



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

March 27, 2014

Chamber of Commerce Event *Business After Hours Event at Meadowlark Hills*

by Kristin Smith

Meadowlark Hills is hosting the Manhattan Chamber of Commerce "Business After Hours" on Wednesday, April 9, from 5:30 to 7 p.m. in the Community Center. This is an excellent opportunity for chamber members and business owners from the Manhattan community to see all the perks and benefits that we get to enjoy every day here at Meadowlark Hills.

It is a privilege to host this event and the waiting list to host this can be quite lengthy. The last time Meadowlark Hills

hosted "Business After Hours" was March 2012. Guests will enjoy hors' d'oeuvres, catered by Prairie Star, drinks and a short program. Lonnie Baker, CEO, will speak briefly to those in attendance.

This is a Chamber of Commerce invitation only event.



Manhattan
Area Chamber of Commerce
Kansas

What is Digital Anthropology?

Attend lecture by Dr. Michael Wesch

Anthropologists like to quote the saying, "it would not be a fish that would discover water." In order to know more about ourselves and our culture, we have to encounter people who are very different from us. Anthropology is the study of humankind, past and present, that draws and builds upon knowledge from social and biological sciences, as well as the humanities and the natural sciences.

You're invited to hear Dr. Michael Wesch speak about digital anthropology at 7 p.m. Friday, April 4, in the Community Room. Dubbed "the explainer" by Wired magazine, Michael Wesch is a cultural anthropologist exploring the effects of new media on society and culture, including the culture at Meadowlark Hills.

Dr. Wesch will introduce anthropology by sharing stories from his research in Papua, New Guinea, where he studied a remote indigenous culture for eight years. The purpose of such exotic anthropological research is not just to understand another culture, but also to understand ourselves in new ways. Such research allows us to "jump out of the water" so we can see the culture in which we have been swimming all this time.

Dr. Wesch will explain the inspiration for asking his students to study Meadowlark Hills and explain some of the key insights and questions that have emerged so far in the research.



Thank you for your continued support of the MLH Foundation and its mission.

The Meadowlark Hills Messenger is proudly sponsored by The Trust Company.

UPCOMING EVENTS

Infection Control ITV Class

Attend the interactive, digital class hosted by KU Med to discuss and review who is at risk for infections and learn techniques on how to reduce your risk at noon Wednesday, April 2, in the KSU Classroom. No sign up is necessary and there is no cost associated with the class.

Woodwinds Anonymous Performance

Come enjoy music from Woodwinds Anonymous at 7 p.m. Friday, March 28, in the Community Room. Woodwinds Anonymous (WWA) was organized in 1975 originally as a woodwind trio. Although the membership has increased over the years, one constant has been the dedication of the group to performing music for wind ensembles. WWA plays music by composers as varied as Vivaldi, Bach, Mozart, Beethoven, Schubert, Dvořák, Schumann, Elgar and Joplin.

Service of Remembrance

You are invited to attend the Service of Remembrance to celebrate the lives of those we've lost in the last month at 3 p.m. Friday, March 28, in the Community Room. All are welcome to attend.

Office Open House

Residents and Passport members are invited to explore Meadowlark Hills at the Office Open House from 3:30 to 5 p.m. Monday, March 31.

Stop by all service areas in the Community Center, beginning at the Hospitality Desk and continuing through the halls to the Finance office. This is an opportunity for residents and Passport members to familiarize themselves with staff, service areas and office locations!

Snacks and beverages will be provided throughout the Community Center, so make sure you stop by each one!

Billiards Tournament

Registration for the semi-annual pool tournament is now open until Monday, April 7. A sign-up sheet can be found in the Billiards Room. Tournament play will begin Tuesday, April 8. Residents and employees of any level of experience are welcome to play, from beginners to sharks!

Art Committee Meeting

The Art Committee meeting at 9:30 a.m. Friday, April 4, will meet in the Bramlage House foyer and then ride the elevator to the lower level to view the Elfreda Peterson paintings. Contact Pam Reding with questions at 323-3890.

Needle in the Bone: Osher Special Program

The Osher special program entitled, "Needle in the Bone: How a Holocaust Survivor and Polish Resistance Fighter Beat the Odds," begins at 7 p.m. Tuesday, April 1, in the Community Room.

The class tells the story of Lou Frydman, a nine-year-old Jewish boy during the Nazis' invasion of Poland. When the Warsaw Ghetto was liquidated, he and his brother were sent to six concentration camps and on three death marches, miraculously surviving until they were liberated in 1945. Jarek Piekalkiewicz joined the Polish Resistance Army at the age of 16 only to discover much of his family were already involved. He was captured by the Germans and sent to a POW camp and on the notorious Sagan POW march. Both young men lost their homeland, much of their family and their world, but after the war found the strength and vision to create a new life and family in America and a lasting friendship with each other after meeting at KU. Caryn Miriam-Goldberg tells their story as a way to explore the Holocaust and the Polish Resistance, and what it means, after losing everything, to begin again.

There is a \$10 fee to attend the class. To register, call the Osher Lifelong Learning Institutes at (785) 864-5823.

StrengthsQuest Workshop

Previously registered participants in the StrengthsQuest Workshop are to meet from 2 to 4 p.m. Saturday, April 5, in the KSU Classroom. Participants will need to take the online assessment via computer before the workshop on April 5. Contact Kristin Brunkow to schedule a time to get assistance in the online assessment at (405) 625-5896, or email her at kbrunkow@ksu.edu.

Brain Booster

Brain Booster is a memory support program that revolves around playing games, technology and trying new things. This specific combination of memory enhancing activities is designed to give the brain a dynamic boost. Kansas State University students from the Gerontology Club will provide a new featured activity and technology assistance. We will be meeting every Friday from 1:30 to 3:30 p.m. in the Game Room. Hope to see you there!

ASK ANNIE!

Q: Can residents be updated on the beneficiary for the Employee Jeans Day each month?

submitted by Annie Peace

Each month employees have the opportunity to support a local philanthropy by donating a minimum of \$1 to the chosen cause on the designated "Jeans Day." Everyone who makes a donation on the designated day may wear jeans to work that day, hence the name "Jeans Day." This initially started about a year and a half ago to support a fellow employee who was battling Leukemia. Each month, a new beneficiary is chosen to be the recipient of the money raised through these Jeans Days.

For the month of April, the beneficiary is a boy named Cyrus. Cyrus was diagnosed with stage four Neuroblastoma just one week after his second

below: A photo of Baby Cyrus smiling for the camera.



Joke of the Week

Mr. and Mrs. Jones had just reached the airport in the nick of time to catch the plane for their two-week vacation in Majorca.

"I wish we'd brought the piano with us," said Mr. Jones.

"What on earth for?" asked his wife.

"I've left the tickets on it."

birthday, this past February. He began chemotherapy treatments immediately and will continue to undergo very extensive and costly treatments in his fight. His father works for the Riley County Police Department and his mother for the Department of Architecture and Design at K-State. If you would like to make a donation and support Cyrus in his fight, please see Christina Strange or Darcy Reinbold-Olson in the Human Resources Office across the hall from Verna Belle's Café.

Moving forward, there will be a blurb in the Messenger each month indicating the person, group or organization that Jeans Day will benefit. If you would like to nominate a local charity or cause for a Jeans Day, please get in touch with Janelle Cumro-Sultzer at janelle.cumro@meadowlark.org or (785) 307-1801.

Thanks for another great question!



IMPORTANT REMINDER

Floor & Neighborhood Suppers

Prairie Star Restaurant is devoted to preparing and serving quality neighborhood and floor meals. To help ensure quality service, please remember to sign up at least one day in advance in the Blue Book, located at the Hospitality Desk. Late sign-ups may not be guaranteed the same menu. We appreciate your attention to this matter.

CAMPUS LIBRARY UPDATE

Movies in the Library

The Meadowlark Hills Library is now offering various movie rentals. Movies can be checked out the same way a book would be checked out by filling out your personal library index card and cataloging it alphabetically in the library card box. Please place returned movies in the green basket by the fireplace. A member of the Library Committee will return them to the shelves.

If you have DVDs that you would like to donate to the Library, please drop them off at the Hospitality Desk. No VHS tapes, please.

April BIRTHDAYS

Residents

Health Care

4/2	Dean Hoffman
4/3	Carol DeGraff
4/6	Irene Scruggs
4/8	Vernon Larson
4/9	Monty Walker
4/9	Hilda Zerfas
4/11	Alicia Opheim
4/23	Letha Hail
4/26	Margaret Pettie

***Bold denotes milestone
birthday of 80, 90, 100 or 100+***

Assisted Living

4/2	Betsy Sager
4/3	Mildred Dunn
4/9	Florence Schwab
4/22	LaVonne Greene

Independent Living

4/4	Frances Siegel
4/9	Cam Beatty
4/9	Marcia Smies
4/12	Bill Durkee
4/16	Vivian Olsen
4/17	Jeanne Lundin
4/22	Dorothy Tompkins
4/22	Wilma Hafenstein
4/24	Shorty Kahler
4/25	Diane Dollar
4/27	Dorothy Bitler
4/27	Shirley Sanders
4/30	Gavona Hardin

Employees

4/3	Eldean Ebeling		
4/3	Kilynn Kasten	4/14	Rita Harsch
4/3	Chase Kuchera	4/14	Katherine Stewart
4/4	Angela Beamon	4/15	Vicki Williams
4/5	Patty Brown-Barnett	4/17	Allison Tuxhorn
4/6	Tabitha Edwards	4/19	Janet Iorger
4/7	Jamie Long	4/19	Kelli Cockrell
4/8	Delores Renner	4/19	LaTaisha Shumpert
4/8	Kim Fronce	4/20	Jennifer Mogenson
4/9	Mark Morton	4/21	Katelyn Munsinger
4/9	Ollie Howard	4/23	Aubrea Burns
4/10	Greg Brown	4/23	John Shapel
4/11	Robert Speer	4/24	Cassia Russell
4/11	Jackie Rose	4/25	Delores Worthington
4/11	Teresia Jennings	4/26	Isolde Mauga
4/11	April Ascher	4/26	Lee Rucker
4/12	Elizabeth Shirley	4/28	Marina Pecar-Krstic
4/13	Mike Bribiesca	4/28	Chelsie Witt
4/14	Kristen Everett	4/29	Brook Niehues
4/14	Karen Evinger-Irvine	4/30	Janice Zerwig



Hours:
8 a.m. to 5 p.m.

Monday - Friday

8 a.m. to 1 p.m.

Saturday

323-3818

April Daily Specials

April 2 – Sloppy Joes with Coleslaw	\$3.75/\$5.50
April 4 – Tuna Noodle Casserole with Sweet Corn	\$5.50
April 7 – Philly Cheese Steak with Soup OR Chips	\$3.75/\$5.50
April 9 – Chicken Bacon Ranch Wraps with Soup OR Chips	\$3.75/\$5.50
April 11 – Loaded Baked Potato Soup with Small Salad or Roll	\$3.75/\$5.50
April 14 – Hawaiian Flatbread Pizza	\$3.75/\$5.50
April 16 – White Chicken Chili with Sweet Corn Bread Muffin	\$3.75/\$5.50
April 18 – Three-cheese Lasagna Roll-up with Small Caesar Salad	\$5.50
April 21 – Meatloaf with Mashed Potatoes and Gravy	\$5.50
April 23 – Monte Cristo Wrap with Soup OR Chips	\$3.75/\$5.50
April 25 – Grilled Cheese with Tomato Soup	\$3.75/\$5.50
April 28 – Beef and Cheddar Wrap with Soup OR Chips	\$3.75/\$5.50
April 30 – Chicken Alfredo with Roasted Vegetables	\$5.50

PRAIRIE★STAR

RESTAURANT

March 30–April 5
Includes beverage, starter and dessert.

SUNDAY	March 30 ~ Lunch \$11	Dinner \$10
	Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Ham & Beans Cornbread Vegetable of the Day
MONDAY	March 31 ~ Lunch \$10	Dinner \$12
	Pork Sliders Steak Fries Choice of Vegetable	Stuffed Pork Chopin, Cream Gravy Apple Sauce Vegetable of the Day
TUESDAY	April 1 ~ Lunch \$6	Dinner \$11
	Taco Bar (does not include drink, starter or dessert)	Chicken Stuffed with Carrots, Squash, Asparagus, Roasted Red Pepper Sauce Carrot Risotto Vegetable of the Day
WED.	April 2 ~ Lunch \$10	Dinner \$12
	Cilantro-Lime Marinated Chicken Wrap Potato Salad Choice of Vegetable	Braised Beef Brisket, Bordelaise Sauce Potato Pancakes with Corn & Green Onions Vegetable of the Day
THURSDAY	April 3 ~ Lunch \$7	Dinner \$11
	Deli Bar (does not include drink, starter or dessert)	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day
FRIDAY	April 4 ~ Lunch \$10	Dinner \$15
	Fried Breaded Shrimp Pieces French Fries Cole Slaw	Catch of the Day Vegetable of the Day
SATURDAY	April 5 ~ Lunch \$10	Dinner \$11
	Salisbury Steak Roasted Red Potatoes Choice of Vegetable	Turkey Loaf Roasted Ranch Potatoes Vegetable of the Day

*You may substitute an extra vegetable for the starch on any special for no additional charge.

Grosh Cinema Movies

Monday, March 31 - Sunday, April 6

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

Monday, March 31 – The Seven Year Itch (1955)

After his family leaves for the summer, a middle-aged publisher lets his imagination run wild as he fantasizes about his curvaceous new neighbor.

Co-starring: Marilyn Monroe & Tom Ewell

Rated NR; 1 hr. 44 min.

Tuesday, April 1 - Moonstruck (1987)

In this slice-of-life comedy about the Italian American residents of a Brooklyn neighborhood, an independent-minded widow falls in love with a one-handed misfit baker, much to the chagrin of her betrothed.

Co-starring: Cher & Nicholas Cage

Rated PG; 1 hr. 42 min.

Wednesday, April 2 – The Sons of Katie Elder (1965)

John Wayne stars as the eldest of four Elder brothers who reunite in Texas to bury their mother and investigate the death of their father. But a meddling sheriff and a rival gang have other plans for the brothers, and soon the air is thick with lead.

Co-starring: John Wayne & Dean Martin

Rated NR; 2 hrs. 1 min.

Thursday, April 3 – King Kong (1933)

Delivering action, adventure, chills and thrills, this precedent-setting monster movie tells a timeless tale of man vs. beast. While shooting in the jungle, filmmaker Carl Denham (Robert Armstrong) discovers an awe-inspiring marvel of nature: a 50-foot gorilla dubbed Kong. Subduing the mighty beast, the crew returns to New York with the primate, who promptly escapes, spreading mayhem and going ape for the production's leading lady (Fay Wray).

Starring: Fay Wray & Robert Armstrong

Rated NR; 1 hr. 40 min.

Friday, April 4– Austenland (2013)

Jane Hayes is so taken with Jane Austen's novels that she decides to splurge on a trip to an English resort that caters to Austen fans. But when the authentic period romance Jane was promised proves unacceptable, she acts to alter her fate.

Co-starring: Keri Russell & JJ Feild

Rated PG-13; 1 hr. 37 min.

Saturday & Sunday, April 5 & 6 – The Great Gatsby (1974)

Mysterious millionaire Jay Gatsby is obsessed with Daisy Buchanan, who's married to unfaithful Tom, making for a tragic love triangle.

Co-starring: Robert Redford & Mia Farrow

Rated PG; 2 hrs. 23 min.

This Week's Opportunities March 30 - April 5

SUNDAY • MARCH 30

10:00 a.m. ~ Church Service, CR
2:00 p.m. ~ Movie, GC
6:00 p.m. ~ Movie, GC

MONDAY • MARCH 31

Trash pick-up day.

Dental Hygiene Clinic, IL # 207– *By Appointment Only*

9:30 a.m. ~ Seated Strength, CR
10:20 a.m. ~ Weights 101, CR
11:15 a.m. ~ Sit and Be Fit, CR
12:00 p.m. ~ Beginner Tai Chi, CR
1:00 p.m. ~ Blood Pressure Clinic, GR
1:15 p.m. ~ Parkinson's Exercise Class, CR
1:30 p.m. ~ Ladies Pool Table Time, BP
2:00 p.m. ~ Parkinson's Voice Class, KSU CR
3:00 p.m. ~ Meadowlark Singers Practice, CR
7:00 p.m. ~ Game Time, GR

TUESDAY • APRIL 1

7:30 a.m. ~ 1st Pres. Men's Bible Study, MR
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Seven Dolors Book Discussion, LR
12:00 p.m. ~ Kimball Luncheon, MR
1:00 p.m. ~ Tai Chi, CR
2:00 p.m. ~ Life Story, MR
3:00 p.m. ~ Coffee Corner, CR
4:00 p.m. ~ Newspaper & Bible, LR
7:00 p.m. ~ Dominoes, GR
7:00 p.m. ~ Needle in the Bone: Osher Special Program, CR

WEDNESDAY • APRIL 2

8:00 a.m. ~ Centering Prayer, TR
9:00 a.m. ~ New Perspectives, LR
9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Wal-Mart/Hyvee Shopping Trip, VE
10:00 a.m. ~ Church Service, KSU CR
10:00 a.m. ~ Memory Support Group, CON
10:20 a.m. ~ Weights 101, CR
11:15 a.m. ~ Sit and Be Fit, CR
11:30 a.m. ~ 1st Mens Club, MR
12:00 p.m. ~ Beginner Tai Chi, CR
12:00 p.m. ~ Infection Control Brownbag
ITV Series, KSU CR
1:00 p.m. ~ Dr. Tran Foot Clinic, CR
1 to 2 p.m. ~ Fitness Center Office Hour, FC
1:30 p.m. ~ Pitch, GR
3:00 p.m. ~ Call Hall Ice Cream, KR
7:00 p.m. ~ Orphan Train Osher Class, CR
7:00 p.m. ~ Game Time, GR

THURSDAY • APRIL 3

10:00 a.m. ~ Meadowlark Bible Study, LR
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
1:00 p.m. ~ Blood Pressure Clinic, GR
2:00 p.m. ~ Parkinson's Caregiver Support Group, CR
3:30 p.m. ~ Dementia Caregiver Support Group, LR
5:30 p.m. ~ Meadowlark Circle Supper, MR
7:00 p.m. ~ Bingo, CR
7:00 p.m. ~ Woodwinds Anonymous Practice, LR

FRIDAY • APRIL 4

9:30 a.m. ~ Seated Strength, CR
9:30 a.m. ~ Art Committee Meeting, Bramlage House
10:20 a.m. ~ Weights 101, CR
11:15 a.m. ~ Sit and Be Fit, CR
12:30 p.m. ~ Mending Angel, GR
1:00 p.m. ~ Hand and Foot Card Games, GR
1:15 p.m. ~ Parkinson's Exercise Group, CR
1:30 p.m. ~ Brain Booster, GR
3:30 p.m. ~ Catholic Rosary, CR
7:00 p.m. ~ "What is Digital Anthropology?" by Dr. Michael Wesch, CR

SATURDAY • APRIL 5

10:00 a.m. ~ Water Color Painting Art Class, KSU CR
1, 4 & 7 p.m. ~ Movie, GC
2 p.m. ~ StrengthsQuest Workshop, KSU CR

• ROOM ABBREVIATIONS •

BP, Billiards Parlor	LB, Library
CR, Community Room	LR, Living Room
CON, Conference Room	MR, Manhattan Room
FC, Fitness Center	MCR, Miller Craft Room
GR, Game Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	TR, Tranquility Room
KR, Kansas Room (Pub)	VE, Village Entrance
KSU CR, KSU Classroom	WS, Woodshop

DRINK SPECIAL



March 31 – April 5
3–Mile Long Island Ice Tea
1/2 oz. Gin, Light Rum, Tequila,
Triple Sec, Vodka
Sweet and Sour Mix
Coke
Bitters
Garnish with Lemon
\$3.75