

**Mystery Solved!** Thanks to all who attended (and performed!) in Meadowlark's 2017 Christmas Carousel! Each group of residents was entertained by a different group of employees as we solved the mystery of the missing Naughty and Nice List. If you had your picture taken with your acting group, the prints should arrive next week. Have a Merry Christmas!



[top, left] **Group 3:** Becky Fitzgerald (Mrs. Claus), Aaron Swank (Santa Claus), Audra Jonas (Frosty), Patty Brown-Barnett (Scrooge), Angela Gerena (Grinch) & Maggi Birchmeier (Buddy the Elf).  
 [top, center] **Group 5:** Michelle Smith (Mrs. Claus), Jason Fox (Santa Claus), Jayme Minton (Buddy the Elf), Jen Schoenhofer (Frosty), Michelle Haub (Scrooge) & Doug Fiser (Grinch).  
 [top, right] **Group 2:** Rachel Severt (Scrooge), Robyn Harris (Grinch), Jeff Heidbreder (Buddy the Elf), Bridget Larkin (Mrs. Claus), Tom Barcellina (Santa Claus) & Jana Armfield (Frosty) pictured with residents Eve Irvine and Betty Brodersen.  
 [above, left] **Group 1:** Sara Hillard (Mrs. Claus), Rita Harsch (Frosty), Sarah Duggan (Buddy the Elf), Ebonie Christian (Scrooge), Nick Lundeen (Grinch) & Jon Thompson (Santa Claus).  
 [above, right] **Group 4:** Brittany Hernandez (Buddy the Elf), Monte Spiller (Santa Claus), Christine Norris (Grinch), Abby Cavender (Mrs. Claus), Kristen Martin (Frosty) & Will Gold (Scrooge).

## **Thank you!**

*Submitted by Polly Ferrell*

The true blessings of Christmas are found in giving and receiving. Christmas Carousel was one of those wonderful blessings.

Thank you our ML staff friends, from your Meadowlark resident friends.

## **Vespers Service Thank You**

*Submitted by Sharon Smith*

Pat Miksch and I wish to thank each of you who come to our Meadowlark Vespers Services. It's always a pleasure to have you with us. I especially want to mention how helpful it is that several of you help in dismantling the altar and putting the hymnals away. You have made it *your service*. Merry Christmas!

## **Christmas Dinner reservations open**

Reservations are now open for Christmas dinner. Staggered seating times will be available between 11 a.m. and 2 p.m. Monday, Dec. 25, in Prairie Star Restaurant. The cost is \$16 per adult and \$8 per child. The menu includes:

**Starter:** Choice of shrimp bisque, Lettuce tossed with artichoke hearts & roasted yellow pepper with ranch dressing or tossed greens with a choice of dressing

**Entrée:** Choice of roast prime rib au jus & horseradish, grilled raspberry chicken or grilled salmon with dill sauce

**Sides:** Choice of rice pilaf or smoked gouda scalloped potatoes

**Vegetable:** asparagus & broccoli medley

**Dessert:** choice of egg nog snickerdoodle cheesecake or apple tart with caramel

A boxed dinner option will be offered for the evening meal. The boxed dinners must be picked up by 4 p.m. Christmas Day.

Sign up for both meal opportunities at the host stand in Prairie Star Restaurant. Please contact Brook Marcotte, Dining Services Leader, at 323-3821 with questions.

## **Resident Committee Sign Up**

Resident Committee sign-ups for 2018 are now open.

The roster for each committee is available in the Blue Book located at the Hospitality Desk.

Additional spaces are provided for new members to add their names. If you would like to remove yourself from a committee, simply cross your name out. Please complete this by the end of the day Sunday, Dec. 31.

Once sign-ups close, the committee chair will contact all new members regarding meeting times and responsibilities. Please contact Monte Spiller at 323-3801 with questions.

## **Low Vision Support Group, canceled**

Low Vision Support Group is canceled for today, Dec. 21.

## **Vespers Services, canceled**

The Vespers services are canceled for Sunday, Dec. 24 and Dec. 31. Services will resume Sunday, Jan. 7.

## **Line Dancing**

*Thursday, Dec. 21, at 7 p.m.*

Line Dancing meets at 7 p.m. today, Dec. 21, in the Community Room with Jayme Minton. This session the class will learn to line dance to Achy Breaky Heart. No prior sign up is necessary.

The third session of Line Dancing will cover The Hustle and will meet at 7 p.m. Thursday, Dec. 28, in the Community Room.

## **Do Right Daddies**

*Friday, Dec. 22, at 7 p.m.*

Back by popular demand—the Do Right Daddies are coming to Meadowlark Hills! You're invited to see some of Meadowlark's own perform. The Do Right Daddies, Dave Zerfas and Karl Zerfas, will perform at 7 p.m. Friday, Dec. 22, in the Community Room.

If you've never experienced the Do Right Daddies do their thing, then mark your calendars to attend!

## **Christmas Eve Service**

*Sunday, Dec. 24, at 10 a.m.*

*Submitted by Chaplain Patty Brown-Barnett*

Mark your calendars for a worship service at 10 a.m. Sunday, Dec. 24. Come and join us in the Community Room for a celebration of the Birth of Jesus! A time of fellowship with refreshments will take place in the Community Room following the

service.

This worship service will be the only one offered by the Chaplain on Sunday, Dec. 24. All are welcome to attend.

### **KSU Bowl Game Watch Party**

**Tuesday, Dec. 26, at 8 p.m.**

The Kansas State Wildcats will take on the Bruins on UCLA in the Cactus Bowl Tuesday, Dec. 26. The Watch Party will start at 7:30 p.m. with refreshments in the Game Room. Kick-off is at 8 p.m.

### **Artful Memories**

**Wednesday, Dec. 27, at 10 a.m.**

Memory Café and Memory Activities Class (MAC) are joining together with the Marianna Kistler Beach Museum of Art for Artful Memories Class from 10 to 11 a.m. Wednesday, Dec. 27, in the KSU Classroom.

During this monthly session, the museum's Education Assistant, Kim Richards, will conduct a session of Artful Memories by showing the group three pieces of art.

### **Tommy Lee**

**Friday, Dec. 29, at 7 p.m.**

Saxophonist Tommy Lee will perform at 7 p.m. Friday, Dec. 29, in the Community Room. Tommy has been playing in the Manhattan area since 1949 and is a familiar face at Meadowlark. Tommy will be entertaining as a one-man band, so stop by the Community Room to see the show!

### **Linda Hood's 100th Birthday**

**Saturday, Dec. 30, at 2 p.m.**

All are invited to join Linda Hood as she celebrates her 100th birthday at 2 p.m. Saturday, Dec. 30, in the Community Room. Refreshments will be served. Cards are welcome, but please, no gifts.

### **Pest Control**

**Tuesday, Jan. 2**

Pest Control will occur on Tuesday, Jan. 2, in the main tower.



**Verna Belle's CAFE**  
Since 2009

# LUNCH SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.  
Saturday & Sunday, 7 to 11 a.m.

**Monday, Dec. 25**  
Verna Belle's Café closed for Christmas.

**Tuesday, Dec. 26**  
Grilled Cheese & Tomato Soup  
*american, swiss & cheddar cheese on your choice of butter-toasted white or wheat bread*  
**\$3.99 / \$5.99**

**Wednesday, Dec. 27**  
Pizza Day  
*build your pizza with toppings from the salad bar*  
**\$5.99**

**Thursday, Dec. 28**  
Avocado BLT with Choice of Side  
*avocado, bacon, lettuce & tomato on your choice of toasted white or wheat bread*  
**\$3.99 / \$5.99**

**Friday, Dec. 29**  
Hamburger with Baked Beans & Chips  
*grilled hamburger on a butter-toasted bun with lettuce, tomato & pickle on the side*  
**\$5.99**

## It's Christmastime!

by Sarah Duggan

We've been learning the art of practicing patience at the Duggan household. This new found focus was driven by the annual raising of our family Christmas tree which lent itself to housing wrapped and tempting presents at its base. Murphy is three-years-old and this is her fourth Christmas, however, it is her first Christmas she has started to connect that some of the gifts under the tree are for her.

I struggled at first to figure out how I explain that the holidays are "here" but it isn't time for Santa to come and to open our gifts. I have landed on the following statement, which I've said at nauseum every day since Thanksgiving, "It's Christmastime, but not Christmas Day."

What a conundrum for a young mind, but slowly the concept has taken shape for little Murphy. Its time to set up our decorations, eat treats, watch Christmas movies, read Christmas books and talk about the nativity set that is displayed in the dining room. I have heard her exclaim on her own, "Its Christmastime!"

To me, this is the most wonderful time of year. Its full of great food, traditions, giving, receiving and spending time with those we care about most. I am looking forward to celebrating Eilish's first Christmas alongside my nephew who will also be experiencing his first holiday season. Although Eilish and Will won't remember this year, it will hold an extra special place in my heart.

I wish you all a merry Christmas and a joyous New Year. May time stop just for a moment to allow us to soak in all of the wonderful moments. Life is always changing.

## Staffing a New Committee: Outdoor Activities

Submitted by Don Rasmussen

A series of developments over the past several years and across the Meadowlark campus have been designed to improve resident quality of life and safety through participation in a broad array of outdoor activities. It all started with the identification and correction of numerous



pedestrian safety issues. A ad hoc committee led that effort.

Having created safe access conditions, a follow-up ad hoc committee (the Pond Committee) identified, through a resident survey, outdoor activities in which they would like to participate. The scope grew from being largely fishing related to a myriad of activities accessed by attractive trails, benches, docks and shelters. In response to the growth in interest the Pond Committee became the Outdoor Opportunities Committee. Residents generous contributions paid for more than half of the resulting project cost.

As portions of the project were completed nearly three years ago, residents (mostly from the committee) accepted initial use responsibilities. It is now time for the ad hoc committee to sunset and for a standing committee to take its place. Some current members will likely wish to continue while others may not. Monte Spiller, Resident Services Leader, has directed that the reconstituted committee be established as part of the other committee's membership at year end.

Committee members and a committee-elected chair person are needed for operation and future direction of several outdoor activity areas. The staff liaison for the committee will be Monte. Current members and active subjects are listed below for your more completed understanding. Please indicate your interest in becoming a committee member by signing up in the Blue Book. I have found it very rewarding to make it possible for residents and staff to renew their intimacy with nature. I hope you will also.

**Current committee members:** Nathan Bolls, Sue Hunt, Don Rasmussen, Ed and Velma Skidmore, and Karen Trail

**Opportunity areas:** fishing, worm farm, rods & reels, tackle boxes, fish food, stocking fish, aquatic plants, pond water quality, docks, dip nets, administer water-sharing agreement with KSU, trail system expansion, benches, chairs, journal, articles for the Meadowlark Messenger, wildflower observation, quiet contemplation, frog watching, bird watching, butterflies, critter feeding (corn feeder), bees, horseshoes and general promotion.

I find that I must discontinue membership to redirect toward Parkinson's adventure. Please contact Monte at 323-3801 with questions.

## **Meadowlark Ladies Luncheon: Update**

*Submitted by Yvonne Crawford*

As of January 2018, Karen Trail will be assuming the chairmanship of the Meadowlark Ladies Luncheons. She will be replacing Yvonne Crawford. Yvonne, along with Polly Ferrell, will continue to assist Karen whenever needed.

The luncheon is held every month on the second Thursday. Each month there are two hostesses that submit a news story to the Meadowlark Messenger, plan a menu, decorate (a little or a lot) and plan a short program or topic of conversation.

It is a great way to meet some of the great ladies of Meadowlark Hills! All ladies that live at Meadowlark or are Passport members are invited to attend.

Look for the announcement of the meeting in the Messenger and then sign up in the Blue Book if you plan to attend! Remember, all are welcome—the more the merrier!

## **Medicare update: Social Security Numbers to be removed from cards**

*Submitted by Rita Harsch, Financial Counselor*

The Centers for Medicare and Medicaid Services (CMS) is removing Social Security Numbers from Medicare cards starting in 2018

**Why is CMS issuing new Medicare Cards and new Medicare numbers?** The law requires the Centers for Medicare & Medicaid Services (CMS) to remove Social Security numbers (SSNs) from all Medicare cards by April 2019. A new unique Medicare number will replace the current Health Insurance Claim Number (HICN) on the new Medicare cards. This step is to protect people with Medicare from fraudulent use of Social Security numbers, which can lead to identity theft and illegal use of Medicare benefits.

**When will CMS mail the new cards to people with Medicare?** The mailing of the cards will begin in April 2018 and will meet the statutory deadline for replacing all Medicare cards by April 2019. Patients who are new to the Medicare program starting in April 2018 and later will only have a card with the new Medicare number.

**What about Medicare Advantage and Prescription Drug plans?** Medicare Advantage

and Prescription Drug plans will continue to assign and use their own identifiers on their health insurance cards.

## **When will CMS share information with the public about the new Medicare card design and the mailing schedule?**

CMS shared information about the new card design in September 2017. The gender and signature line will be removed from the new cards. Mailing everyone a new card will take some time.

People with Medicare may start using their new Medicare cards and as soon as they get them.

The effective date of the new cards, like the old cards, is the date each beneficiary was or is eligible for Medicare.

## **Things to know about your new Medicare card:**

- ~ You don't need to take any action to get your new Medicare card.
- ~ The new card won't change your Medicare coverage or benefits.
- ~ Medicare will never ask you to give personal or private information to get your new Medicare number and card.
- ~ There's no charge for your new card.

**Watch out for scams!** Scam artists may try to get your current Medicare Number and other personal information by contacting you about your new Medicare card. They often claim to be from Medicare and use various scams to get your Medicare Number including:

- ~ Asking you to confirm your Medicare or Social Security Number so they can send you a new card.
- ~ Telling you there's a charge for your new card and they need to verify your personal information.
- ~ Threatening to cancel your health benefits if you don't share your Medicare Number or other personal information.

If someone calls you and asks for your Medicare Number or other personal information, hang up and call CMS at 1-800-MEDICARE (1-800-633-4227).

# PRAIRIE STAR RESTAURANT

**Restaurant Hours**  
**Monday to Saturday, 10:30 a.m. to 8 p.m.**  
**Sunday, 10:30 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.

<b>SUNDAY</b>	Dec. 24 ~ Lunch \$13	Dinner \$12
	Pot Roast with Carrots, Onions & Celery Roasted Red Potatoes Vegetable du Jour	Chicken ala Orange Wild Rice Vegetable du Jour
<b>MONDAY</b>	Dec. 25 ~ Lunch \$16	Dinner
	Christmas Menu <i>See page 2.</i>	Restaurant Closed.
<b>TUESDAY</b>	Dec. 26 ~ Lunch \$8	Dinner \$11
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Meatloaf Mashed Potatoes with Gravy Vegetable du Jour
<b>WED.</b>	Dec. 27 ~ Lunch \$10	Dinner \$12
	Catfish Po'Boy French Fries Coleslaw	Baked Ham with Pineapple Sauce Au Gratin Potatoes Vegetable du Jour
<b>THURS.</b>	Dec. 28 ~ Lunch \$9	Dinner \$13
	Mac & Cheese Bar <i>(does not include drink, starter, or dessert)</i>	Swiss Steak Mashed Potatoes & Gravy Vegetable du Jour
<b>FRIDAY</b>	Dec. 29 ~ Lunch \$10	Dinner \$14
	Baked Orange Roughy with Butter Sauce Rice Pilaf Choice of Vegetable	Herbed-Crusted Cod Rissoto Vegetable du Jour
<b>SAT.</b>	Dec. 30 ~ Lunch \$10	Dinner \$15
	Chili Dog Sweet Potato Fries Choice of Vegetable	Steak Baked Potato Vegetable du Jour

**DRINK SPECIAL** | Angel's Delight  
 1 oz. Gin, 1 oz. Triple Sec, 1/2 oz. Grenadine & 1 oz. Half'n'Half  
 \$3.75

## Grosh Cinema Movies

Sunday, December 24-Saturday December 30, 2017

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

### **Sunday, Dec. 24 — The Legend of Frosty the Snowman (2005)**

The mayor of Evergreen dismisses magic as nonsense, but when Frosty the Snowman blows through town, he shows the local children that magic is real!

**Co-Starring: Burt Reynolds, Bill Fagerbakke & Tom Kenny**

**Rated TV-G; 1 hr. 6 min.**

### **SARAH'S PICK! Monday, Dec. 25– The Family Stone (2005) ~ only showing at 1 & 4 p.m.**

Although their relationship works in the city, things begin to fall apart for buttoned-up Manhattanites Everett and Meredith when they visit the suburbs for the holidays to stay with Everett's family.

**Co-Starring: Rachel McAdams, Dermot Mulroney, Sarah Jessica Parker, Claire Danes, Luke**

**Wilson & Diane Keaton**

**Rated PG; 1 hr. 46 min.**

### **Tuesday, Dec. 26– Quiz Show (1994)**

Robert Redford directs this infamous true story of Charles Van Doren, who rocketed to national fame as a repeat winner on the TV quiz show "Twenty-One." In the late 1950s, prime-time game shows were a cultural phenomenon. But the American public didn't realize it was being hoodwinked ... until persevering congressional investigator Dick Goodwin unmasked the corruption behind the show's glittering façade.

**Co-Starring: John Turturro, Rob Morrow & Ralph Fiennes**

**Rated PG-13; 2 hrs. 12 min.**

### **Wednesday, Dec. 27 – Sahara (2005)**

While investing a deadly water-borne epidemic along the Nile River, adventurer Dirk Pitt uncovers a secret dating back to the U.S. Civil War.

**Co-Starring: Matthew McConaughey, Steve Zahn, Penelope Cruz & William H. Macy**

**Rated PG; 2 hrs. 4 min.**

### **Thursday, Dec. 28– Leap Year (2010)**

The trip to Dublin, the marriage proposal: she's got it all planned. The unexpected romance? That she didn't pencil in.

**Co-Starring: Amy Adams, Matthew Goode & John Lithgow**

**Rated PG; 1 hr. 40 min.**

### **Friday, Dec. 29 – 13 Going on 30 (2007)**

When a geeky teen's birthday party goes awry and she makes a wish that she could be 30, she wakes up to discover she's flash-forwarded 17 years.

**Co-Starring: Jennifer Garner, Mark Ruffalo & Judy Greer**

**Rated PG-13; 1 hr. 37 min.**

### **Saturday, Dec. 30– A Little Bit of Heaven (2011)**

After learning that she has terminal cancer, a spirited young woman thinks she's finished with love forever—but her heart has other ideas.

**Co-Starring: Kate Hudson, Gael Garcia Bernal & Kathy Bates**

**Rated PG-13; 1 hr. 46 min.**

# Weekly Opportunities Calendar *Dec. 24- Dec. 30*

## Sunday • December 24

*Breakfast at Verna Belle's—Omelets with Fruit*  
10:00 a.m. ~ Christmas Eve Service, CR

## Monday • December 25



11 a.m. to 2 p.m. ~ Christmas Dinner, PS

## Tuesday • December 26

*Trash pick-up day*  
*Breakfast at Verna Belle's—Breakfast Bierock with Fruit*  
3:00 p.m. ~ Coffee Corner, CR  
8:00 p.m. ~ KSU Watch Party, GR

## Wednesday • December 27

*Breakfast at Verna Belle's—Breakfast Burrito with Fruit*  
9:30 a.m. ~ Seated Strength, CR  
10:00 a.m. ~ Worship Service, LR  
10:00 a.m. ~ ArtFull Memories Class, KSU CL  
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. ~ Pitch, GR  
1:15 p.m. ~ Dr. Tran's Foot Clinic, CR  
1:30 p.m. ~ Collins Worship Service, CH  
3:00 p.m. ~ Rock Steady Boxing, CR  
3:00 p.m. ~ Call Hall Ice Cream, KR  
4:00 p.m. ~ Lutheran Video Worship Service, LR  
5:30 p.m. ~ 1st Floor Supper, LR

\*Meadowlark News Channel can be viewed on Channel 1960

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## Thursday • December 28

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*  
8:30 a.m. ~ Messenger Ladies, WCR  
10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
4:00 p.m. ~ St. Paul's Episcopal Church Service, LR  
7:00 p.m. ~ Line Dancing, CR

## Friday • December 29

*Breakfast at Verna Belle's—Waffle or Pancake*  
9:30 a.m. ~ Seated Strength, CR  
10:20 a.m. ~ Weights 101, CR  
11:00 a.m. ~ Sit & Be Fit, CR  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
1:00 p.m. ~ Hand & Foot Card Games, GR  
7:00 p.m. ~ Tommy Lee, CR

## Saturday • December 30

*Breakfast at Verna Belle's—Omelets with fruit*  
9:00 a.m. ~ Rock Steady Boxing, CSC  
9:30 a.m. ~ Painting for Fun, KSU CL  
2:00 p.m. ~ Linda Hood's 100th Birthday, CR

### 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
HD, Hospitality Desk	MS, Miller Spa