



FOUNDATION FOCUS

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Win this jersey!

April is National Parkinson's Awareness Month, and to increase understanding of this disease, the Meadowlark Parkinson's Program and Cox Bros BBQ are again teaming up for **Pig Out for Parkinson's!** Join us between 11 a.m. and 9 p.m. Thursday, April 27, at Cox Bros BBQ, 223 McCall Rd.

Part of the **Pig Out** fun is the opportunity to win autographed collectible items, such as Jordy Nelson's 2014 Pro Bowl jersey, pictured above. Nelson, a former All-America wide receiver at Kansas State, has achieved wide acclaim in the NFL at the same position with the Green Bay Packers.

Raffle tickets go on sale March 13. Buy yours at Meadowlark, at Cox Bros. BBQ or online at www.meadowlark.org.

Shopping + Giving

Spend at Dillons or Amazon.com and Foundation wins!

By Becky Fitzgerald

Giving to Meadowlark Foundation is now easier than ever with the help of a state-wide grocery retailer and the world's largest online retailer. At Dillons food stores, shop and swipe your Plus Shopper's Card. If buying items online, remember AmazonSmile!

Meadowlark Foundation recently became an approved organization for Dillons' Community Rewards program. The reward we earn each quarter is based on our percentage of spending as it relates to the total spending of all participating Community Rewards organizations.

How can you help Meadowlark Foundation earn rewards each quarter? Create an online account at Dillons.com, register your Plus Card number and click the "enroll" button under the Community Rewards heading. Type "Meadowlark Foundation" when prompted to find our organization, and click the button next to our name when it appears. That's it! There is no cost to participants. Just shop at any Dillons store in Kansas, swipe your Plus Shopper's Card as you normally do for each transaction, and Meadowlark Foundation will be credited.

Some items, such as alcohol, to-

bacco, fuel, some gift cards and lottery tickets, are not eligible for the Community Rewards program.



AmazonSmile is another simple and automatic way to support Meadowlark Foundation at no cost to you or to our organization. When you shop at smile.amazon.com, you'll find the same prices and selection as at Amazon.com, with the added bonus that Amazon will donate 0.5% of each eligible purchase to our foundation.

On your first visit to smile.amazon.com, select

our charitable organization to receive donations from eligible purchases before you begin shopping. AmazonSmile will remember your selection, and every eligible purchase you make at smile.amazon.com will result in a donation. If you don't have an Amazon account, you'll need to create one. Our organization is listed with Amazon as Manhattan Retirement Foundation.

Once you've selected Manhattan Retirement Foundation at smile.amazon.com, this charitable choice remains until you change it. With Dillons Community Rewards, participants need to select Meadowlark Foundation each January.

For questions or help enrolling in either program, please contact Becky Fitzgerald at (785) 323-3843.

Happy shopping and giving!



Meadowlark CEO recalls successes of 2016

By Lonnie Baker

In a time when there is great uncertainty around the future of senior living, Meadowlark found many successes in 2016. I am quite proud of our accomplishments in developing systems to support Meadowlark and the Manhattan community.

Financially, we had several positive years despite challenges within government programs and funding cuts. Medicaid in Kansas has been agonizingly slow to process and pay claims, and we are seeing organizations across the state close their doors. Within the Medicare system, there have been significant increases in regulatory pressure and fines.

Despite these challenges, Meadowlark has been able to control rate increases for residents. In fact, over the last five years, the average rate increase has decreased by 72% compared to the preceding 10-year average.

During this same period, we caught up on most of the deferred maintenance on campus. If you were around this past summer or fall, I'm sure you experienced the disruption of the much needed concrete work! Our two oldest healthcare households, Hon

stead and Sloan, were remodeled and expanded and now are two of our most desirable spaces. All resident floors in our independent living tower have been updated, and Prairie Star Restaurant was expanded and remodeled. It pleases me to be good stewards of resident resources while still enhancing the lives of our residents and community.

The **Meadowlark Home Health** staff now includes

three RN case managers, and our Medicare-certified agency is equipped to provide a wide variety of nursing, therapy, social services, personal care and companion needs. Meadowlark Home Health excels at

supporting individuals and couples as they age in place.

Our team is working closely with the Veteran's Administration to become the provider of choice for veterans in Manhattan. Meadowlark Home Health is already a VA provider, but the organization is looking to expand VA coverage to include the health care households. We believe veterans deserve a choice in where they receive much needed care and assistance.

Meadowlark Parkinson's Program continues to thrive and remains the only program

of its kind in the state west of Kansas

City. This year, Meadowlark became an affiliate for Rock Steady Boxing, an exercise program created for people with Parkinson's disease.

Our new **Memory Program** is developing a meaningful partnership with the KU Alzheimer's Research Center. They have created a program to educate persons who have concerns with changes in their memory. This program is called LEAP! and is taught in a classroom setting. Meadowlark's first LEAP! course was completed in the fall and the second starts in February at the Manhattan Public Library.

Meadowlark Foundation hosted its annual Legacy Banquet in May. We honored former resident Evelyn Hawley, Rev. Cam McConnell, First Baptist Church and resident Pam Oehme. The support Meadowlark receives is overwhelming, and this was a great way to recognize some wonderful people.

I would also like to thank everyone who contributed to our third annual HOGtoberfest fundraiser for the Good Samaritan Fund. Our "hog kissers", representatives from five of our founding churches, helped to raise more than \$20,000, making this our most successful event yet.

Best Wishes for a peaceful 2017!



Our two oldest healthcare households, Honstead House and Sloan House, were remodeled and expanded and now are two of our most desirable spaces.

Foundation welcomes new board members

Meadowlark Foundation's Board of Directors grew from nine members to 10 last June with the addition of John Armbrust, Sandra Emley and Dave Nelson. These new members, who may serve two three-year terms, joined the following long-serving members: Neil Horton, president; Jackie Hartman, vice president; Lisa Sisley, secretary; Eric Higgins, treasurer; Terry Arthur; Nelson Galle, and Dr. Dan Winter. We salute Russ Briggs and Charlie Busch, whose terms ended in 2016.



An Ellsworth, Kan., native, **John Armbrust** serves on the board's Nominating/By-Laws Committee. He earned a bachelor's and master's degree and retired from the Air Force as a full Colonel in 1993. Moving to Manhattan upon retirement, he served as a bank officer and then as Vice President of the Manhattan Area Chamber of Commerce. Beginning in 2004, he was

Executive Director of the Governor's Strategic Military Planning Commission, which worked Base Realignment and Closure issues for the state of Kansas. In 2006, he became Executive Director of the Governor's Military Council.

John and his wife, Karen, have two children and four grandchildren. His mother-in-law, Marla Bugbee, moved to Meadowlark in 1999.

Sandra Emley, a Meadowlark resident since 2006, serves on the board's Investment Committee. She and her husband, Don, moved to Manhattan from Oklahoma City, and in 1987, she started her own financial planning business, serving clients for three decades.

During her years in Manhattan, Sandra's long list of volunteer efforts and associations have benefitted Manhattan, K-State, First United Methodist Church and Meadowlark. For example, she was a charter member of the McCain Auditorium board and was a Stephen Minister and Stephen Leader.

The Emleys have four children, seven grandchildren and one great-grandchild. Sandra was born in Iowa.



Dave Nelson was born in Manhattan and hasn't left the area. He earned a bachelor's degree in animal science from K-State, where he was a member of Farm House fraternity.

Dave's employment history includes Farmers Home Administration and First National Bank of Wamego. Since 2000, he has been a financial advisor with Edward Jones Investments. His office is in Wamego.

He is a member of Meadowlark Foundation's Investment Committee. He previously served as president and board member for Wamego Chamber of Commerce, and is a Manhattan Community Foundation trustee and a Big Brothers Big Sisters of Manhattan board member.

Dave and his wife, Mary Jo, have three grown children. His mother-in-law, Naomi Berber, lives at Meadowlark's Lyle House.

Memory Matters Symposium set for April 5

The Meadowlark Memory Program announces a FREE opportunity for individuals affected by dementia or Alzheimer's disease. Memory Matters Symposium is designed to increase understanding of dementia and to expose attendees to community resources, such as health and fitness and in-home services.

No reservations are required; come and go as your schedule allows.

Symposium schedule

Wednesday, April 5, 2017
5 to 8:30 p.m.

Bluemont Hotel, Hartford Room
1212 Bluemont Ave

5-5:30 p.m.:

Vendor Booths & Appetizers

5:30-6:30 p.m.:

Dr. Jeffrey Burns, KU Alzheimer's Research Center, "Advances in Alzheimer's Disease Research: From Treatment to Prevention"

6:30-7:00 p.m.:

Vendor Booths & Appetizers

7-8 p.m.:

Dr. Natalie Douglas, Central Michigan, "Person-Centered Communication Strategies for People with Dementia"

8-8:30 p.m.:

Vendor Booths
This symposium is funded by a grant from the Greater Manhattan Community Foundation and an anonymous donor.

Questions about
Meadowlark Foundation?
Contact Becky Fitzgerald,
Development Director,
at (785) 323-3843 or
[rebecca.fitzgerald@
meadowlark.org](mailto:rebecca.fitzgerald@meadowlark.org)

Learn about Meadowlark
or **donate online** at
www.meadowlark.org

What will seniors pay for Medicare in 2017?

The Centers for Medicare & Medicaid Services (CMS) has announced that in 2017, most Medicare beneficiaries (about 70%) will pay \$109 per month on average for Medicare Part B, up from the \$104.90 monthly premium that has been in effect since 2013.

If you fall into this group, you face only a modest increase in 2017 due to a provision in the Social Security Act called the "hold harmless" rule, which states that Medicare premiums for existing beneficiaries can't increase faster than their Social Security benefits. For 2017, the Social Security cost-of-living increase is only 0.3%.

Because your Medicare premium increase is based on your *actual* Social Security benefit, you may pay more or less than the \$109 average premium. The Social Security Administration (SSA) will tell you the exact amount of your Part B premium in 2017.

Approximately 30% of Medicare beneficiaries are not subject to this provision, and may pay substantially more for Medicare Part B. You fall into this group if:

- You enroll in Part B for the first time in 2017.



Foundation Focus

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- You don't get Social Security benefits.
- You have Medicare and Medicaid, and Medicaid pays your premiums.
- Your modified adjusted gross income as reported on your federal income tax return from two years ago is above a certain amount.

Other Medicare Part A and Part B costs will change in 2017, including the following:

- The annual Medicare Part B deductible for Original Medicare will be \$183, up from \$166 in 2016.
- The Medicare Part A deductible for inpatient hospitalization will be \$1,316, up from \$1,288 in 2016. Beneficiaries will pay an additional daily co-insurance amount of \$329 for days 61 through 90, up from \$322 in 2016, and \$658 for stays beyond 90 days, up from \$644 in 2016.
- Beneficiaries in skilled nursing facilities will pay a daily co-insurance amount of \$164.50 for days 21 through 100 in a benefit period, up from \$161 in 2016.

To view the Medicare fact sheet announcing these and other figures, visit www.Medicare.gov.