

Eclipse Excursion

*by Monte Spiller, Resident
Services Leader*

Due to the high level of interest in the Solar Eclipse excursion, Meadowlark has chartered a 56-passenger bus in an effort to accommodate as many people as possible. Those who have been on the waiting list have been added to the list of trip attendees. The list is currently full.

Because of the change in transportation, the cost of the trip has slightly increased to \$20 per person. The price includes transportation, eclipse-viewing glasses and a boxed lunch. The boxed lunch will consist of a sandwich, chips, cookie, soda, condiments and water.

The solar eclipse that will be visible from the continental United States occurs Monday, Aug. 21. The group will leave from the Village Entrance at 9:15 a.m. to travel to Marysville. The eclipse is estimated to begin at 11:37 a.m. If you have questions, please call Monte Spiller at (785) 323-3801.



Run, Speedy, Run!

9th annual Speedy PD Race for Parkinson's set for Aug. 26

*by Michelle Haub, Parkinson's Program
Leader*

Beautiful shade. Flat, paved walkway. Friends and family. BBQ, beer and fresh fruit. These are just a few of the wonderful things individuals of all ages and abilities may enjoy as they participate in the ninth annual Speedy PD Race for Parkinson's Disease presented by UMB at 8 a.m. Saturday, August 26, at Tuttle Creek State Park!

The purpose of the event is multifaceted: to raise awareness and understanding of Parkinson's Disease (PD); to raise funds to support the Meadowlark Parkinson's Program in it's ten-year tradition of providing *free* exercise classes, educational opportunities, community outreach

and scholarship to those in the Flint Hills affected by PD; to honor those affected by PD; to exercise (run &/or walk a 5k, 10k or ½ Mile); and to enjoy the beautiful Tuttle Creek Lake and have fun with new and established friends!

In 2016, the event hosted more than 700 registered runners/walkers and this year organizers Doug Sellers, Body First Wellness Director, and Michelle Haub, Parkinson's Program Leader, are hopeful for another great turnout! The Team Competition has seen the greatest amount of growth over the recent years. Last year, Meadowlark's Team of residents and staff came in a close second place to Coyote Crazy who had 72 people! Presently there are

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Playin' Pinochle

If you enjoy playing Pinochle and have some time on Tuesday afternoons, please join the Pinochle group. They meet at 1 p.m. each Tuesday in the Game Room. All are invited.

Tree trimming

There will be a contractor trimming trees and cutting out shrubs along our property line following Kimball Avenue. The trimming will only occur under power lines and will include any limbs that are growing close to the lines. The contractor is working for Westar Energy and is scheduled to be around Meadowlark for two to three weeks. If you have questions, please contact maintenance at (785) 323-3851.

Backyard Party

Friday, July 28, at 3 p.m.

Join the Assisted Living team for a Backyard Party at 3 p.m. Friday, July 28, in the Community Room. There will be music, games and refreshments. All are welcome to join in the summer fun!

Piano Recital with Steve Shields

Friday, July 28, at 7 p.m.

Meadowlark is excited to welcome Steve Shields, CEO of Action Pact Development. Steve will perform a piano recital at 7 p.m. Friday, July 28, in the Community Room. Former CEO of Meadowlark Hills, Steve enjoys visiting campus as the residents and staff hold a special place in his heart. Steve is a man of many talents, including captivating entertainer.

Vespers Services

Sunday, July 30, at 7 p.m.

The Vespers services will be led by John Anderson, a lay speaker from First United Methodist Church. Vespers service will begin at 7 p.m. Sunday, July 30, in the Community Room. All are welcome to attend.

Memory Care Partner Support Group

Wednesday, Aug. 2, at 10 a.m.

Memory Care Partners Support Group will meet from 10 to 11 a.m. Wednesday, Aug. 2, in the

Tranquility Room. This group provides opportunity for discussion that relates to challenges of a caregiver and ways to cope with the daily struggles of providing full time care to a loved one with memory and/or cognitive changes.

Memory Activities Class

Wednesday, Aug. 2, at 10 a.m.

Memory Activities Class (MAC) provides education, activities and discussions about memory and cognition in an informal setting. All levels of abilities are welcome and snacks will be provided. This group will meet at 10 a.m. Wednesday, Aug. 2, in the KSU Classroom.

Memory Café

Wednesday, Aug. 2, at 10 a.m.

Memory Café will meet in the Pub at 10 a.m. Wednesday, Aug. 2. This group features story sharing, reminiscing and social engagement. It is facilitated by Bridget Larkin and Arlene Lundberg. All are welcome to participate in this informal setting and snacks are provided.

Shopping Trip

Wednesday, Aug. 2, at 10 a.m.

Transportation will travel to Dillons and Walmart at 10 a.m. Wednesday, Aug. 2, departing from the Village Entrance. Please register in the Blue Book to participate.

Memory Program Luncheon

Wednesday, Aug. 2, at 11 a.m.

Join the Meadowlark Memory Program for a relaxing lunch from 11 a.m. to noon Wednesday, Aug. 2, in the Manhattan Room. This is an opportunity to visit with others who may be experiencing some changes in their memory. The lunch will begin immediately after the Memory Activities Class, Memory Café and Memory Care Partners Support Group, so it's a wonderful way to carry-over the things you learn in these classes in a non-threatening social environment. The menu will include soup, salad and a dessert paired with great conversation. Please sign up in the Blue Book by Monday, July 31. Cost is approximately \$9 per person.

Lutheran Video Worship Series

Wednesday, Aug. 2, at 4 p.m.

You are invited to watch a televised worship service at 4 p.m. Wednesday, Aug. 2, in the Living Room. All are welcome to attend.

Music with Leroy Johnson

Friday, Aug. 4, at 7 p.m.

Leroy Johnson will present *Moonlight Sonata* and other classical favorites at 7 p.m. Friday, Aug. 4, in the Community Room. Leroy promises a show that you don't want to miss!

Eat, Drink ...and Be Musical!

Wednesday, Aug. 16, at 7 p.m.

Do you like to eat and drink? Of course you do! Well, Manhattan Summer Chorus has the concert for you. Come and enjoy *Food, Glorious Food!* (from *Oliver*) and help us decide *What Shall We Do With a Drunken Sailor?* We'll have a more serious side, singing *O Sacrum Convivium* (Tallis), with its Latin text on the Blessed Sacrament and *O Esca Viatorum* (Bach), which roughly translates as "food for the wayfaring stranger." We'll toast to *The Night They Invented Champagne* (a Lerner and Lowe favorite from *Gigi*) while *In Taberna* (from *Carmina Burana* by Carl Orff) and enjoy the idea of bringing in the *Good Ale* (Rutter). We hope there won't be any *Ill Wind* (arr. P. Gritton), but *If Music Be the Food of Love*, you'll have plenty to digest! Join us for the concert at 7 p.m. Wednesday, Aug. 16, in the Community Room. We look forward to singing for you!

Farewell Party for Mary Harness

Friday, Aug. 18, from 2 to 4 p.m.

Mary Harness will be moving to Kansas City in late August, and while we are sad to see her go we are also happy for her as she pursues a new chapter in her life. Please join us in wishing Mary goodbye and good luck from 2 to 4 p.m. Friday, Aug. 18, in the gathering area outside her office. Refreshments will be served.

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, July 31

Avocado BLT with Fruit Salad
bacon, lettuce, tomato & avocado on butter-toasted
wheatberry bread
\$3.99/\$5.99

Tuesday, August 1

Reuben with Choice of Side
corned beef, sauerkraut, swiss cheese & thousand
island dressing on toasted rye bread
\$3.99/\$5.99

Wednesday, August 2

Turkey Club with Pasta Salad
turkey, bacon & Swiss Cheese on toasted white or
wheatberry bread with a roasted garlic aioli spread
\$3.99/\$5.99

Thursday, August 3

Quesadilla Day
shredded cheese, chicken or steak on a crisp flour
tortilla with your choice of veggies
\$3.50/\$4.50/\$5.50

Friday, August 4

Grilled Chicken Sandwich with Potato Salad
grilled chicken, swiss cheese, & roasted garlic aioli on a
butter-toasted bun with lettuce, tomato & pickle
\$5.99

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already eleven teams signing up members to compete for coveted prizes and titles including, *Largest Team, Most Donations Raised, Most Inspirational* and *Fastest Team*. Team prizes will be awarded to winners in two categories—Corporate Team and Social Team.

The 2017 event will feature newly certified (USATF) 5k (3.1 miles) and 10k (6.2 miles) courses. These new routes will keep all of our runners inside the park to increase their safety. It also keeps the courses flat, which should encourage racers to set a personal record (PR).

Race festivities will begin Friday, Aug. 25, with a Pasta Party from 4:30 to 6:30 p.m. at the Holiday Inn Campus. Cost is \$12 for adults and \$6 for children 10 and under. If you would like to attend the race, please RSVP to Michelle at 323-3899 by Aug. 21.

Michelle is thrilled to announce that the speaker for the evening of the Pasta Party is a Regional Leader for the Michael J. Fox Foundation's Community Engagement Team. Lauren Paglisotti will speak at 6:30 p.m. and plans to present the latest research information in the world of treating PD and share how the Michael J. Fox Foundation leads the way in these efforts.



On Saturday, Aug. 26, the 5k and 10k races begin at 8 a.m., and the Half-Mile Family Fun Run/Walk starts at 9:15 a.m. Each registered participant receives a Speedy PD t-shirt (guaranteed until 8/11/17), a finisher's medal and wonderful post-race food, drink and massages provided by our generous sponsors.

To register for the race, please visit www.runspeedypd.org or stop by the Hospitality Desk to pick up a paper registration form. You

may turn in your registration and payment to the lock box at the Hospitality Desk, UMB on Humboldt or at Body First Wellness Center.

The planning committee is also searching for volunteers to ensure our participants are safe while having fun. If you are interested in volunteering at the race, please email rd@bodyfirst.com or call Jeanette Wagner at (783) 323-3870. Even if you are running, you could volunteer to help before or after your event.

The Speedy PD Race for Parkinson's Disease benefits the Meadowlark Parkinson's Program. To learn more about the program, please contact

Michelle Haub at 323-3899. See you at the race!



[top] Parkinson's Program Leader Michelle Haub hugs Don Rasmussen after presenting him with an award at the 2016 race event.

[above] Team Coyote Crazy poses for a group photo.

August Birthdays

Healthcare

8/1 Adella Gaston
8/6 John Vanier
8/6 Glennard Yordy
8/18 Eloise Bourque
8/18 Calvin Drake
8/19 Elizabeth Williams
8/21 Evelyn Nelson
8/25 Cora Miles
8/27 John Rees
8/31 Elaine Medlin

Assisted Living

8/24 Wilda Connell

Independent Living

8/1 Ron Williams
8/2 Avis Bidwell
8/3 Irvin Reeves
8/4 Clif Meloan
8/6 Ken Burkhard
8/6 Judy Cattell
8/11 Dick Cattell
8/14 John Strickler
8/15 Nancy Marks
8/18 Jo Lindly
8/20 Don Kessinger
8/20 Dianna McCaustland
8/22 Brian Spooner
8/22 Mary Spooner
8/25 Ellie Cox
8/28 Sue Reeves

Employees

8/1 Jayne Klinge
8/1 Lisa Schwarz
8/1 Lezlie Settgast
8/3 Katherine Cooper
8/3 Timmon Herzberg
8/4 Brenda Havenstein
8/4 Veronica Gallegos
8/6 Devin Askew
8/6 Emily Schierkolk
8/6 Marvin Thompson
8/8 Sheila Frihart
8/8 Angela Gerena
8/9 Lauren Del Vecchio
8/9 Sarah Duggan
8/10 Briley Pletcher
8/11 Tom Barcellina
8/11 Jennifer Reed
8/11 Ginger Ruhnke
8/11 Rachel Severt
8/12 Paige Divine
8/12 Annie Peace
8/13 Kirsten Covello
8/14 Sawyer Holt
8/15 Morgan Tiers
8/16 Madison Findley
8/16 Nicci Sammons
8/20 Tori Farwell
8/20 Clinton Pierce
8/20 Ginger Stansbury
8/21 Michel Knight
8/23 Carol Neal
8/23 Amanda Zimmerman
8/24 Sarah McConnell
8/24 Larry Wesche
8/27 Natalie Peterman
8/27 Brynn Wright
8/29 Mary Harness
8/30 Pamala Mann
8/30 Tyna Teaney
8/31 Rhonda Lund
8/31 Deanna Romine

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



High Fives for Murphy

by Sarah Duggan

Things have been a little rushed in the evenings at the Duggan household last week and this week. Murphy had swimming lessons at 7 p.m. which means



getting home, changed and eating dinner happens at double speed! Edward and I alternated who attended lessons with her in an effort to keep Eilish home, cool and on her bedtime schedule. (All the books say babies thrive on routine—as many adults do, too!) I can sum up the sessions I attended in three words: Proud Mommy Moment.

I am a *little* biased, but my little Murphy is amazing. Even though she doesn't get it just right, she *tries*. She often tells me that keeping her legs straight when she kicks is "bery bery hard." On the third day of lessons, she accomplished a feat that made my whole body swell with pride. She went under water. Totally under—covered her whole head— and blew bubbles all at the same time. Murphy is amazing.

I don't think I would have believed it had I been told years ago that my day could be made by watching a miniature version of myself master a swimming technique, use the potty correctly, or *finally* eating a green vegetable.

Motherhood has changed my life in more ways than I can name, but one of the best changes has been the constant reminder to find joy in the little things. We give high fives when Murphy finishes her dinner or is able to count to ten without skipping a number.

Going underwater on her own? What a grown-up little girl. Life is always changing.

PRAIRIE★STAR RESTAURANT

Monday to Saturday, 10:30 a.m. to 8 p.m.

Sunday, 10:30 a.m. to 7 p.m.

Specials Menu

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.

SUNDAY	July 30 ~ Lunch \$12	Dinner \$14
	Grilled Raspberry Chicken Breast Wild Rice Vegetable du Jour	Fried Scallops with Tartar Sauce Scalloped Potatoes Vegetable du Jour
MONDAY	July 31 ~ Lunch \$10	Dinner \$12
	BBQ Pulled Pork Baked Beans Choice of Vegetable	Braised Chicken Thighs ala Orange Garlic Mashed Yukon Gold Potatoes Vegetable du Jour
TUESDAY	Aug. 1 ~ Lunch \$8	Dinner \$12
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Roasted Honey Dijon Pork Tenderloin Couscous Vegetable du Jour
WED.	Aug. 2 ~ Lunch \$11	Dinner \$14
	Coconut Shrimp Roasted Red Potatoes Choice of Vegetable	Shrimp & Chicken Penne in Sherry Garlic Sauce Garlic Toast Vegetable du Jour
THURS.	Aug. 3 ~ Lunch \$8	Dinner \$12
	Macaroni & Cheese Bar <i>(does not include drink, starter, or dessert)</i>	Ham Loaf Mashed Sweet Potatoes Vegetable du Jour
FRIDAY	Aug. 4 ~ Lunch \$12	Dinner \$14
	Philly Steak Sandwich French Fries Coleslaw	Trout Almandine Baked Potato Vegetable du Jour
SAT.	Aug. 5 ~ Lunch \$10	Dinner \$13
	Spaghetti & Meat Sauce Garlic Toast Choice of Vegetable	Asparagus-Stuffed Chicken Breast Wild Rice Vegetable du Jour

**DRINK
SPECIAL**

Sidecar

2 oz. Hennessy, 3/4 oz. Lemon Juice & 3/4 oz. Triple Sec

\$3.75

Grosh Cinema Movies

Sunday, July 30 to Saturday, August 5

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

2 and 6 p.m., Sunday

Sunday, July 30 – A Cowgirl's Story (2017)

Hoping to refocus while her parents are deployed in Afghanistan, a tenacious teen forms a horse-riding squad with her rebellious new school friends.

Co-Starring: Bailee Madison, Pat Boone & Chloe Lukasiak

Rated PG; 1 hr. 38 min.

Monday, July 31 – Napoleon Dynamite (2004)

The life of quirky, ninja-loving, Idaho-dwelling teenager Napoleon Dynamite gets complicated when his shady Uncle Rico shows up.

Co-Starring: Jon Heder, Jon Gries & Aaron Ruell

Rated PG; 1 hr. 30 min.

Tuesday, Aug. 1 – 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.

Co-Starring: Gwyneth Paltrow, Jeremy Northam & Ewan McGregor

Rated PG; 2 hrs. 1 min.

Wednesday, Aug. 2 – The Five Heartbeats (1991)

Rhythm-and-blues artists such as the Temptations served as the inspiration for filmmaker Robert Townsend's ambitious movie about five urban friends who climb the stairway to stardom.

Co-Starring: Robert Townsend, Michael Wright & Harry Lennix

Rated R for strong language; 2 hrs. 1 min.

Thursday, Aug. 3 – Jersey Boys (2014)

Adapted from the hit Broadway musical, this story looks at the Four Seasons and their bumpy offstage lives.

Co-Starring: John Lloyd Young, Vincent Piazza & Erich Bergen

Rated R for strong language; 2 hrs. 14 min.

Friday, Aug. 4 – The Day The Earth Stood Still (1951)

An envoy from another world warns Earth's people to cease their violent behavior. But panic erupts when a nervous soldier shoots the messenger.

Co-Starring: Michael Rennie, Patricia Neal & Hugh Marlowe

Rated G; 1 hr. 32 min.

Saturday, Aug. 5 – Moonrise Kingdom (2012)

This quirky drama follows the frantic search that ensues in a small New England town when two 12-year-olds fall in love and run away together.

Co-Starring: Jared Gilman, Bill Murray & Bruce Willis

Rated PG-13; 1 hr. 33 min.

Weekly Opportunities Calendar July 30 to August 5

Sunday • July 30

Breakfast at Verna Belle's—Omelets with Fruit

- 9:00 a.m. ~ Miller Worship Service, MFR
- 10:00 a.m. ~ Worship Service, CR
- 2:00 p.m. ~ Wroten Worship Service, WL
- 7:00 p.m. ~ Vespers with John Anderson, lay speaker from First United Methodist Church, CR

Monday • July 31

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 9:30 a.m. ~ Seated Strength, CR
- 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. ~ Blood Pressure Clinic, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 7:00 p.m. ~ Community Bingo, CR

Tuesday • August 1

Trash pick-up day

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Kimball Luncheon, MR
- 12:00 p.m. ~ Seven Dolors Book Discussion, LR
- 2:00 p.m. ~ LifeStory Writing Group, LR
- 3:00 p.m. ~ Coffee Corner, CR
- 3:30 p.m. ~ Ambassador Committee, CON
- 4:00 p.m. ~ Newspaper & Bible, LR

Wednesday • August 2

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. ~ Memory Activities Class, KSU CL
- 10:00 a.m. ~ Memory Care Partners Support Grp, TR
- 10:00 a.m. ~ Memory Café, KR
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:00 a.m. ~ Memory Luncheon, MR
- 11:30 a.m. ~ 1st Men's Club Luncheon, LR
- 12:00 p.m. ~ Yoga, CR
- 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
- 1:30 p.m. ~ Pitch, GR
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Rock Steady Boxing, KSU CL & CSC
- 4:00 p.m. ~ Lutheran Video Worship Service, LR

Thursday • August 3

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 8:00 a.m. ~ Messenger Ladies, LR
- 9:00 a.m. ~ Speedy PD Training Walk, VE
- 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 Education Group, CR
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • August 4

Breakfast at Verna Belle's—Waffle or Pancake

- 9:30 a.m. ~ Seated Strength, CR
- 9:30 a.m. ~ Art Committee, LR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:30 p.m. ~ Mending Angel, GR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 3:30 p.m. ~ Catholic Mass, CR
- 7:00 p.m. ~ Music with Leroy Johnson, CR

Saturday • August 5

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

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 Center	CSC, Combative Sport

*Meadowlark News Channel can be viewed on Channel 1960