



File photos from 2019 Speedy Pd Race for Parkinson's Disease.

## Speedy Pd Race Goes Virtual for 2020

by Sarah Duggan, Community Relations Director

To help keep community members and participants safe during this time of uncertainty, the 12<sup>th</sup> annual Speedy Pd Race for Parkinson's Disease will be offered as a virtual race opportunity. While things will look different this year, the planning committee and Meadowlark Parkinson's Program leaders look forward to connecting with runners online through social media, e-mail, and video. The virtual race format will give race registrants the opportunity to complete the half-mile family fun run/walk, 5K, or 10K between Aug. 23 and Sept. 7, 2020. Runs/walks should be completed utilizing appropriate social distance recommendations.

"The decision to make our long-standing race event a virtual one this year was not an easy one to make," shared Lonnie Baker, CEO at Meadowlark. "However, we know that those who live at Meadowlark and many that we serve through the Parkinson's Program are at a higher risk of getting very sick from COVID-

19. The health and wellness of residents, program participants, and the Meadowlark team members who support them remains our number one priority. The virtual race opportunity is the safest choice during this time."

Even considering that the 2020 event will be entirely virtual, Speedy Pd continues to be one of the most unique running events in the area. Funds raised from the event benefit Meadowlark Parkinson's Program, which provides services at no cost to improve the quality of life in the Flint Hills region for all those affected by Parkinson's disease (PD), including: persons with PD, caregivers, therapists, nurses, and other providers. Even during the COVID-19 global pandemic, program leaders continued to offer opportunities for participants to engage in. This is especially important during a time of self-isolation and social distancing.

"I am sad we won't be able to celebrate in person

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## Leader of the Pack

Congratulations to Meadowlark's June Leader of the Pack, Tameka Wallace, a CMA at Bramlage! She is known to start every day with a welcoming smile. Tameka has is caring and attentive to each of the guests at Bramlage. Thank you Tameka for all of your hard work and positive attitude!

### VIRTUAL, Continued from Page 1

this year for our 12<sup>th</sup> annual event," said Michelle Haub, Special Programs Leader at Meadowlark. "However, I am overwhelmed that our communities are dedicated to supporting those affected by Parkinson's disease in the region to live their best with the free support of the Meadowlark Parkinson's Program."

Register for the half-mile family fun run/walk, 5K, or 10K by visiting [www.runspeedypd.org](http://www.runspeedypd.org). Once registered, participants will receive e-mails and/or text messages to share more about the VIPs, Meadowlark Parkinson's Program, and all the generous sponsors, including this year's presenting sponsor – Community First National Bank.

Prior to Aug. 23, 2020, will receive their bib number, race packet, and limited-edition Speedy Pd buff in the mail. Participants are encouraged to document race participation on social media and tune into the virtual events leading up to race time.

Not a runner? Donations can be made directly to the Meadowlark Parkinson's Program by contacting the Meadowlark Foundation office at (785) 323-3843. Race and program questions can also be directed to Michelle Haub, Special Programs Leader, via e-mail at [michelle.haub@meadowlark.org](mailto:michelle.haub@meadowlark.org) or (785) 323-3899.

### Glass ship on display in Flint Hills Room

A glass replica of the USS Constitution, created by the late Mitsugi Ohno, can be viewed in the Flint Hills Room. The ship was donated to Meadowlark by resident Oscar Larmer, who received the ship as a thank you gift from Alvin B. Cardwell, Ph. D, the namesake of Kansas State University's Cardwell Hall.



Larmer said Cardwell presented him with the ship after Larmer, an accomplished artist, made a sketch of Cardwell Hall that was used at the building's dedication.

Cardwell Hall was built in 1963 as the home of the mathematics and physics departments. Ohno worked there as a scientific glassblower, creating glassware for physics and chemistry researchers.

Ohno became known for creating glass sculptures of historic buildings and ships. His first work was a model of the USS Constitution, presented in 1972 to First Lady Mamie Eisenhower at the Eisenhower Presidential Center. The replica Larmer donated is a smaller version of the same ship, also known as Old Ironsides. Launched in 1797, she is the oldest commissioned naval vessel still afloat.

When clearing out his Manhattan residence in preparation to move to Meadowlark, Larmer said he suggested Meadowlark would be a fitting new home for the ship because Ohno's wife, Nao, also is a Meadowlark resident.

## MYSTERY REVEALED!

The masked staff member from June 4 is Jon Thompson, Accounts Payable in Finance! Try again on June 11.



## Oh Lordy, Meadowlark's Forty!

by Sarah Duggan,  
Community Relations  
Director

Happy Meadowlark  
Day! Forty years ago

today, June 8, Meadowlark celebrated with its formal dedication. Although our party this year was not what we expected, I hope everyone enjoyed the virtual opportunities. Results of our "contest" will be printed in the Thursday, June 11, edition of the Messenger.

There is still time to submit your scorecard and completed answer sheets and/or writing contest entry. Please do so by 10 p.m. tonight, June 8, to the Hospitality Desk.

Orders are still being accepted for the commemorative t-shirts. T-shirts are just \$20 and orders can be placed by calling (785) 323-3878 or send an e-mail to [sguge@meadowlark.org](mailto:sguge@meadowlark.org).



## New Programming: Channel 1960

### Our Planet: Jungles

Channel 1960, June 9 @ 7 p.m.

At 7 p.m. Tuesday, June 9, on Channel 1960, experience our planet's natural beauty and examine how climate change impacts all living creatures in this ambitious documentary of spectacular scope.

Jungles and rainforests are home to an incredible variety of species like preening birds, intelligent orangutans, and remarkably ambitious ants.

### Poetry Moment: Change

Channel 1960, June 10 @ 12:30 p.m.

Join Monte Spiller, Meadowlark Resident Services Leader, as he shares an original poem title, *Change*.

### Happy Hour with J-Mix:

#### Tropical Mango Sangria

Channel 1960, June 11 @ 4:30 p.m.

Join amateur mixologist Jayme Minton, aka J-Mix, at 4:30 p.m. Thursday, June 11, as she teaches viewers how to make Tropical Mango Sangria!

### Adele: Live Full Concert, 2020

Channel 1960, June 12 @ 7 p.m.

Tune into Channel 1960 at 7 p.m. Friday, June 12, to enjoy the live full concert from with Adele. This collection of live songs was made available on YouTube in January 2020. Adele is an award-winning English singer-songwriter.

### Update from Lonnie Baker, CEO

Channel 1960, June 12, at 12:30 p.m.

Hear from Meadowlark CEO Lonnie Baker about the organization's most updated information regarding COVID-19 precautions and campus happenings. This message will follow the regularly scheduled Channel 1960 News with Sarah Duggan.

### Prairie Star Restaurant

#### WEEKLY Ice Cream Treats

Prairie Star Restaurant is now offering a weekly ice cream treat! You can substitute it for your dessert at lunch or dinner when you order a special or order it at anytime for just \$2! This week's flavor is a Strawberry Shortcake Bar.

# Work That Brain!

**Where does this fit?** In 1980 technology was becoming smaller, affordable and more user friendly. The domestic camcorder and fax machine were released and in 1981 IBM launched the first Personal Computer (PC). As you look at the two sculptures below where would you place them in a timeline of technology, before the PC or after? What do you see within the artwork that makes you say that?



**Andrzejm Zielinski, *Dendrochronological Data Sequence*, 2015, Mixed media**  
KSU, Marianna Kistler Beach Museum of Art, 2016  
Friends of the Beach Museum of Art purchase 2016.32



**Charles Lindsay**  
**detail of *Field Station 4*, 2019**  
Mixed media



“To us, Meadowlark has become a true home away from home, something that is not easily accomplished. The staff has been wonderful. The residents have been wonderful. The independent living environment and campus setting have been wonderful. So what else is there to say. When we moved to Manhattan five years ago it was with the intent of finding a retirement places where our three children would always know we would be safe and well cared for and that they would never have to worry about us. Meadowlark has provided that and so much more ... Happy Anniversary, Meadowlark!”

*- Bob Crawford, Meadowlark resident and board member*

# recipe

## PUDDING POPS

Cooking with Lisa

### INGREDIENTS

- 1 Package (3.9 oz.) JELL-O
- Chocolate Instant Pudding Mix
- 2 cups of Cold Milk
- Additional toppings as desired

### DIRECTIONS

- Beat ingredients together with a whisk until smooth.
- Pour JELL-O mix into 6 (5 oz.) paper cups.
- Insert a wooden popsicle stick or plastic spoon into the center of each cup. Freeze for 5 hours or until firm. Remove from cups and enjoy!

## The Rain Forest

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| R | A | E | A | N | A | N | A | B | S | S | A | E | G |
| S | L | R | W | E | C | E | N | G | N | S | A | N | O |
| A | H | A | E | A | Y | P | O | N | A | C | W | A | R |
| O | M | R | P | O | C | S | O | N | K | A | C | O | I |
| O | S | G | U | E | N | A | L | R | E | Y | T | A | L |
| X | O | R | O | B | L | S | M | H | S | N | O | O | L |
| Y | G | C | E | N | L | M | M | O | S | N | U | C | A |
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| L | Y | A | A | O | D | A | C | O | V | A | A | G | V |
| O | C | Y | K | O | A | S | L | O | T | H | A | P | E |
| C | A | A | G | O | P | A | N | T | H | E | R | C | S |

- AVOCADO
- GORILLA
- SNAKES
- SHRUB LAYER
- PANTHER
- TOUCAN
- MANGO
- CANOPY
- MONKEY
- COCOA
- RAIN
- MACAW
- BANANA
- FLOWERS
- LEAVES
- SLOTH
- ANTS
- PAPAYA
- OXYGEN
- FIG



# Meadowlark Entertainment Guide

Tuesday, June 9

|            |   |
|------------|---|
| 9:00 a.m.  | Osher Course: Seven Kansas Women Who Couldn't Vote, <i>Session Two, Re-run from 6/6</i> |
| 10:30 a.m. | Steady Yourself Exercise Class  |
| 11:30 a.m. | Chair Yoga Exercise Class   |
| 12:30 p.m. | Project Update with BHS: Kitchen Renovation & Restaurant Expansion                      |
| 1:00 p.m.  | Change & Loss Group with <i>Bridget Larkin, LMSW &amp; Kathleen Spearman, LMSW</i>      |
| 2:00 p.m.  | Steady Yourself Exercise Class  |
| 3:00 p.m.  | MEOW (Memory Program)   |
| 7:00 p.m.  | Our Planet: Jungles (Netflix Documentary)   |

Wednesday, June 10

|            |  |
|------------|--|
| 9:00 a.m.  | Comedy Club: <i>Wake Up Funny</i>  |
| 9:30 a.m.  | Seated Strength Exercise   |
| 10:30 a.m. | Weights 101 Exercise Class   |
| 11:30 a.m. | Sunday Church Service<br><i>Re-run episode from 6/7</i>                  |
| 12:30 p.m. | Poetry Moment: "Change" with <i>Monte Spiller</i>                        |
| 1:00 p.m.  | Cooking with Lisa: <i>Pudding Pops</i><br><i>Re-run episode from 6/8</i> |
| 2:00 p.m.  | Weights 101 Exercise Class   |
| 3:00 p.m.  | Comedy Club: <i>Afternoon Funny</i>                                      |
| 3:15 p.m.  | Project Update with BHS<br><i>Re-run episode from 6/9</i>                |

Thursday, June 11

|           |   |
|-----------|---|
| 9:00 a.m. | MEOW (Memory Program)<br><i>Re-run episode from 6/9</i> |
|-----------|---|

What do sea  
monsters eat?

Fish and  
ships.

Thursday, June 11

|            |  |
|------------|--|
| 10:00 a.m. | Project Update with BHS<br><i>Re-run episode from 6/9</i>                |
| 10:30 a.m. | Steady Yourself Exercise Class   |
| 11:30 a.m. | Chair Yoga Exercise Class  |
| 2:00 p.m.  | Steady Yourself Exercise Class   |
| 3:00 p.m.  | Cooking with Lisa: <i>Pudding Pops</i><br><i>Re-run episode from 6/8</i> |
| 4:30 p.m.  | Happy Hour with J-Mix:<br><i>Tropical Mango Sangria</i>                  |

Friday, June 12

|            |  |
|------------|--|
| 9:30 a.m.  | Seated Strength Exercise   |
| 10:30 a.m. | Weights 101 Exercise Class   |
| 11:45 a.m. | Project Update with BHS<br><i>Re-run episode from 6/9</i>              |
| 12:00 p.m. | Channel 1960 News  |
| 12:30 p.m. | Update from Lonnie Baker, CEO  |
| 1:00 p.m.  | Parkinson's Exercise Class   |
| 2:00 p.m.  | Weights 101 Exercise Class   |
| 4:30 p.m.  | Poetry Moment: "Change"<br><i>Re-run episode from 6/10</i>             |
| 4:45 p.m.  | Project Update with BHS<br><i>Re-run episode from 6/9</i>              |
| 5:00 p.m.  | Channel 1960 News<br><i>Re-run episode from Noon - 6/12</i>            |
| 5:30 p.m.  | Update from Lonnie Baker, CEO<br><i>Re-run from 12:30 p.m. on 6/12</i> |
| 7:00 p.m.  | Friday Night Program:<br><i>Adele—Live Full 2020 Concert</i>           |