

## Empowered LIVE!

*An evening to celebrate living well with Parkinson's disease*

You're invited to attend the Meadowlark Parkinson's Program event, Empowered LIVE! presented by Vanderbilt's at The Holiday Inn at the Campus starting at 4:30 p.m. Friday, Aug. 24. from 4:30 to 7 p.m.

Come hear John Baumann's presentation, "Reclaiming Positive Perspective: How to Live an Amazing Life With—Or Without—a Life-Changing Adversity" beginning at 6:30 p.m. John is an internationally-recognized keynote speaker sharing an ever-increasing number of secrets on successfully living a positive life whatever comes your way. He has been described as real, warm, funny and genuine with a great deal of extremely helpful information to share. John is a World Parkinson's Advocate and has presented with Rasheeda Ali.

A dinner will be served for \$15 per person and \$7 per child ten years and under. Savory and sweet stations to enjoy will include: Mac & Cheese, Spaghetti & Mini Meatball, Baked Potato, Bruchette & Salad, and Fruit & Cake.

During the event, custom MyIntent Project bracelets will be available for sale for \$10. Choose a word to design your own MyIntent Project bracelet to honor or remember a loved one, feel inspired or show your passion. The bracelets are made with stamps pressed into a metal token wrapped in cord. Meadowlark staff and volunteers will create it, so you can take it with you.

Registration for the tenth Annual Speedy Pd Race for Parkinson's disease—5K, 10K or Half-Mile Family Fun Run/Walk— will be available at Empowered LIVE! Packet Pick-Up will be open from 4:30 to 7 p.m. for those previously registered for the race. The race will begin at 8 a.m. Saturday, Aug. 25, at Tuttle Creek State Park. Register today by visiting [www.runspeedypd.org](http://www.runspeedypd.org) or via paper form at the Hospitality Desk.



[above] Michelle Haub, Special Programs Leader, and Erin Khlem, Special Programs Intern, pose with Peedy, the mascot for the Speedy Pd Race for Parkinson's Disease Saturday, Aug. 25.

[right] John Baumann, key-note speaker on Aug. 24 at 6:30 p.m. John has been described as real, warm, funny and genuine.

## **J-Pegs**

***Friday, July 27, at 7 p.m.***

The J-Pegs will be back in town on Friday, July 27! This husband and wife duo is a familiar pair at Meadowlark. Jonathan and Peg Mcbee, performs a great variety of musical genres which includes: classic rock from the fifties all the way to modern songs you may hear on the radio today. They also perform vintage country, folk music and blues. The show starts at 7 p.m. in the Community Room.

## **Vespers Services**

***Sunday, July 29, at 7 p.m.***

The Vespers service will be led by Reverend Glenn Fogo from United Methodist Church. Vespers service will begin at 7 p.m. Sunday, July 29, in the Community Room. All are welcome.

## **County Fair Party meets Coffee Corner!**

***Tuesday, July 31, at 3 p.m.***

All are invited to attend the all-campus County Fair Party at 3 p.m. Tuesday, July 31, in the Community Room hosted by Miller Place residents and staff! Verna Belle's will be brining their feature dessert of the week: Cinnamon Sugar Cheesecake Bars. Join the county fair fun, treats and entertainment on the Meadowlark Hills campus!

## **Evening Pond Ride**

***submitted by Sue Hunt***

***Wednesday, Aug. 1, at 4 p.m.***

Are you tired of hot and humid days? Then come join me, Sue Hunt, on an evening cart ride to the pond for a "happy" hour! We will leave from the Village Entrance at 4 p.m. to return by 5 p.m. on Wednesday, Aug. 1. The adventure can investigate our new bridge.

## **PD Education Group**

***Thursday, Aug. 2, at 2 p.m.***

You're invited to the monthly meeting of the Parkinson's Education Group at 2 p.m. Thursday, Aug. 2, in the Community Room. Bridget Larkin, LMSW & Social Services Leader, will be leading Mindfulness: Creating Positive Personal Well-being with Parkinson's. No prior registration is required.

## **Speedy Pd Training Session**

***Thursday, Aug 2, at 9 a.m.***

You're invited to join the Speedy Pd Training Walking Group to prepare for the 2018 Speedy Pd Race for Parkinson's Disease! The group will meet at 9 a.m. in the Village Entrance every Thursday through Aug. 23. The group will be led on various routes around the Meadowlark Hills campus by Jeff Heidbreder, Fitness Leader. All walking paces and abilities are welcome!

## **Music with Leroy Johnson**

***Friday, Aug. 3, at 7 p.m.***

Kicking off August Friday Night programs will be the sounds of Saxophonist Leroy Johnson. Leroy will be performing music by composers Sibelius, MacDowell, and Liszt. The show starts at 7:00 p.m. on Friday, Aug. 3, in the Community Room.

## **Summer Chorus**

***Wednesday, Aug. 8, at 7 p.m.***

On Wednesday, Aug. 8, at 7 p.m. in the Community Room, the Summer Chorus sings for you: something old, something new, something borrowed, something blue! A couple of the Chorus's "old" pieces are past favorites selected again for this season by chorus members: Samuel Barber's "Sure on this Shining Night" is one, another is "Three Portraits by Stephen Foster: Laura Lee, Oh! Susanna, and Gentle Annie." Something new includes a short but lovely piece by Reginald Unterseher: "The Steady Light" and also Hubert Parry's majestic "I was Glad." Something borrowed? First Presbyterian Church was kind enough to let us use their copies of John Rutter's "A Gaelic Blessing." And something blue can be found in "It Don't Mean a Thing: The Best of Duke Ellington." This medley includes "Mood Indigo" with the words "You ain't been blue..." Doesn't that count as blue?!

## **Resident Focus Group**

***Thursday, Aug. 9, at 10 a.m.***

The month of August Resident Focus Group will spotlight Aric Sapp. Aric is the Housekeeping and Laundry Manager. The group will meet at 10 a.m. Thursday, Aug. 9, in the West Conference Room.

## Memorial Service for Adella Gaston

**Thursday, Aug. 9, at 1:30 p.m.**

A Memorial Service for Adella Gaston will be held in the Community Room at 1:30 p.m. Thursday, Aug. 9. All are invited.

## Kathryn Allyn

**Friday, Aug. 10, at 7 p.m.**

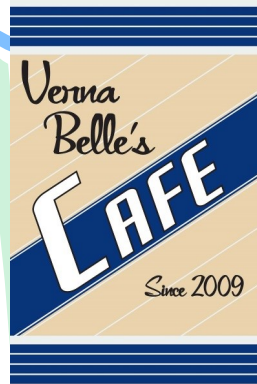
Friday, Aug. 10, Meadowlark welcomes back Jazz Singer Kathryn Allyn. Kathryn will be accompanied by Rick Smith, an excellent local guitarist and a former student of Dr. Wayne Goins.

Kathryn Allyn has been called "a vocally lustrous earful" by the Philadelphia Inquirer, "elaborately ornamental" and "a martini dry wit" by CafeteriaRusticana.com, "note perfect" and "a charismatic presence" by the Fort Lauderdale Sun-Sentinel, "a mezzo that dazzled the ears" by the Syracuse Post-Standard, "musically superb" by BistroAwards.com and, in a personal favorite, "grandly libidinous" by Opera News. She has appeared at NYC's Café Noctambulo, The Cutting Room, The Underground, The West End Lounge, TomiJazz, Somethin' Jazz and Stage72. Kathryn and Rick will be performing at 7 p.m. Friday, Aug. 10, in the Community Room. All are welcome to attend and enjoy this performance.

## Meadowlark Singers

**Monday, Aug. 20, at 3:30 p.m.**

It's almost time!! Grab your best smile and head for the Community Room, Monday, Aug. 20, at 3:30 p.m. to join the Meadowlark Singers for a season of fun and music. Give us a try... you do NOT need a beautiful voice or previous experience, just a love of music. If you are breathing, you are at the top of the list for your very own chair, stand and notebook! It's one of Meadowlark's experiences you will wish you would have at least tried once! See YOU there...start humming now!



## LUNCH & BREAKFAST SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.  
Saturday & Sunday, 7 to 11 a.m.  
(785) 323-3818

### Sunday, July 29

**Breakfast:** Omelets with Fruit

### Monday, July 30

**Breakfast:** Biscuits & Gravy

**Lunch:** Cheeseburger with Baked Beans & Chips  
*grilled hamburger with American cheese, lettuce, tomato, pickle and onions on a hamburger bun*  
~ \$5.99

### Tuesday, July 31

**Breakfast:** Breakfast Sandwich & Fruit

**Lunch:** Grilled Cheese & Tomato Soup  
*American, swiss and cheddar cheese on your choice of Italian or wheatberry bread* ~ \$3.99/ \$5.99

### Wednesday, Aug. 1

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** Teriyaki Chicken Bowl  
*shredded chicken, stir fry vegetables, and rice covered in teriyaki sauce*~ \$5.99

### Thursday, Aug. 2

**Breakfast:** Biscuits & Gravy

**Lunch:** Crispy Chicken Tacos with Choice of Side  
*crispy chicken, cilantro and lettuce in a taco shell topped with avocado butter milk ranch* ~ &3.99 / \$5.99

### Friday, Aug. 3

**Breakfast:** Waffle or Pancake

**Lunch:** Mini Italian Subs with Choice of Side  
*ham, salami, pepperoni, swiss cheese, lettuce, tomato and mayo on a roll* ~\$3.99 / \$5.99

### Saturday, Aug. 4

**Breakfast:** Omelets with Fruit



## August Birthdays



### Healthcare

8/21 Evelyn Nelson  
8/25 Cora Miles  
8/27 John Rees  
8/27 Kermit Adams  
8/28 Wayne Bailie

### Assisted Living

8/24 Wilda Connell

### Independent Living

8/1 Ron Williams  
8/2 Avis Bidwell  
8/2 Fred Freeman  
8/4 Clifton Meloan  
8/6 Judy Cattell  
8/11 Dick Cattell  
8/14 John Strickler  
8/15 Nancy Marks  
8/18 Gloria Lindly  
8/20 Diana McCaustland  
8/20 Don Kessinger  
8/21 Tom Fryer  
8/22 Mary-Rita Spooner  
8/25 Ellie Cox  
8/26 Ruth Todd  
8/26 Walter Hoffman  
8/29 Joanne Barkyoumb  
8/30 Loren Hammel

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

### Employees

8/1 Jayne Klinge  
8/1 Lisa Schwarz  
8/2 Jose Lara  
8/3 Olujoke Aina  
8/3 Timmon Herzberg  
8/3 Tiffany Rizk  
8/4 Veronica Gallegos  
8/4 Brenda Havenstein  
8/6 Devin Askew  
8/8 Sheila Frihart  
8/8 Angela Gerena  
8/8 Paula Mendenhall  
8/9 Sarah Duggan  
8/11 Tom Barcellina  
8/11 Trisha Montgomery  
8/11 Ginger Runke  
8/11 Rachel Severt  
8/12 Paige Divine  
8/12 Annie Peace  
8/13 Kirsten Covello  
8/14 Whitney Mulligan  
8/16 Sarina Fay  
8/16 Madison Findley  
8/16 Nicci Sammons  
8/19 Chelsie Lowery  
8/20 Tori Farwell  
8/21 Hannah Garrand  
8/21 Michel Knight  
8/22 Troy Lower  
8/22 Rosebella Omondi  
8/24 Dana Haywood  
8/24 Larry Wesche  
8/25 Rebecca Sorrell  
8/26 Brooke Prothe  
8/27 Natalie Peterman  
8/30 Louis Althouse  
8/30 Pam Mann  
8/31 Tori Lamb  
8/31 Rhonda Lund

## Computer scams—Be Aware!

Scam phone calls are becoming more frequent, so be aware of who you are talking to and sharing information with. If you get an unexpected or urgent call from someone who claims to be tech support, hang up. It's not a real call. Never share passwords or give control of your computer to anyone who contacts you. If you are experiencing trouble with your device or suspect a problem with hacking or a virus, contact the Hospitality Desk to request IT Help. Never give personal information over the phone.

To convince you that both the scammers and the problems are real, the scammers may:

- pretend to be from a well-known company – like Microsoft or Apple
- use lots of technical terms
- ask you to get on your computer and open some files – and then tell you those files show a problem (when they don't)

Then, once they've convinced you that your computer has a problem, the scammers might:

- ask you to give them remote access to your computer – which lets them change your computer settings so your computer is vulnerable to attack
- trick you into installing malware that gives them access to your computer and sensitive data, like user names and passwords
- try to sell you software that's worthless, or that you could get elsewhere for free
- ask for credit card information so they can bill you for phony services, or services you could get elsewhere for free
- direct you to websites and ask you to enter your credit card number and other personal information



## Join Meadowlark for The Walk to End Alzheimer's in Manhattan

The Alzheimer's Association's Walk to End Alzheimer's will be held at Manhattan City Park on Saturday, Sept. 22! The walk will start with an Inspirational Promise Garden Flower Ceremony at 9 a.m., and the walk starts at 9:15 a.m. Meadowlark has a participant team that all residents, employees and family members are invited to join. There will be a Blue Book sign-up sheet for residents, employees and children interested in participating in the walk.

Registration for the walk can also be completed online or by picking up a paper form from the Hospitality Desk. If using a paper form, please return it to the Hospitality Desk when complete. To sign up online, follow the instructions listed below:

- ⇒ Visit [www.alzwalkmanhattan.org](http://www.alzwalkmanhattan.org) and click *Register*
- ⇒ Answer if you have ever participated in a walk before and then choose the option *Join a Team*
- ⇒ Type in *Meadowlark* under the Team Name or *Sarah Duggan* under the Team Captain and then click *Search for Team*. The Meadowlark team should pop up and you will press *Join*
- ⇒ Go through the registration process – you will give some basic information and create an account.
- ⇒ You're registration is complete!

Staff or residents that are registered by Tuesday, Aug. 14 will receive a Meadowlark team t-shirt free of charge. We ask that family members or other outside participants make a minimum donation of \$20 for a t-shirt that will be donated to the Alzheimer's Association. You may still sign up for the walk after the t-shirt order is due, but there is a possibility that you will not receive a team shirt. If you sign up to participate for the walk online and would like a Meadowlark team shirt, please email Erin Hildreth your t-shirt size to [ehildreth@meadowlark.org](mailto:ehildreth@meadowlark.org)! If you have questions, please contact Erin Hildreth at (785) 323-3800.

The Alzheimer's Association is a global organization, working to advance care, support and research across the world, making a difference in the lives of those facing Alzheimer's.

## New Medicare Card, reminders

Medicare is mailing new cards with new Medicare numbers to all people with Medicare. Instead of your Social Security Number, the new card will have a new number that's unique to you. You don't have to do anything to get your new card — Medicare will automatically mail it to you, so be sure your address is current with the Social Security Administration (SSA).

Once you get your new Medicare card, destroy your old Medicare card and start using the new one right away. Shredding or tearing into small pieces is advised to eliminate your old card.

## NEW books at the Library!

### Fiction titles

*A Piece of the World*, by Christina Baker Kline  
*Every Man a Tiger*, by Tom Clancy  
*The Last Song*, by Nicholas Sparks  
*The Cuban Affair*, by Nelson DeMille  
*The Job*, by Janet Evanovich and Lee Goldberg  
*Mount Vernon Love Story: A Novel of George and Martha Washington*, by Mary Higgins Clark

### Non-fiction titles

*When Indians Became Cowboys: Native People and Cattle Ranching*, by Peter Iverson  
*Chicken Soup For the Soul: My Amazing Mom*, by Amy Newmark with story by Meadowlark Resident, Nancy Julien Kopp  
*Chicken Soup For the Soul: The Empowered Woman*, by Amy Newmark with story by Meadowlark Resident, Nancy Julien Kopp

**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.

SUNDAY	July 29~ Lunch \$12	Dinner \$11
	Roast Pork Loin with Balsamic Cherry Sauce Roasted Red Potatoes Vegetable du Jour	Spaghetti & Meat Sauce Garlic Toast Vegetable du Jour
MONDAY	July 30 ~ Lunch \$10	Dinner \$12
	Bacon, Mushroom, Spinach Quiche Rice Pilaf Choice of Vegetable	Beef Stroganoff Noodles Vegetable du Jour
TUESDAY	July 31 ~ Lunch \$7	Dinner \$12
	Taco Bar (does not include drink, starter, or dessert)	Chicken Breast Normandy Wild Rice Vegetable du Jour
WED.	Aug 1 ~ Lunch \$10	Dinner \$12
	Honey BBQ Baked Wings Sweet Potato Fries Coleslaw	Ranch Pork Chop Sharp Cheddar Scalloped Potatoes Vegetable du Jour
THURS.	Aug 2 ~ Lunch \$8	Dinner \$14
	Caesar Salad Bar (does not include drink, starter, or dessert)	Shrimp Fettuccine Alfredo Garlic Toast Vegetable du Jour
FRIDAY	Aug 3 ~ Lunch \$10	Dinner \$13
	Meatball Sub Sandwich French Fries Choice of Vegetable	Braised Short Ribs Mashed Potatoes Vegetable du Jour
SAT.	Aug 4 ~ Lunch \$10	Dinner \$14
	Steamed Brats Baked Beans Choice of Vegetable	Grilled Salmon with Dill Sauce Baked Potato Vegetable du Jour

<b>DRINK SPECIAL</b>	<b>Vodka Tonic</b>
	<b>1 1/2 oz. Ketel One Vodka &amp; 4 oz. Tonic Water</b>
	<b>\$3.75</b>

## Grosh Cinema Movies

Sunday, July 29, to Saturday, August 4, 2018

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

### **Sunday, July 29 — Journey to the Center of the Earth (2008)**

On a quest to find out what happened to his missing brother, a scientist, his nephew and their mountain guide discover a fantastic and dangerous lost world in the center of the earth.

**Co-Starring:** Brendan Fraser, Josh Hutcherson & Anita Briem

**Rated PG;** 1 hr. 33 min.

### **Monday, July 30— The Clapper (2017)**

15 minutes of fame destroys the life of a man who works as a clapper in television.

**Co-Starring:** Leah Remini, Amanda Seyfried & James Ransone

**Rated R** for language; 1 hr. 29 min.

### **Tuesday, July 31 — All the King's Men (2006)**

In the 50's, in Louisiana, the smart populist, manipulative and wolf hick Willie Stark is elected governor with the support of the lower social classes. Based on the Robert Penn Warren novel.

**Co-Starring:** Sean Penn, Jude Law & Kate Winslet

**Rated PG-13;** 2 hrs. 8 min.

### **Wednesday, Aug. 1 — Saving Mr. Banks (2013)**

Author P.L. Travers reflects on her childhood after reluctantly meeting with Walt Disney, who seeks to adapt her Mary Poppins books for the big screen.

**Co-Starring:** Emma Thompson, Tom Hanks & Annie Rose Buckley

**Rated PG-13;** 2 hrs. 5 min.

### **Thursday, Aug. 2— Mountain Top (2017)**

A lawyer-turned-preacher living in a small Appalachian town is pursued by an eccentric man to represent him in court. Now involved in a case that ties into his own small-town life, the former attorney agrees to help a man.

**Co-Starring:** Barry Corbin, Coby Ryan McLaughlin & Valerie Azlynn

**Rated PG;** 1 hr. 42 min.

### **Friday, Aug. 3 – Sliding Doors (1998)**

A London woman's love life and career both hinge, unknown to her, on whether or not she catches a train. We see it both ways, in parallel.

**Co-Starring:** Gwyneth Paltrow, John Hannah & John Lynch

**Rated PG-13;** 1 hr. 39 min.

### **Saturday, Aug. 4– Star Wars: The Last Jedi (2017)**

Rey develops her newly discovered abilities with the guidance of Luke Skywalker, who is unsettled by the strength of her powers. Meanwhile, the Resistance prepares for battle with the First Order.

**Co-Starring:** Daisy Ridley, John Boyega & Mark Hamill

**Rated PG-13;** 2 hrs. 32 min.

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# Weekly Opportunities Calendar *July 29 to August 4*

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## Sunday • July 29

9:30 a.m. ~ Miller Worship Service, MFR  
10:30 a.m. ~ Worship Service, CR  
2:00 p.m. ~ Wroten Worship Service, WL  
7:00 p.m. ~ Vespers with Rev. Glenn Fogo, CR

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## Monday • July 30

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. ~ Parkinson's Exercise, CR  
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
1:45 p.m. ~ Parkinson's Voice Class, CR  
7:00 p.m. ~ Community Bingo, CR

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## Tuesday • July 31

*Trash pick-up day*

10:30 a.m. ~ Steady Yourself, CR  
12:00 p.m. ~ Seven Dolors Book Discussion, FHR  
2:00 p.m. ~ LifeStory Writing Group, FHR  
3:00 p.m. ~ Coffee Corner, CR—FEATURE DESSERT!  
7:00 p.m. ~ Dominoes, GR

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## Wednesday • Aug. 1

9:30 a.m. ~ Seated Strength, CR  
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE  
10:00 a.m. ~ Worship Service, FHR  
10:00 a.m. ~ Memory Activities Class, KSU CL  
10:00 a.m. ~ Memory Care Partners Support Grp, SCR  
10:00 a.m. ~ Memory Café, WCR  
10:20 a.m. ~ Weights 101, CR  
11:00 a.m. ~ Sit & Be Fit, CR  
11:00 a.m. ~ Memory Maker's Luncheon, MR  
11:30 a.m. ~ 1st Men's Club Luncheon, WCR  
12:00 p.m. ~ Yoga, CR  
1:00 p.m. ~ Pitch, GR  
1:00 p.m. ~ Library Committee Meeting, FHR  
1:15 p.m. ~ Dr. Tran's Foot Clinic, CR  
3:00 p.m. ~ Rock Steady Boxing, KSU CL  
3:00 p.m. ~ Rock Steady Boxing, CSC  
3:00 p.m. ~ Call Hall Ice Cream, KR  
4:00 p.m. ~ Christian Video Worship Service, FHR  
4:00 p.m. ~ Evening Pond Ride, VE

## Thursday • Aug. 2

8:30 a.m. ~ Messenger Team, WCR  
9:00 a.m. ~ Speedy Pd Training Session, VE  
10:00 a.m. ~ Meadowlark Bible Study, FHR  
10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
2:00 p.m. ~ Parkinson's Education Group, CR  
5:30 p.m. ~ Meadowlark Circle Dinner, MR

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## Friday • Aug. 3

9:30 a.m. ~ Seated Strength, CR  
9:30 a.m. ~ Art Committee Meeting, FHR  
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  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
2:30 p.m. ~ Rock Steady Boxing, CSC  
3:30 p.m. ~ Catholic Mass, CR  
7:00 p.m. ~ Music with Leroy Johnson, CR

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## Saturday • Aug. 4

9:30 a.m. ~ Painting for Fun, SCR

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### Room Abbreviations

BP, Billiards Parlor	CH, Collins House
WCR, West Conference Room	CR, Community Room
CSC, Combative Sports Center	GR, Game Room
FHR, Flint Hills Room	WL, Wroten Library
GC, Grosh Cinema	PSP, Prairie Star Patio
HD, Hospitality Desk	KR, Kansas Room (Pub)
KSU CL, KSU Classroom	LB, Library
MFR, Miller Friendship Rm	MR, Manhattan Room
MS, Miller Spa	PS, Prairie Star Restaurant
SCR, South Conference Room	VE, Village Entrance

\*Meadowlark News Channel can be viewed on Channel 1960

### Newspaper & Bible

Newspaper and Bible will not meet during the month of July. The group will resume the first Tuesday in August.