

## Get ready to Pig Out!

### IL residents may order barbecue meals in advance for delivery on Aug. 13

The 10th anniversary Pig Out for Parkinson's is set for 11 a.m. to 9 p.m. Thursday, Aug. 13, with virus precautions in place. As in year's prior, 10 percent of the day's earnings will benefit Meadowlark Parkinson's Program.

Pulled pork and chicken sliders with sides and a drink are available from 11 a.m. to 2 p.m. for \$10, and a pig roast buffet with beans, potato salad, coleslaw, and bread pudding will be available from 5 to 8 p.m. for \$13. The Cox Bros. BBQ full menu also is available all day for those choosing to dine in or drive thru. All orders will go towards the day's fundraising total.

Cox Bros. BBQ is committed to following COVID-19 precautions; restaurant staff will wear gloves and masks to serve customers in the buffet lines rather than customers serving themselves. Customers will be required to wear masks unless eating, and not all of the restaurant tables will be in use to promote social distancing between groups.

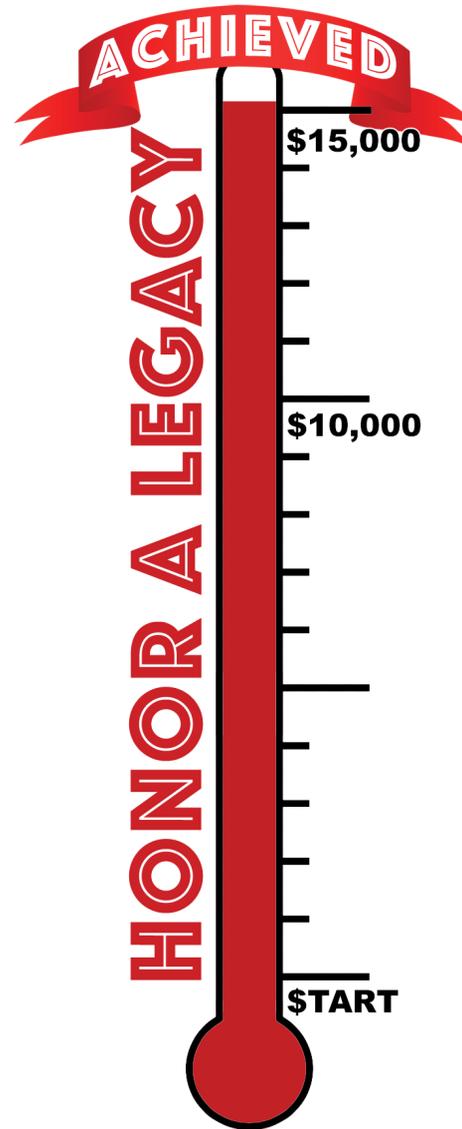
### Barbecue delivery option

Independent Living residents without transportation to Pig Out may order tasty barbecue in advance for either lunch or dinner, and meals will be delivered by Meadowlark staff. Please complete the order form included with the Aug. 10 Messenger and return to the Hospitality Desk by 5 p.m. on Tuesday, Aug. 11. Cox Bros. BBQ has requested the order forms prior to Aug. 13 so that they may ensure enough meat is smoked to fill the orders.

The lunch option features two pulled pork or pulled chicken sliders (small sandwiches), two sides, and original sauce for \$7 plus tax. The dinner option is a large pulled pork sandwich with original sauce, two sides, and bread pudding for \$10 plus tax.

Lunches are expected to arrive at your doors between 11:30 and noon. Dinners should arrive between 4:30 and 5 p.m. Pig Out purchases will be added to residents' September monthly statements.

Note; Residents who complete an order form do not need to come to the restaurant. Meals will be delivered to your door on Aug. 13.



Goal achieved and exceeded! The annual Honor a Legacy campaign, launched in May to benefit the Good Samaritan Fund, has generated **\$15,045** in donations to date, surpassing a campaign goal of \$15,000 set in June.

The campaign has attracted 56 donors, five of whom are new to Meadowlark Foundation and 10 who gave to this campaign for the first time.

For information about persons remembered with an Honor a Legacy contribution and other tribute gifts, see page 2.

## Walk Your Way Challenge

by Jeff Heidbreder, Fitness Service Leader

The Courtyard Walking Challenge is an ongoing, self-paced event designed to encourage physical activity. Each participant can track the number of courtyard laps that they complete and prizes will be awarded for reaching certain milestones.

Whether you are new to the challenge, or have already started, walk the perimeter of the courtyard and then record your laps in the Courtyard Walking Challenge binder in the Game Room. Blank forms can be found in the front of the binder, write your name on your lap sheet and place it in the appropriate alphabetized section.

For participants who have already completed laps, you can pick up right where you left off. The four destinations that walkers are striving for are: Wamego (225 laps), Abilene (645 laps), Lindsborg (1,380 laps) and Wichita (2,175 laps). For participant reference, 15 courtyard laps = 1 mile. Happy Walking!

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## New Programming: Channel 1960

### Abstract: Automotive Design

At 7 p.m. Tuesday, Aug. 11, join Fiat Chrysler's global head of design, Ralph Gilles, as he steers the brand into the future with sleek new sports cars and self-driving electric van.

### Guardians of the Amazon

At 7 p.m. Friday, Aug. 14, watch the full ABC documentary, *Guardians of the Amazon*. As the Amazon Rain Forest faces a crucial tipping point amidst the increase of illegal logging activities, Dan Harris and his team embed with the Guardians, a small indigenous group taking up arms to hunt down illegal loggers and fight for their land.

### Babies: Love

At 10:05 a.m. Saturday, Aug. 15, Channel 1960 begins a new five-episode Netflix series titled, *Babies*. From nature to nurture, this docuseries explores the groundbreaking science that reveals how infants discover life during their very first year.

In episode one, the biology of bonding unravels to reveal how caregiving, social interaction, and stress can physically change both parent and newborn.

## July Gifts to Meadowlark Foundation

Gifts to Meadowlark Foundation during the month of July were given in memory of the following persons to benefit the Good Samaritan Fund, Parkinson's Program, and Memory Program. Gifts were also received to support Sloan House.

### In Memory of

Sherry Andres	Winifred Reed*
Marion Boydston*	Bob Smith
Pat Hartman*	Bill Stolzer*
Jo Horton	Ivan Tompkins
Tony Jurich*	Donna Vanier*
Craig Kohls	John Vogt*
Phyllis Mentgen	

### In Tribute to

Team Rasmussen

\*Given as a part of the 2020 Honor a Legacy Campaign.  
If you have questions regarding Meadowlark Foundation, please contact Becky Fitzgerald, at (785) 323-3843.

## Courtyard Music System

While hanging out and soaking up sunshine, socially distanced, in the Courtyard, residents can use the sound system to play music. There is a white switch panel on the backside of the outdoor bar. Press a button to select a music category and use the arrow buttons to change the volume. Please make sure to turn off the sound system by 8 p.m. by pressing "Landscape Off."

## Featured Ice Cream Treat

Substitute the weekly ice cream treat for your dessert when you order a special or order it at anytime for just \$2! This week enjoy a Cookies n' Cream Ice Cream Sandwich.

## Margarita Special

On Tuesday, Aug. 11, enjoy a margarita with your dinner! Order from Prairie Star for just \$2 to add to your meal.

## Menu Changes

There will not be a lunch or dinner special offered on Thursday, Aug. 13. Orders from the regular service menu are still available.

# recipe

## Cooking with Lisa!

### Raspberry Chipotle Bean Dip

#### INGREDIENTS

- 1 package of cream cheese
- 1 can black beans; drained & rinsed
- 1/2 jar raspberry chipotle sauce
- Hot Pepper Jack shredded cheese
- Tortilla chips

#### DIRECTIONS

- Put cream cheese on the bottom of the pan. Add the black beans. Pour the sauce over the cream cheese and black beans. Add the cheese to the top.
- Bake at 350 degrees for 20 minutes.
- Let cool then enjoy with tortilla chips!

## Work That Brain!

**Oxymoron Scramble** Oxymorons are a pair of contradictory words, such as “only choice” and “pretty ugly”. In this word scramble, try to discover the oxymoron phrase in each of these sets of letters.

1. SHJRUIMMBOP

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2. SISCLERENAMT

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3. NELWDS

\_\_\_\_\_

4. MIMIRNOACRLE

\_\_\_\_\_

5. FLEAVOARSITET

\_\_\_\_\_

6. WOVARCAKITINONG

\_\_\_\_\_

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	8	1			7		5	
				2		6		7
					8	5		
				7	5			
	6		3	9				
	1		5					8
		4					7	
						1		3



### Masked Mystery REVEALED!

The masked staff member was Dr. Matt Floersch, Meadowlark Medical Director and physician with Meadowlark Medical Professionals.



# Meadowlark Entertainment Guide



## Tuesday, August 11

9:00 a.m.	Osher Class: Identity Theft <i>Session One Re-run from 8/8</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Aerobics Exercise
2:00 p.m.	Steady Yourself Exercise Class
2:45 p.m.	Cooking with Lisa: <i>Chipotle Black Bean Dip, Re-run from 8/10</i>
3:00 p.m.	MEOW (Memory Program)
7:00 p.m.	Abstract: The Art of Design: <i>Ralph Gilles—Automotive Design</i>

## Wednesday, August 12

9:00 a.m.	Comedy Club: Wake Up Funny
9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Sunday Church Service <i>Re-run episode from 8/9</i>
1:00 p.m.	Change & Loss Group with <i>Bridget Larkin, LMSW, &amp; Kathleen Spearman, LMSW</i>
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny

## Thursday, August 13

9:00 a.m.	MEOW (Memory Program) <i>Re-run episode from 8/11</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Aerobics Exercise
2:00 p.m.	Steady Yourself Exercise Class
2:45 p.m.	Cooking with Lisa: <i>Chipotle Black Bean Dip, Re-run episode from 8/10</i>

## Thursday, August 13

4:30 p.m.	Happy Hour with J-Mix: <i>Harvey Wallbanger</i>
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## Friday, August 14

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:45 a.m.	Cooking with Lisa: <i>Chipotle Black Bean Dip, Re-run from 8/10</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
5:00 p.m.	Channel 1960 News <i>Re-run episode from Noon, 8/14</i>
5:30 p.m.	Update from Lonnie Baker, CEO <i>Re-run from 12:30 p.m., 8/14</i>
7:00 p.m.	Guardians of the Amazon <i>(Full ABC Documentary)</i>

## Solution from 8/3

B	O	S	E		E	M	M	E		S	C	U	B	A			
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A	S	I	D	E			E	L	E	C		A	T	E	E		
S	E	T	A	T			M	O	A	T		N	E	O	N		