



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

April 3, 2014

The Generational Divide *Anthropology Students Host Focus Group*

The anthropology students want to discuss the generation gap between students and residents. Carol Ford and Alex Thomen are holding a Focus Group at 7 p.m. Wednesday, April 16, in the Living Room. We will be discussing questions based on surveys, values and lifestyles across generations.

The topic of the discussion group is originated from a book by Jean M. Twenge entitled, "Generations Me: Why Today's Young Americans Are More Confident, Assertive, Entitled—and More Miserable Than Ever Before." The book addresses "The Entitlement Generation" or *Gen Y*. This generation is storming

into schools, colleges, and businesses all over the country. This book explores why the young people she calls "Generation Me"—those born in the 1970s, 1980s, and 1990s—are tolerant, confident, open-minded and ambitious but also cynical, depressed, lonely and anxious.

There is no reading requirement to attend the Focus Group, but the students would like to hear your opinions on this topic or observations of your generation. Video and audio recording will be taken of the Focus Group. Everyone is welcome to attend!

SAVE THE DATE

SYMPHONY IN THE FLINT HILLS

Meadowlark Hills is able to secure a block of tickets to the ninth annual Symphony in the Flint Hills. This year's event is set for Saturday, June 14, at Rosalia Ranch in Butler County, near Eldorado, Kan.

With the increased price of tickets for 2014, the package price offered by Meadowlark Hills, which includes a concert ticket, reserved seat, meal and transportation, will be between \$145 and \$160 per person. Register for this event by signing up in the Blue Book located at the Hospitality Desk.

Packages will be offered on a first-come, first-serve basis. Residents, board members, Passport members, and their friends and families will have first priority.

A schedule of events and departure time will be announced as soon as the information is released. More details to come! If you have questions, please contact Becky Fitzgerald at 323-3802, or Amanda Rall at 323-3801.



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 & ANNOUNCEMENTS

Digital Anthropology

You're invited to hear Dr. Michael Wesch speak about digital anthropology at 7 p.m. Friday, April 4, in the Community Room. 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.

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!

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. The group will meet every Friday from 1:30 to 3:30 p.m. in the Game Room. Hope to see you there!

StrenghtsQuest Workshop

Previously registered participants in the StrenghtsQuest 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.

Wilma Hafenstein's Birthday Party

You're invited to a birthday celebration by Wilma Hafenstein's family from 2 to 4 p.m. Saturday, April 12, in the Community Room. Cake and refreshments will be served. Wilma is requesting no gifts—just bring a good joke to share.

Color Theory Class led by Diane Dollar

During the interim of the water color art class, Tips and Techniques, Diane Dollar will teach a class on color theory. In the visual arts, color theory is a body of practical guidance to color mixing and the visual effects of a specific color combination. There are definitions of colors based on the color wheel: primary color, secondary color and tertiary color. If you are interested in learning more about the color theory, join Diane in the KSU Classroom on Saturdays from 10 a.m. to noon. If you have any art supplies, please bring them with you to the class.

Wildflower Presentation

Attend the Wildflower Presentation by Jill Haukos at 7 p.m. Friday, April 12, in the Community Room. Jill received her bachelor's degree from South Dakota State University in Wildlife and Fisheries Management and also holds a master's degree in Zoology and Environmental Education from Texas Tech University. During her master's program, Jill was able to put together her own environmental education curriculum. She has also developed science programs and docent training series. Jill will dedicate her presentation to native wildflowers, many of which you can experience right here on the Meadowlark Hills campus!

Art Student—Photography Display

K-State student, Anahi Sosa's photography that she has taken of Meadowlark Hills residents is on display. You are invited to view the exhibit from Monday, April 7 through Friday, April 11, in the Mark A. Chapman Gallery located in Willard Hall on the K-State campus.

Men's Coffee Group Article

Calling all Meadowlark Hills men! Lonnie Baker, CEO, and Garrett Lee, Health Services Director, will host a men's coffee group starting at 9 a.m. Friday, April 11, in the Manhattan Room. This will be a time of fellowship and discussion among the residents of Meadowlark Hills with Garrett and Lonnie, while enjoying hot coffee! The men's coffee group will meet Friday on the first full week of the month. Lonnie and Garrett will take turns hosting. Please contact Kristin Smith at 323-3800 with any questions.

ANNOUNCEMENTS

Celebrating 65 Years

Congratulations are in order for Charlie and Elsie Hall! The couple are celebrating their 65th wedding anniversary on April 14.

Resident Wellness Committee

submitted by Garrett Lee

Until further notice, the Resident Wellness Committee has decided to discontinue meetings. When the new Social Services Leader is in place, the group will discuss future plans for the committee. Let Garrett Lee or Kristin Smith know if you have any questions. Residents are reminded that if they have questions, concerns, comments or would otherwise like to know about current organizational topics, all are invited to attend any of the monthly focus groups facilitated by Lonnie Baker, CEO, and Amanda Rall, Resident Services Leader.

Art Committee Meeting

The Art Committee will meet 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.

Library offers new Books on Tape

The Meadowlark Hills Library has eleven new Books on Tape available for check-out.

FOUNDATION NEWS

March 2014

In Loving Memory

Fred Daniels

Chuck Ehmke

Bill Schroeder

Mardeen Hartford

Leon Edmunds

Don Area

Donations were made to the Good Samaritan Fund, Parkinson's Program Fund and Pond Fund.

ASK ANNIE!

Q: Why are the large garbage and recycling bins outside, behind the kitchen area, not covered? It seems like a lot of trash blows out during the day and night allowing trash to go all over the campus (especially in the area of the medical clinic).

submitted by Annie Peace

This is a great question as this is one of the many challenges the Kansas wind brings us. These dumpster originally came with lids, however these lids are engineered to be easily opened and closed and therefore are very light. This causes them to flap around in the wind and bang open and close on windy days and nights. This has caused disturbance at night to those residents living above this area and defeats the purpose of having lids on the dumpsters. It was decided not to use the lids any longer. Our Environmental Services Team has explored other options such as having the lids permanently closed and using the small sliding doors on the front of the dumpsters or using smaller dumpsters that are emptied more often. Both of the options would compromise the safety of staff and residents using the dumpsters and docking area and would increase our trash service cost by several thousand dollars a year. So from an ergonomic, safety and financial standpoint we didn't feel these options were viable. We can, however, increase our awareness of the issue and boost conscious efforts to look for trash that may be blowing around in the area so we can maintain it before it gets out of hand.

Additionally, remember to be extremely careful when out in this Kansas wind. Recently we've had gusts of over 50 miles per hour.

Thank you for yet another great question and as always, keep them coming!



PRAIRIE★STAR

RESTAURANT

April 6 - 12

Includes beverage, starter and dessert.

SUNDAY	April 6 ~ Lunch \$12	Dinner \$11
	Pot Roast New Potatoes, Carrots, Celery and Onions	Baked Ham Scalloped Potatoes Vegetable of the Day
MONDAY	April 7 ~ Lunch \$10	Dinner \$12
	Pork Fritter Sandwich Tater tots Choice of Vegetable	Shrimp Scampi Angel Hair Pasta Vegetable of the Day
TUESDAY	April 8 ~ Lunch \$8	Dinner \$11
	Fajita Bar (does not include drink, starter, or dessert)	Sweet & Sour Chicken Fried Rice Vegetable of the Day
WED.	April 9 ~ Lunch \$10	Dinner \$11
	BBQ Chicken Wings Waffle Fries Carrot & Celery Sticks	Meatloaf Mashed Potatoes & Brown Gravy Vegetable of the Day
THURSDAY	April 10 ~ Lunch \$7	Dinner \$12
	Pasta Bar (does not include drink, starter or dessert)	Cornish Game Hen Mango Salsa Steamed Rice Vegetable of the Day
FRIDAY	April 11 ~ Lunch \$10	Dinner \$15
	Salmon BLAT Steak Fries Choice of Vegetable	Catch of the Day Roasted Red Potatoes Vegetable of the Day
SATURDAY	April 12 ~ Lunch \$10	Dinner \$15
	Egg Salad Sandwich Coleslaw Choice of Vegetable	Steak Night Baked Potato Vegetable of the Day

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

Grosh Cinema Movies

Monday, April 7 - Sunday, April 13

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

Monday, April 7 – That Midnight Kiss (1949)

Prudence Budell returns from Europe after a period of five years training in the best Europeans music schools. Her millionaire grandmother sponsors an opera company under the command of the famous maestro Jose Iturbi to give a chance to Prudence to lead an opera. They hire a famous tenor, but Prudence does not feel comfortable with him on the stage. When Prudence accidentally sees a truck driver singing opera, she convinces Jose to give a chance to him. They fall in love for each other, but when Prudence visits his work to tell that he will be hired, she meets Mary and she believes Johnny is in love of his colleague.

Starring: Kathryn Grayson

Rated NR; 1 hr. 36 min.

Tuesday, April 8 - Emma (1996)

This adaptation of Jane Austen's novel about manners and misguided matchmaking takes a comic look at the romantic meddling of Emma Woodhouse.

Starring: Gwyneth Paltrow

Rated PG; 2 hr. 1 min.

Wednesday, April 9 – Chisum (1970)

John Wayne stars as tough cattle baron John Chisum in one of his better late-era Westerns, directed by Andrew McLaglen. Chisum fights con artists, corrupt town officials (Forrest Tucker) -- even Billy the Kid (Geoffrey Deuel) -- in order to keep the peace and his cattle ranch intact. Ben Johnson plays The Duke's mumbling sidekick.

Co-starring: John Wayne & Forrest Tucker

Rated NR; 1 hr. 51 min.

Thursday, April 10 – The Man with One Red Shoe (1985)

Richard (Tom Hanks) is a classical violinist who's picked out of a crowd and accused of being a spy just because he wears one red shoe. Soon, he's mixed up in a dispute between two factions of the CIA, with both sides following his every move: Cooper (Dabney Coleman) is the agency's ruthless leader who pulls out all the stops to find out what Richard knows, while Ross (Charles Durning) must track Richard in order to keep him safe.

Starring: Tom Hanks

Rated PG; 1 hr. 45 min.

Friday, April 11 – Gravity (2013)

As a medical engineer on her first shuttle mission embarks on a space walk with a seasoned astronaut, debris strikes their craft and destroys it -- leaving the two floating through space tethered together, with no connection to Earth.

Co-starring: Sandra Bullock & George Clooney

Rated PG-13; 1 hr. 31 min.

Saturday & Sunday, April 12 & 13 – The Decoy Bride (2011)

When a Hollywood actress heads to a Scottish island to get married, her handlers must find a way to dupe the paparazzi after she flees in frustration.

Co-starring: Kelly Macdonald & David Tennant

Rated PG; 1 hr. 28 min.

This Week's Opportunities April 6 - April 12

SUNDAY • APRIL 6

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

MONDAY • APRIL 7

Trash pick-up day.

Dental Hygiene Clinic, 207- *By Appointment Only*
8:30 a.m. ~ IL Resident Council, KSU CR
9:30 a.m. ~ Town Meeting, CR
11:15 a.m. ~ Sit and Be Fit, CR
12:05 p.m. ~ Weights 101, 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
5:30 p.m. ~ Tuttle Creek Supper, MR
7:00 p.m. ~ Game Time, GR

TUESDAY • APRIL 8

10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Seven Dolors Book Discussion, LR
1:00 p.m. ~ Tai Chi, CR
3:00 p.m. ~ Coffee Corner, CR
3:30 p.m. ~ Ambassador Committee, KSU CR
4:00 p.m. ~ Newspaper & Bible, LR
5:30 p.m. ~ 4th Floor Supper, MR
7:00 p.m. ~ Dominoes, GR

WEDNESDAY • APRIL 9

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. ~ Memory Support Group, CON
10:00 a.m. ~ Church Service, KSU 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
12:00 p.m. ~ 2nd Men's Club Lunch, LR
1 to 2 p.m. ~ Fitness Center Office Hour, FC
1:30 p.m. ~ Pitch, GR
1:30 p.m. ~ Afternoon Presbyterian Church Circle, LR
2:00 p.m. ~ Ike: Kansan, Soldier, President
Osher Class, CR
3:00 p.m. ~ Call Hall Ice Cream, KR
7:00 p.m. ~ Game Time, GR

THURSDAY • APRIL 10

8:00 a.m. ~ Meadowlark Hills Travelers, Departing
from Prairie Star Patio
9:00 a.m. ~ Messenger Ladies, CON
10:00 a.m. ~ Great Decisions, LR
10:00 a.m. ~ Resident Focus Group, KSU CR
10:00 a.m. ~ Meadowlark Bible Study, MR
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
1:00 p.m. ~ Blood Pressure Clinic, GR
2:30 p.m. ~ KSU Gerontology Class, CR
3:30 p.m. ~ Dementia Caregiver Support Group, MR
4:00 p.m. ~ Center on Aging Lecture Series, CR
7:00 p.m. ~ Bingo, CR
7:00 p.m. ~ Woodwinds Anonymous Practice, LR

FRIDAY • APRIL 11

9:00 a.m. ~ Men's Coffee Group, MR
9:30 a.m. ~ Seated Strength, CR
10:20 a.m. ~ Weights 101, CR
11:15 a.m. ~ Sit and Be Fit, CR
1:00 p.m. ~ Hand and Foot Card Games, GR
1:15 p.m. ~ Parkinson's Exercise Group, CR
1:15 p.m. ~ Parkinson's Caregiver Support Group, LR
1:30 p.m. ~ Brain Booster, GR
7:00 p.m. ~ Wildflower Presentation, CR

SATURDAY • APRIL 12

1:00 p.m. ~ Movie, GC
2:00 p.m. ~ Wilma Hafenstein's Birthday Party, CR
4:00 p.m. ~ Movie, GC
7:00 p.m. ~ Movie, GC

• 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



April 7 – 12
Spring Fling
2 oz. Extra Dry Gin
6 oz. Lemon-lime Soda
6 oz. Cranberry Juice
\$3.75