

Meadowlark Update



Meadowlark CEO Lonnie Baker's most recent video update aired Friday, Aug. 21. He shared that re-opening plans for Meadowlark are

progressing. As many are already aware, in-person fitness classes are starting Monday, Aug. 24, utilizing Prairie Star Restaurant's new Event Center. Additionally, some of the restrictions on cottage/duplex visitors have been lifted.

With the return of K-State students and K-12 classes beginning, the community could see an increase in positive COVID-19 cases. This will most certainly impact our workforce in one way or another, and we are staying up-to-date on information regarding COVID-19 in our area.

Phasing at Meadowlark will begin with doing more internal events and following that, re-introduce "outside" people to the campus for visitation and programming.

Within the healthcare houses we are still utilizing a lot of PPE (personal protective equipment). The team is looking forward to when we can reintroduce visitation to these areas.

Lonnie also reminded residents to stay safe and try to have some fun. If you have ideas of events/programs you would like to see staff implement, let us know by calling (785) 323-3878.

Empowered LIVE!



Larry Gifford, featured speaker

by Michelle Haub, Special Programs Leader Empowered LIVE!, an Evening to Celebrate Living Well with Parkinson's Disease will take place Friday, Aug. 28, beginning at 6 p.m. via the online platform, Zoom. Despite the pandemic, event sponsors David and Jan Vanderbilt of Vanderbilt's remain dedicated to making the second annual Empowered LIVE! happen. Special Programs Leader, Michelle Haub, secured a great speaker who is familiar with virtual events.

The Empowered LIVE! Featured speaker for 2020, Larry Gifford, also lives with Parkinson's disease. His talk is titled, "When Life Gives You Parkinson's..." and he promises it to be "a positive talk that is empowering, humorous, honest, and rooted in hope." Following Larry's program, he and his wife, Rebecca, will engage in an opportunity for attendees to ask questions.

Prior to listening to Larry's presentation, there will be a brief option to hear from a few vendors who specialize in different areas of PD. Join via Zoom from your computer, tablet, or smartphone.

Link: <https://us02web.zoom.us/j/87084147255>

Audio only option: 1 (312) 626-6799

Meeting ID: 879 8414 7255

Larry and his wife reside in Canada. Larry hosts the podcast, "When Life Gives You Parkinson's ..." which details his journey with the disease, as a guy in his mid-40s with a family and a career. He was diagnosed with Young Onset Parkinson's Disease in August 2017. The show was named "Best Podcast" by RTDNA West Region in 2020 and listed on the "Best of 2018" playlist by Apple Podcasts. Larry also hosts the Michael J. Fox Foundation (MJFF) Parkinson's podcast, serves on the MJFF Patient Council, founded the Parkinson's advocacy group PD Avengers, and he is an Ambassador for the 2022 World Parkinson's Congress in Barcelona, Spain. Not only is he very active and involved in the PD community, but he is also the National Director of Talk Radio for Corus Entertainment in Canada.

If you have questions about Empowered LIVE!, please contact Michelle at (785) 323-3899.

Virtual Programming

Virtual Programming Opportunities are available through the online platform Zoom. If you are unfamiliar with Zoom, let us know and we can provide a quick tutorial. Use Zoom via a smartphone; tablet; or a laptop or desktop computer.

Empowered LIVE!

Empowered LIVE! - An Evening to Celebrate Living Well with Parkinson's Disease will be totally virtual this year. The event can be accessed through Zoom starting at 6 p.m. Friday, Aug. 28. Larry Gifford is the featured speaker and will share positive talk that is empowering, humorous, honest and rooted in hope. His program is titled, "When Life Gives You Parkinson's..."

LIVE Change & Loss Support Group

Join Bridget Larkin, LMSW, and Kathleen Spearman, LMSW, for the live and virtual Change and Loss Support Group. Attendees will be able to process their thoughts and feelings about the different forms of loss, including personal grief experiences in a supportive environment. The group meets from 2 to 3 p.m. each Monday via the online platform, Zoom.

To participate, please email Kathleen at kspearman@meadowlark.org or call (864) 624-6224 for the meeting link and password. This group is only for Meadowlark residents at this time.

LIVE Parkinson's Exercise Class

Michelle Haub, Special Programs Leader, is teaching Parkinson's Exercise class LIVE via the online platform Zoom each week! To participate, sit in a table chair (without chair arms is best) in front of your computer, tablet, or smartphone with video capability. During the class, participants work on a range of motion, strengthening, and purposeful movements. The class meets each Friday from 1 to 1:45 p.m. To receive the log-in link, call Michelle at (785) 323-3899 or e-mail her at michelle.haub@meadowlark.org.

LIVE Memory Care Partner Group

Join the weekly Zoom meeting for the Memory Care Partner Support Group from 10 to 11 a.m. each Wednesday. This is a live opportunity to connect with other care partners and receive support. The group is led by Bridget Larkin, LMSW. Contact Bridget for the log-in information by calling (785) 323-3837 or email her at blarkin@meadowlark.org.

NEW on Channel 1960

Abstract: Photography

At 7 p.m. Tuesday, Aug. 25, watch and learn about Platon's fearless portraits that capture the souls of world leaders and ordinary people. A photo shoot with Gen. Colin Powell provides a window into his process.

Strong Island: Documentary

The forces of family, grief, and racial injustice converge in this Oscar-nominated documentary exploring the murder of filmmaker Yance Ford's brother. Watch this full feature at 7 p.m. Friday, Aug. 28.

Face-to-Face Programming

Monday, Aug. 24

9:30 a.m.	Seated Strength Exercise
11:00 a.m.	Weights 101 Exercise Class

Tuesday, Aug. 25

9:30 a.m.	Sit & Be Fit Exercise Class
11:00 a.m.	Steady Yourself Exercise Class

Wednesday, Aug. 26

9:30 a.m.	Seated Strength Exercise
11:00 a.m.	Weights 101 Exercise Class

Thursday, Aug. 27

9:30 a.m.	Sit & Be Fit Exercise Class
11:00 a.m.	Steady Yourself Exercise Class

Friday, Aug. 28

9:30 a.m.	Seated Strength Exercise
11:00 a.m.	Weights 101 Exercise Class

Face-to-Face Programming Opportunities are available in the new Prairie Star Restaurant Event Center. Currently, only exercise classes will be offered. Reservations and masks are required. Call the Hospitality Desk at (785) 323-3847 for same-day and next-day sign ups.

recipe

Cooking with Lisa!

Honey Sriracha Cauliflower

INGREDIENTS

3/4 cups cauliflower florets

1/3 cup honey

1/4 cup Sriracha, hot sauce

1 Tbsp coconut aminos

1/4 tsp sesame seed oil

1 Tbsp rice vinegar

Optional: ranch or blue cheese dressing for dipping

DIRECTIONS In a large bowl, mix together the

honey, Sriracha, coconut aminos, sesame seed oil

and rice vinegar. Whisk together.

Toss in cauliflower to cover in the sauce.

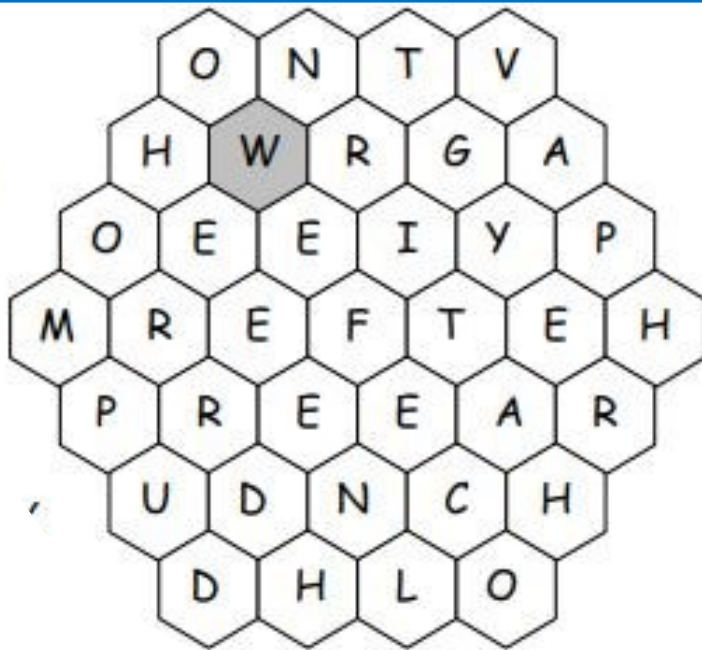
Air Fryer: Set at 370° and cook for 10 mins. Stir

basket at 5 mins. mark. Then continue to cook.

Oven: Set at 400° and cook for 20 mins. Stir pan at

10 mins then cook until tender. Let cool & enjoy!

Work That Brain!



The shaded W & 6 surrounding letters, spell nowhere matching the clue below. For the remaining clues, find the 7-letter words. Use the center letters to spell out the BUZZWORD.

1. Not in any place: nowhere—W
2. Ruler _____
3. Treatment _____
4. Sports official _____

Solution from 8/17

E	N	U	T	M	E	G	A	L	L	I	N	A	V
T	S	C	H	I	V	E	S	S	N	V	A	Y	P
R	E	E	U	G	N	N	P	H	N	I	M	N	A
N	P	Y	A	B	N	I	A	M	N	O	S	T	R
A	E	M	N	N	Y	T	N	V	A	L	A	H	S
I	P	O	R	O	R	E	G	A	N	O	A	Y	L
E	P	G	L	C	I	S	B	A	S	I	L	M	E
S	E	E	O	L	A	O	E	C	S	A	E	E	V
A	R	N	Y	N	O	G	A	R	R	A	T	Y	A
E	A	R	E	A	T	L	G	M	I	N	T	C	I
O	A	N	G	G	E	E	A	A	I	E	N	I	M
T	Y	R	A	M	E	S	O	R	T	O	O	Y	E
T	E	E	S	E	A	R	M	B	N	C	O	T	E
V	I	M	I	N	O	M	A	N	N	I	C	T	R

5. Celestial attraction _____

6. Cents in a dollar _____

7. Tutor _____

BUZZWORD: Plant that causes hay fever



Meadowlark Entertainment Guide

All programs air on Channel 1960
Your window to the world!

Tuesday, August 25

9:00 a.m.	Osher Class: Identity Theft Session Three, Re-run from 8/22
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>Honey Sriracha Cauliflower</i> , Re-run from 8/24
3:00 p.m.	MEOW (Memory Program)
7:00 p.m.	Abstract: The Art of Design: Platon—Photography

Wednesday, August 26

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 Re-run episode from 8/23

Wednesday, August 26

1:00 p.m.	Change & Loss Group with Bridget Larkin, LMSW, & Kathleen Spearman, LMSW
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny

Thursday, August 27

9:00 a.m.	MEOW (Memory Program) Re-run episode from 8/25
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>Honey Sriracha Cauliflower</i> , Re-run from 8/24
4:30 p.m.	Happy Hour with J-Mix: <i>Tequila Sunrise</i>

Featured Ice Cream Treat

Substitute an Ice Cream Health Bar for your dessert when you order a special or order it at anytime for just \$2!



Thank You! A big thank you to everyone who sent me cards to celebrate my birthday. I appreciated receiving each and every one of them—*Don Kessinger*



MYSTERY REVEALED!

The masked staff member from the 8/20 Messenger was Jeff Heidbreder, Fitness Services Leader!