

## Meadowlark Hills

# THE WHISTLER

July  
Edition

## ANNIVERSARIES:

Blake Hoffman	7/16	1 year
Abigail Douglas	7/27	1 year
Shalondra Booker	7/6	1 year
Elizabeth Thomas	7/30	1 year
Hailie Loomis	7/24	1 year
Jesica Thornton	7/3	1 year
Angela Beamon	7/5	1 year
Josh Reed	7/3	1 year
Jennifer Runge	7/27	1 year
Katie Sol	7/13	2 years
Kelsi Schuckman	7/13	2 years
Robin Ward	7/6	2 years
Renee Andritsch	7/21	4 years
Shigeko Nelson	7/30	6 years
Lauren Everett	7/5	6 years
Amanda Moorman	7/30	6 years
Carol Neal	7/22	9 years
Vanessa Leach	7/23	12 years
Cynthia Artis	7/15	17 years
Sheila Frihart	7/31	18 years
Brad Olson	7/9	28 years

## NO PARKING

Please do not park in the west parking lot, on the lower level on Thursday, July 4, after 3 p.m. The firework display will be launched from that area!



## RACE FOR PARKINSON'S DISEASE

The Speedy P.D. 5K/10K Race for Parkinson's disease will be held at Tuttle Creek State Park on

Saturday, Aug. 24, 2013. The 5K Run/10K Run/Walk and Half-Mile Family Fun Run/Walk are presented by UMB Bank and proceeds benefit the Meadowlark Hills Parkinson Fund.

Registration and packet pick-up will begin at 6:30 a.m. on race day. The 5K/10K races begin at 8 a.m. and the Half-Mile Family Fun Run/Walk will start at 9:15 a.m. Awards and door prizes will start at 9 a.m.; Barbeque and beer will be served at 9 a.m. featuring Cox Bros. BBQ and Budweiser.

Online registrations can be completed at [www.active.com](http://www.active.com). Drop-off registration will be available at the two UMB Bank locations in Manhattan and at Meadowlark Hills Retirement Community, located at the Hospitality Desk. Please see the Hospitality Desk for hard copies of registration forms.

Mail-in pre-registration must be postmarked by August 19. Race day entries will also be accepted on-site. Price for the 5K/10K is \$28 pre-registration and \$35 after Aug. 19 and on race day. Price for the 1/2 Mile Family Fun Run/Walk is \$12 pre-registration and \$20 after Aug. 19 and on race day.

Course maps, additional registration forms and more information can be found at [www.runspeedypd.org](http://www.runspeedypd.org). Donations can be made directly to the Parkinson's Program of Manhattan at Meadowlark Hills by contacting Pam Reding in the Meadowlark Hills Foundation office at (785) 323-3890. Questions can also be directed to Corri Frigon, Race Director, via e-mail at [RunSpeedyPD@gmail.com](mailto:RunSpeedyPD@gmail.com) or (785) 410-2814.

## VOLUNTEER OPPORTUNITY

Not a runner, but would like to help?  
E-mail Janae Wollenberg, Volunteer Coordinator, at [speedypdvoleunteers@gmail.com](mailto:speedypdvoleunteers@gmail.com).



7/1	Ashley Green
7/1	Tabitha Borne
7/2	Michael Davis
7/2	Shigeko Nelson
7/2	Josh Allen
7/4	Kennedy Burton
7/5	Rebecca Randesi
7/6	Trisha Reichert
7/6	Kelley Sol
7/6	Karin Sol
7/7	Dave Zerfas
7/7	Elissa Crain
7/7	Shelby Strange
7/7	Jessica Johnson
7/8	Maria Rochelle McHenry
7/8	Kimberly Friedrichs
7/8	Anna Laughlin
7/10	Kade Pulliam
7/11	Margaret Frost
7/11	Matthew Ruhnke
7/11	Gina Fitzgibbon
7/12	Rachel Dillard
7/13	Katie Wilcox
7/13	Kris Loveless
7/15	Kim Hensley
7/16	Haley Booker
7/16	Amanda Rickstrew
7/16	Kyra Dettmer
7/17	Coleen Brown
7/18	Marguerite Carr
7/20	Robin Ward
7/21	Caroline Leis
7/22	Kayla Hambleton
7/23	Kristin Smith
7/23	Nathan Musto
7/27	Rachel Selland
7/28	Linda Wilson
7/28	Patricia Garibay
7/28	Adrienne Celli
7/29	Sonya Jernigan
7/29	Kellie Jornov
7/31	Kailyn Whitmire

## JEANS DAY

For the month of July, Jeans Day will benefit Meadowlark Hills' Side Walk Project. This project is resident-directed and aims to provide a side walk system that is compatible for residents to safely navigate the entire campus.

How do you donate? Bring your dollar bill (minimum donation required), or whatever you are willing to donate to the Human Resource office (across from Verna Belle's Café). Christina Strange, Human Resource Generalist will give you a sticker to wear on your clothing that day. This will indicate that you donated and that is why you're sporting jeans.



What days are Jeans Days?

**Tuesday, July 9**  
**Wednesday, June 17**

## EMPLOYEE FOCUS

Submitted by Brandy Graham

I'd like to nominate Teresa Wells from the physician office to be focused in the Whistler. She is our lab technician, x-ray technician, phlebotomist and she is AWESOME! Teresa started out in marketing at Meadowlark Hills and when the physician office opened five-years ago, she made a huge change in her life and started the education process to learn this position. She had never had medical experience before and I'm sure it was a scary decision to make.

Teresa has learned many skills on her own, going above and beyond to shadow others in the field and take more classes to refine her skills. She is so wonderful with all of our patients who walk into the clinic as well. She is probably the most caring, kindhearted, smart, quick thinking person I've ever worked with. She is always willing to do more and learn more.

She will be leaving us in August to start nursing school and I am SO PROUD of all she's done. Even with the recent sudden passing of her mother-in-law, she still manages to stay focused and work harder than ever. I'm sure if you run into any of the residents on campus they will tell you how warm-hearted Teresa is and how comfortable she makes them feel when they come to the doctor's office. She always has a listening ear and even takes time after work to visit with residents at the pub or in the hallways. Teresa is a truly special individual who exudes such warmth and passion about all she does. She lives out Meadowlark Hills' commitment to be resident-centered and I would love for her to be recognized for all of her accomplishments and just the wonderful person she is!

If you would like to nominate a fellow employee to be recognized in the next Whistler, email Amanda Rall at [amanda.rall@meadowlark.org](mailto:amanda.rall@meadowlark.org), explaining why this person is an exceptional employee.



## WELCOME NEW HIRES!

\*HIRED IN JUNE

Haylee Grubbs	6/6
Malerie Heinz	6/6
Bailey Herron	6/6
Jessica Palmeri	6/6
Lynn Cousins	6/7
Jocelyn Mattoon	6/7
Gail Doetzi	6/10
Kenzie McAnulty	6/10
Jessica Nichols	6/10
Joe Hanna	6/12
Bayleigh Bisnette	6/17
Jessica Johnson	6/17
Landree Allen	6/21
Jessica Bruce	6/21
Lizandra Guevara	6/21
Sarah Manosh	6/24

## FROM FUNCTIONAL TO FABULOUS

Great way to make those ugly plastic drawers match the rest of your decor

Using a stencil and craft paint, apply the stencil to the tops and sides of a black plastic drawer. Next, paint the interior of the front, transparent drawers. You can use the same color paint as the stencil. It will take three or four coats to make it look solid and not streaky when viewed from the front. After everything has dried you can use a Q-tip and finger nail polish remover to remove any smuges.

Before...



After...



## HOMEMADE HONEY ICE-CREAM

### Ingredients:

2 plump, moist vanilla beans  
2 cups heavy cream  
1 cup whole milk  
1/2 cup flavorful honey (plus a bit more for topping..)  
Rock salt  
Concentric coffee cans

Cut the vanilla pods and scrape out the seeds, then add them to a pot along with cream, milk and honey. Heat carefully while constantly stirring. Bring to the boil, then cover and let sit for an hour.

When it has cooled down you need to transfer it to the fridge where it needs to be left until it is absolutely cold.

Once it's cold you will sift it to remove the vanilla pods, then pour it into an ice cream maker. If you don't have an ice cream maker you can use two different sized coffee cans. Put the ingredients into the smaller coffee can and place the lid on it. Then fill the larger coffee can about 1/4 full of ice and sprinkle with rock-salt. Now slide the small coffee can inside the larger can and place the lid on the large can. Shake until the ingredients thicken, blend ingredients periodically.

Lastly, pour a bit of extra honey over top and serve it up. Yum!





# PUZZLE PAGE

Return your completed puzzle page to Amanda Rall for you chance to win a gift card at the end of the month!  
Congratulations to Pam Reding, last month's winner – e-mail [amanda.rall@meadowlark.org](mailto:amanda.rall@meadowlark.org) or stop by to claim your prize!

## SCAVENGER HUNT

Take a picture of yourself standing at the “secret” location using the following clues.

Email or text them to  
[amanda.rall@meadowlark.org](mailto:amanda.rall@meadowlark.org) to win!

1. This location is not far from HOME.
2. Pick a plot for a long nap.
3. Some people might think it would be a great place to spend Halloween.

Last month's secret location:  
Johnny Kaw statue in City Park



Above: Pam Reding, pictured with her dog, Charley at the Johnny Kaw statue.

## CRYPTOQUIT

...MLCCTXGUA EO

WHILUM-AXQWUR,

XUMTLXYU-EUHXQRB

IUHAUXMSQC...

Cryptoquip Clues:

M equals S

C equals P

E equal B

T equals O

U equals E

## FILL-IN-THE-BLANK

In each of these puzzles, there are two double blanks. Fill in the blanks with the same pair of letters to complete an English word. For example, use the letter-pair *ac* in *b\_\_ckp\_\_k* to make the word *backpack*.

\_ \_ od \_ \_ rk

h \_ \_ dw \_ \_ e