie revisited a topic that was brought up the previous month concerning the storage of carts. After hearing from different council members, the majority agreed with leaving half the carts stored underneath the stairs on the west end of the building. Concerning storage of the carts near the Village Entrance and Hospitality Desk, it was suggested to possibly use the first-floor trash room as storage. The idea will be discussed with the first-floor residents and a decision will be made based on their considerations.

Meadowlark is also looking to make better use of the space we have on campus including the Prairie Star Patio, Pub, Game Room and the Courtyard. There is a meeting planned today, Oct. 2, at 3 p.m. in the Game Room to discuss and look at ideas and options addressing the before mentioned locations.

Approval of September Minutes: Motion to approve minutes was moved and passed.

New Business: None.

Old Business: None.

Additional Discussion Topics: A question was brought up about the appropriate actions to be taken during severe weather or emergency planning based on your location. It was explained different areas require different actions and specific information can be found in the Resident Handbook. Meadowlark will continue to be proactive and look at ways to updated policies and plans in place concerning emergency situations.

Meeting adjourned

MHK Public Library Events

Chess Club

Every Monday / 6 to 8:30 p.m.

First floor of Library

The K-State Chess Club hosts this weekly event for chess players of all ages and skill levels. Meet friends, practice your skills and enjoy a fun evening together.

Yack & Yarn

Every Tuesday / 6 to 8 p.m.

Groesbeck Meeting Room

Bring your knitting, crocheting, or other crafting project to the library to relax and visit with other crafters. Some supplies will be on hand, but you should bring something of your own to work on.

Your Digital Library

November 14 / 2 to 4 p.m.

Groesbeck Meeting Room

The library has a wealth of digital resources available to you for free. Learn how to use services such as Mango Languages, Lynda.com, and Hoopla. Register online at www.MHKLibrary.org or by calling the library at (785) 776-4741 ext. 300.

Craft Night: Perler Beads

November 16/ 7 to 8:30 p.m.

Groesbeck Meeting Room

Make a unique pixel art creation with perler beads. We will have supplies for coasters and wine charms, or you can make your own custom project. Register online at www.MHKLibrary.org or by calling the library at (785) 776-4741 ext. 300.

Autumn Hills, from page 1

the current services and living accommodations offered in the Manhattan area, but also create relationships with other towns and communities in the Flint Hills region who need quality senior care options.

The name for Autumn Hills will not be changed. Referrals and inquiries can be made, as usual, to Heather Tremblay at (785) 317-8435.

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	Nov. 12 ~ Lunch \$12	Dinner \$11
	Baked Ham with Peach Sauce Smoked Gouda Scalloped Potatoes Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	Nov. 13 ~ Lunch \$7	Dinner \$14
	Hot Turkey Sandwich Mashed Potatoes & Gravy Choice of Vegetable <i>No starter or dessert included.</i>	Shrimp Pesto in Marinara Sauce Roasted Red Potatoes Vegetable du Jour
TUESDAY	Nov. 14 ~ Lunch \$8	Dinner \$13
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Braised Short Ribs Green Chile Mashed Potatoes Vegetable du Jour
WED.	Nov. 15 ~ Lunch \$7	Dinner \$12
	Grilled Citrus Chicken Wild Rice Choice of Vegetable <i>No starter or dessert included.</i>	Lasagna Garlic Toast Vegetable du Jour
THURS.	Nov. 16 ~ Lunch \$8	Dinner \$13
	Pasta Bar <i>(does not include drink, starter, or dessert)</i>	Swiss Steak Mashed Potatoes Vegetable du Jour
FRIDAY	Nov. 17 ~ Lunch \$7	Dinner \$13
	Fried Catfish with Tartar Sauce Roasted Red Potatoes Choice of Vegetable <i>No starter or dessert included.</i>	Pork Tenderloin Piccata Polenta Crouton Vegetable du Jour
SAT.	Nov. 18 ~ Lunch \$10	Dinner \$14
	Chili Dog French Fries Choice of Vegetable	Swordfish Kabob with Balsamic Glaze Baked Potato Vegetable du Jour

DRINK SPECIAL | **Red Beer**
12 oz. Beer of Your Choice & Tomato Juice
\$1

Grosh Cinema Movies

Sunday, November 12, to Saturday, November 18

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

2 and 6 p.m., Sunday

Sunday, Nov. 12 — Believe (2013)

When an ardent 11-year-old soccer player steals a wallet from the ex-manager of England's renowned Manchester United team, he finds an unlikely ally.

Co-Starring: Toby Stephens, Brian Cox, Natascha McElhone & Kate Ashfield

Rated PG; 1 hr. 35 min.

Monday, Nov. 13 — 42 (2013)

This biopic focuses on baseball icon Jackie Robinson, who in 1947 became the first black Major League Baseball player of the modern era.

Co-Starring: Chadwick Boseman, T.R. Knight & Harrison Ford

Rated PG-13; 2 hrs. 8 min.

Tuesday, Nov. 14 — Men in Black (1997)

A streetwise cop is enlisted to work with a veteran government agent on a team that monitors space aliens living on Earth, unbeknownst to the public.

Co-Starring: Tommy Lee Jones, Will Smith, Linda Fiorentino, & Vincent D'Onofrio

Rated PG-13; 1 hr. 37 min.

Wednesday, Nov. 15 — On Golden Pond (1981)

A retired professor and his wife go on an annual trip to their summer vacation home. But a teen left in their care disrupts the couple's tranquility.

Co-Starring: Katharine Hepburn, Henry Fonda, Jane Fonda & Doug McKeon

Rated PG; 1 hr. 40 min.

Thursday, Nov. 16— Phoenix (2014)

Unrecognizable to her husband after reconstructive facial surgery, a concentration camp survivor resolves to find out if he betrayed her to the Nazis.

Co-Starring: Nina Hoss, Ronald Zehrfield, Nina Kunzendorf & Trystan Putter

Rated PG-13; 1 hr. 38 min.

Friday, Nov. 17— The Coal Miner's Daughter (1980)

Biographical story of Loretta Lynn, a legendary country singer, that came from poverty to worldwide fame.

Co-Starring: Sissy Spacek, Tommy Lee Jones & Levon Helm

Rated PG; 2 hrs. 4 min.

Saturday, Nov. 18— The Big Short (2015)

A group of wily opportunists make a fortune off of the U.S. economic crash by sniffing out the situation in advance and betting against banks.

Co-Starring: Christian Bale, Steve Carell, Ryan Gosling, Brad Pitt & Melissa Leo

Rated R for pervasive language and some sexuality/nudity; 2 hrs. 10 min.

Weekly Opportunities Calendar Nov. 12 to Nov 18

Sunday • November 12

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. Michael Schmidt from St. Luke's Lutheran Church, CR

Monday • November 13

Breakfast at Prairie Star—Biscuits & Sausage Gravy

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

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

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

11:30 a.m. ~ Meadowlark Valley Luncheon, LR

12:00 p.m. ~ Yoga, CR

12:00 p.m. ~ 1st Pres. Men's Luncheon, MR

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

1:30 p.m. ~ Hearing Aid Doctor, WCR

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

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

7:00 p.m. ~ Piano Recital, CR

7:00 p.m. ~ Community Bingo, KSU CL

Tuesday • November 14

Trash pick-up day

Breakfast at Prairie Star—Breakfast Sandwich with Fruit

9:45 a.m. ~ Depart for Beach Museum, VE

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

11:00 a.m. ~ Holiday Grief Support, KSU CL

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

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

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

5:30 p.m. ~ 4th Floor Supper, MR

Wednesday • November 15

Breakfast at Prairie Star—Breakfast Burrito with Fruit

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

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

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

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

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

11:00 a.m. ~ Depart for Lunch & Festival of Trees, VE

12:00 p.m. ~ Yoga, CR

1:00 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 • November 16

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. ~ Stepping On, CR

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

Friday • November 17

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

12:30 p.m. ~ Mending Angel, GR

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

1:15 p.m. ~ Parkinson's Exercise Class, CR

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

7:00 p.m. ~ Musical Performance, CR

Saturday • November 18

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

*Meadowlark News Channel can be viewed on Channel 1960

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