

The Race Must Go On ... Indeed it Did!

by Michelle Haub, Special Programs Leader

After six months of talking about how things can't be the same this year due to COVID-19, we are all tired. But you know what? We are more resilient, creative, and maybe even stubborn because of our current situation. The feeling of fatigue, that people with Parkinson's disease experience, is one of the most overwhelming and challenging symptoms to manage. It can be a constant ache - not only physically but emotionally. Additionally, depression and apathy are two of the most common non-motor symptoms experienced by people with PD. So knowing that physical exercise, proper medication management, and engagement with others are the best things for fighting the symptoms of Parkinson's, we knew the Speedy Pd Race for Parkinson's disease must go on in 2020! Now, more than ever, the Meadowlark Parkinson's Program needed to reach people affected by Parkinson's disease to help them understand they can still keep fighting! With people throughout the world experiencing fatigue and sadness in what 'should have been...' due to the pandemic, they are also able to reach out in more ways to help those in need. That's exactly what happened here!

"I have Parkinson's!"

Larry Gifford, an individual with



Program participants gathered virtually for the 2020 Empowered LIVE! event.

Young Onset Parkinson's, was our presenter for the Empowered LIVE! An Evening to Celebrate Living Well with Parkinson's sponsored by Vanderbilt's. We had a great turnout of people, via zoom, who listened to Larry embrace his world of living with a degenerative neurological disease while working full-time and raising his young son, Henry, with his wife Rebecca. He encouraged attendees not to shy away from telling people they have Parkinson's, rather educate and tell people "I have Parkinson's!" to help them learn and appreciate the unique experiences of living with this disease. By being an advocate

for oneself and others, one can improve understanding, empathy, and even services/supports for people with PD.

The Race Must Go On!

Although there are other groups in the region still having road races during the pandemic, we knew that we must ensure the safety of our participants and the VIPs (Very Important People with Parkinson's disease) and host ours virtually. This year we had 501 people register for the Speedy Pd Virtual ½ mile, 5K or 10K races. Doug Sellers, Race Director, noted that "this number is one of the largest

See Speedy Pd, page 2

Speedy Pd, from page 1

virtual only races in the nation.” Although this number is lower than previous live years, it is still a sign of the great support of the people in our Program and how they support their loved ones with PD! Take Dennis Rider, VIPd from Abilene, for example. He, along with his family and friends, has supported the Speedy Pd race and won the Largest Team award for the last four years. They were committed to keeping the streak alive this year! When Dennis’ friends heard that the Speedy Pd was going virtual, they put together their own activities, gathered sponsors from the Abilene area, worked with the Greater Manhattan Community Foundation and donated \$15,000 to the Meadowlark Parkinson’s Program to support the Rock Steady Boxing services. They also gathered 216 people for their team “Coyote Crazy”! Yes, you read that correctly—216 people registered for the Speedy Pd with Team Coyote Crazy!! And yes, they continue to hold their record for Largest Team while also adding a new title of “Most Donations Raised!” Dennis and his wife, Mary, say they were surprised and grateful by the support of the Abilene community, family, and friends.

Team Rasmussen continued their streak of “Most Enthusiastic Team” this year despite the distance of their loved ones. Their team members shared photos of support from the Lincoln Memorial to California,



to Tennessee!



Not only did people lace up their sneakers to get out for a walk or run to support the Speedy Pd and those affected by PD, but they also opened their wallets. The generosity of people never ceases to amaze me! Our sponsors, which includes Community First National Bank as the Presenting Sponsor, provided \$14,445 in cash and in-kind donations this year. We are grateful for all twenty sponsors who took a chance on our completely virtual experience this year!



Our Teams and other participants provided over \$20,000 in donations! Add to that the commitment from the PD Patron Pledge, \$5,363, and we have another amazing year of being able to provide FREE education, exercise, outreach and scholarship to people affected by Parkinson’s!

IL Visitor reminder

Independent living residents residing in cottages, duplexes, and garden apartments are still able to have two visitors at a time. Visitors must arrive between 7 a.m. and 7 p.m. and complete a screening questionnaire upon at the Enjoy Point. A reminder to please contact the Hospitality Desk at (785) 323-3847 by 10 p.m. the day *prior* to their visit. This allows staff to have the correct information and your visitors will have no trouble checking in. Please note, visitor allowance may change at any time due to local COVID-19 cases and guidance from local and state officials.

Ice Cream Treat!

Substitute a Vanilla Champ Cone for your dessert when you order a special or order it at anytime for just \$2!



Campus Update from Lonnie Baker, CEO

Meadowlark CEO Lonnie Baker's most recent video update aired on Channel 1960 at Meadowlark on Friday, Sept. 11. The Meadowlark team is continuing to add more in-person activity options, with the newest offerings starting the week of Sept. 14 with Bingo and

Worship Service. There are plans to bring back in-person Meadowlark Parkinson's Program and Meadowlark Memory Program activities in the next few weeks. This will be a phased process and initially program participants who live off campus will not be attending the in-person programming offered at Meadowlark. Virtual programming opportunities will continue for both programs. Use of the fitness equipment and access to personal training appointments will become available soon. Watch the Messenger for more details.

Lonnie remains concerned about the high number of positive cases for the greater Manhattan area. Some

Meadowlark staff have tested positive in recent weeks. The threat of COVID-19 remains close, and the Meadowlark team is working hard to balance safety with opportunities to socialize and enjoy life.

Staff members who test positive go through an extensive re-testing process prior to returning to work. If you have been around the COVID-positive staff member, you will be contacted with further instructions. None of the recent positives have interacted with independent living residents.

Long-term care facilities are now being faced with mandated testing requirements. The frequency of testing is directly related to the positive cases in the greater community, such as Manhattan and Riley County. Based on the current numbers, Meadowlark would be required to test all household employees and anyone in direct contact with household residents. This process will provide logistical challenges and can be expensive. Meadowlark is finalizing our plan for the testing process in the next week or so.

Use your face mask correctly by covering your nose and mouth. Practice good hand hygiene and share your ideas for how we can incorporate more opportunities to have fun.

WHO are you looking at?



Meadowlark Project Manager, Jon Bechtel, captured this owl hanging out on one a roof of a Meadowlark duplex last week. Isn't nature cool?!

Work That Brain!

NFL Teams

C	H	E	I	F	S	A	S	S	G	T	F	S	E
A	C	S	S	R	E	G	R	A	H	C	T	N	O
E	S	D	D	S	T	E	A	G	L	E	S	I	I
D	N	P	S	T	N	A	I	G	J	T	S	K	L
F	O	B	E	N	G	A	L	S	A	A	E	S	E
S	C	T	S	O	J	S	S	S	I	C	E	D	R
S	L	E	S	S	A	S	S	N	J	A	D	E	S
T	A	X	R	R	G	L	T	A	E	R	O	R	A
O	F	A	E	E	U	S	G	L	T	D	L	C	R
I	S	N	H	L	A	R	R	X	S	I	P	O	A
R	L	S	T	E	R	S	N	I	B	N	H	L	B
T	L	L	N	E	S	R	A	E	B	A	I	T	E
A	I	L	A	T	O	A	I	H	C	L	N	S	R
P	B	P	P	S	I	S	P	L	I	S	S	N	L

STEELERS
 CARDINALS
 PANTHERS
 TEXANS
 BEARS
 CHEIFS
 SAINTS
 DOLPHINS
 GIANTS
 FALCONS
 OILERS
 BENGALS
 EAGLES
 PATRIOTS
 REDSKINS
 CHARGERS
 JAGUARS
 BILLS
 COLTS
 JETS

Solutions from 9/7

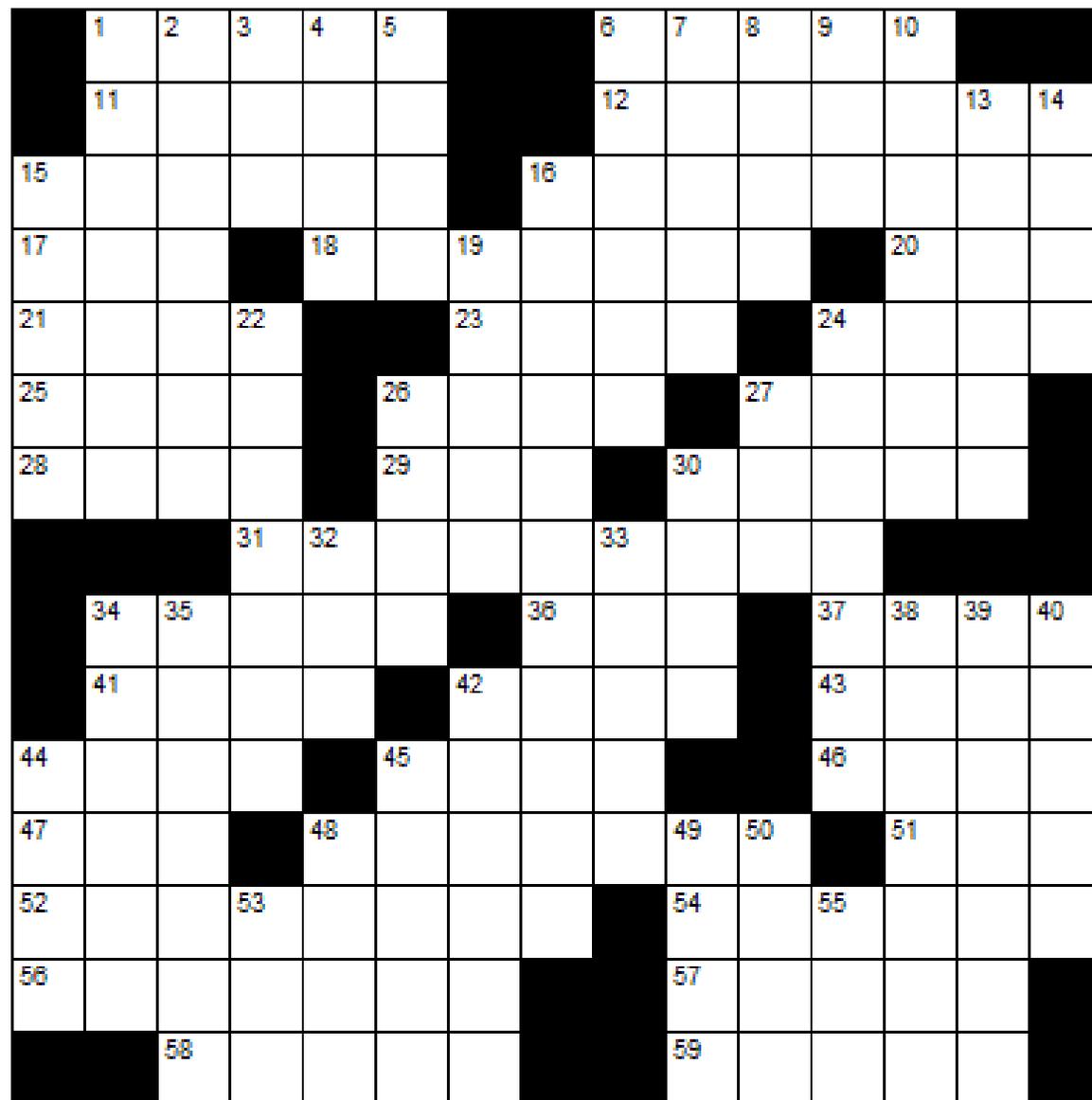
Moon Phases

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

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

ACROSS

1. Interlace
6. Bundle
11. Put to rest
12. Male peafowl
15. Mainstay
16. Wetness
17. Liveliness
18. A British title of respect
20. Chart
21. Relating to urine
23. Website addresses
24. Witless
25. List of options
26. Gestures of assent
27. Encircle
28. Biblical garden
29. French for "Summer"
30. Cantankerous
31. Certified
34. Rotates
36. Historic period
37. Church alcove
41. Sea eagle
42. Russian emperor
43. Ailments
44. Tailless amphibian
45. Strong fiber
46. Tidy
47. Evil spirit
48. Entreat
51. Avenue (abbrev.)
52. Apodal
54. Roof beam
56. Trap
57. Amend
58. Kind of alcohol
59. Musty



DOWN

- | | | |
|------------------------------------|--------------------------|--------------------------------|
| 1. Irrigated | 14. Retained | 35. Ask someone to marry you |
| 2. Pertaining to cobra-like snakes | 15. Foam | 38. Ruffled |
| 3. Mountain | 16. Female killers | 39. Bondage |
| 4. Sheltered spot | 19. A proportional share | 40. Banana oil, e.g. |
| 5. Visual organs | 22. Ingenious | 42. Anagram of "Steals" |
| 6. Decays | 24. Scorn | 44. A small high-pitched flute |
| 7. Successors | 26. Catches | 45. Inebriated |
| 8. Convenience | 27. G | 48. Ho-hum |
| 9. Emote | 30. Russian emperor | 49. Study hard |
| 10. Polecat (archaic) | 32. Half of a pair | 50. Angel's headwear |
| 13. Cunning | 33. Angry | 53. Explosive |
| | 34. Homily | 55. Faster than light |

Face-to-Face Programming

Face-to-Face Programming Opportunities are available for independent living residents in the new Prairie Star Restaurant Event Center. Reservations are required and can be made by calling (785) 323-3847, unless otherwise noted. Cottage/duplex residents must be screened at the Village Entrance before entering the building. **Masks are required.**

Bingo & Church Service: Sign up for each session. Advance sign-ups available.

Exercise Classes: Same-day/next-day sign ups, only.

Dinner Theater: Make your reservation each month by calling Prairie Star Restaurant at (785) 323-3820.

Staff Spotlight: Make your standing reservation once by calling the Hospitality Desk. The date and time chosen will be your **standing** reservation.



September Dinner Theater

Every Thursday Evening in Sept. at 5:30 p.m. Event Center at Prairie Star Restaurant Space is limited. Please contact Prairie Star Restaurant at (785) 323-3820 to select one date. Entertainment will vary from week to week.

Strawberry Feta Salad
Seared Petite Filet
with Burgundy Butter Sauce served on Potato Pancake and topped with Fried Shallots
Grilled Zucchini
Peach Crème Brule
with Mini Sugar Cookies

\$22 per person

Tuesday, Sept. 15

9:30 a.m.	Sit & Be Fit Exercise Class
11:00 a.m.	Steady Yourself Exercise Class
1:00 p.m.	Staff Spotlight: Prairie Star Team

Wednesday, Sept. 16

9:30 a.m.	Seated Strength Exercise
11:00 a.m.	Weights 101 Exercise Class
1:00 p.m.	Staff Spotlight: Prairie Star Team
2:00 p.m.	Staff Spotlight: Prairie Star Team

Thursday, Sept. 17

9:30 a.m.	Sit & Be Fit Exercise Class
11:00 a.m.	Steady Yourself Exercise Class
1:00 p.m.	Staff Spotlight: Prairie Star Team
5:30 p.m.	Dinner Theater

Friday, Sept. 18

9:30 a.m.	Seated Strength Exercise
11:00 a.m.	Weights 101 Exercise Class
1:00 p.m.	Staff Spotlight: Prairie Star Team

Sunday, Sept. 19

10:30 a.m.	Sunday Church Service with Chaplain Patty Brown-Barnett
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**Once my dog ate
all the Scrabble
tiles.**

**He kept leaving
little messages around
the house.**

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.

Parkinson's Voice Class

Michelle Haub, Special Programs Leader, is conducting a voice class each Monday from 1:30 to 2:30 p.m. During class, participants will engage in breathing, resonance, voice and body, and voicing exercises, as well as some reading and conversation.

To log into the class, use the following URL:

URL: <https://us02web.zoom.us/j/82844488642>

Meeting ID: 828 4448 8642

Memory Café

Join Michelle Haub, Special Programs Leader, for a live Zoom opportunity focused on reminiscing and social interaction. The next Memory Cafe will take place on Wednesday, Sept. 16, at 11 a.m. To join the meeting, use the following URL and Meeting ID.

URL: <https://us02web.zoom.us/j/88903923826>

Meeting ID: 889 0392 3826

Change & Loss Support Group

Join Bridget Larkin, LMSW, and Kathleen Spearman, LMSW, for the live and virtual Change and Loss Support Group each Monday from 2 to 3 p.m. To participate, please email Kathleen at kspearman@meadowlark.org for the log-in information.

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 electronic device with video capability. The class meets each Friday from 1 to 1:45 p.m. To receive the log-in link, call Michelle at (785) 323-3899.

Memory Care Partner Group

Join the weekly Zoom meeting for the Memory Care Partner Support Group from 10 to 11 a.m. each Wednesday. The group is led by Bridget Larkin, LMSW. Contact Bridget for the log-in information by calling (785) 323-3837.

NEW on Channel 1960

Explained: World's Water Crisis

Channel 1960 continues the new series, *Explained*, at 7 p.m. Tuesday, Sept. 15. In partnership with Vox Media Studios and Vox, this enlightening series will take viewers deep inside a wide range of culturally relevant topics, questions, and ideas. Each episode will explore current events and social trends pulled from the zeitgeist, touching topics across politics, science, history, and pop culture—featuring interviews with some of the most authoritative experts in their respective fields.

The second episode narrows in on the world's water crisis. The global water crisis is at an inflection point. How do we price our most valuable resource, while also ensuring access to it as a human right?

Beethoven: Symphony No. 6

Tune into Channel 1960 at 7 p.m. Friday, Sept. 18, and enjoy Beethoven's Symphony No. 6 performed by West-Easter Divan Orchestra. This performance was conducted by Daniel Barenboim on July 23, 2012.



Puzzlin' Pandemic! Linda Hall has completed many puzzles over the past several months. She shared the beautiful completed puzzle pictured above, which features colorful flowers. Send your completed puzzle pictures to sguge@meadowlark.org.



Meadowlark Entertainment Guide

All programs air on Channel 1960 **Friday, September 18**
Your window to the world!

Tuesday, September 15

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
3:00 p.m.	MEOW (Memory Program)
7:00 p.m.	Explained: <i>World's Water Crisis</i>

Wednesday, September 16

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Sunday Worship Service <i>Re-run episode from 9/13</i>
2:00 p.m.	Weights 101 Exercise Class

Thursday, September 17

9:00 a.m.	MEOW (Memory Program) <i>Re-run episode from 9/15</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

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Channel 1960 News
12:30 p.m.	Update with 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 from 12:00, 9/18</i>
5:30 p.m.	Update with Lonnie Baker, CEO <i>Re-run from 12:30, 9/18</i>
7:00 p.m.	Beethoven Symphony No. 6: <i>West--Eastern Divan Orchestra</i>

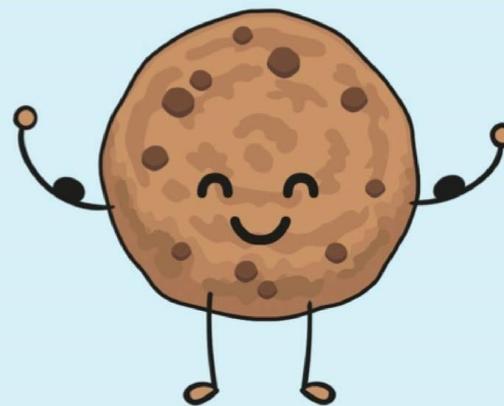
Saturday, Sept. 19

9:00 a.m.	Comedy Club with Chris Clouds
9:15 a.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 9/18</i>
9:30 a.m.	Band Bust Exercise Class
2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club with Chris Clouds <i>Re-run episode from 9 a.m., 9/19</i>
3:15 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 9/18</i>



MYSTERY REVEALED!

The masked staff member from the 9/10 Messenger was Georgia Adolph, Scenic House Household Coordinator!



YOU'RE ONE TOUGH COOKIE!