

FIESTA TO REMEMBER

TASTES & TUNES FOR A REASON



By Becky Fitzgerald

During these uncertain times prompted by a global pandemic, Meadowlark Memory Program is grateful to know that the generosity of others IS certain. Central National Bank again is partnering with Coco Bolos for an awareness and fundraising event to benefit the memory program. The 2020 Fiesta to Remember has been organized with COVID-19 precautions in mind, so the venue has changed, but loud food and spicy music are still on the day's menu.

This year's event is set for 11 a.m. to 9 p.m. Saturday, Aug. 1, at Central National Bank, at the corner of Claflin and College avenues. Coco Bolos is donating 10% of event proceeds to the memory program.

YOU'RE INVITED!
11 a.m. to 9 p.m.
Saturday, Aug. 1
Central National Bank,
1403 College Ave.

Knowing that gatherings are safer outdoors and several construction projects are blocking roads near Coco Bolos, event organizers are opting for a parking lot party at the bank, which will be much easier to access. Social distancing guidelines will be easier to follow, too.

Douglas Haverkamp, Market President with Central National, said the bank is excited to be a part of this year's Fiesta.

"We are looking forward to bringing awareness within the community about memory care and cognitive issues in the Flint Hills region," he said. "Last year's event was a success, and we anticipate

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this year to even be more successful.”

Haverkamp has been a vocal cheerleader for the event, encouraging Fiesta teammates to think outside the popular Aggieville restaurant’s box. He was the one to ask if Coco Bolos’ signature “loud food” could be served at the bank.

The answer: YES! Food will be packaged for carry-out, and “portable” items have been included in case guests would like to enjoy a meal on site. Tables will be strategically placed several feet apart.

Menu items are:

- ~ Steak or chicken fajita dinners, served with Navajo rice, bolo beans and condiments, \$14
- ~ Fajita taco, \$5
- ~ Fajita skewer, \$5. Your choice of chicken or steak teamed with grilled peppers and onions.

To wet your whistle, a variety of beers and Coco Bolos’ classic Red Sangria will be available, along with bottled water, Pepsi products, and other refreshing canned and bottled beverages.

Central National Bank again has purchased 20-oz. insulated tumblers featuring the event and bank logos. Tumblers such as these keep beverages cold (or hot) for hours, will last years with easy care, and reduce waste/impact on the environment.

Receive your Fiesta tumbler TODAY with a minimum donation to Meadowlark Memory Program of \$10, or visit the memory program’s information station at the Fiesta on Aug. 1.

Residents and Meadowlark employees may call the

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Hospitality Desk at (785) 323-3847 to request delivery of a tumbler. A donation may be made with cash, by writing a check to Meadowlark Foundation, or residents may add this donation to a monthly statement. Employees may donate with payroll deduction. Bring your tumbler to the event or purchase one there, and you may enjoy a cold beverage served in your tumbler for a special price.

What’s a Fiesta without some spicy music? This year’s tunes will be provided by Dave Lewis Entertainment. Lewis, known to many as the morning show host on News Radio KMAN and his role as announcer at Kansas State football and basketball games, is creating a play list of Latin- and tropical-inspired music, as well as classic rock, blues with some favorites from the 1950s and ’60s.

He or one of his team members will be at the Fiesta from 11 a.m. to 2 p.m. and return at 5 p.m. to liven up the rest of the party. Lewis also will create a playlist that will be

heard in the absence of a DJ in the afternoon.

Lewis is charging a nominal fee for his services in an effort to ensure as much event proceeds as possible benefit the memory program.

“This has been a tough several months for businesses and organizations,” Lewis observed. “We are all in this together, and I’d like to help. I’ll do my best to keep the Fiesta fun and lively.”

All are welcome to attend, with a special invitation extended to persons who’d like to know more about memory program opportunities. Please wear a mask except if eating or drinking at the event.

Donations to Meadowlark Memory Program help ensure the continuation of FREE education and enrichment opportunities to persons affected by cognition changes. The program is available to anyone in the Flint Hills region. For more information about the program, contact Michelle Haub, Special Programs Leader, at 785-323-3899.

COVID-19 Community Update

by Lonnie Baker, CEO



In the month of June, COVID-19 cases in Riley County skyrocketed.

On June 1, the county had 66 cases of the novel coronavirus and as of Tuesday, June 30, there were 233 cases. This increase coincided with the lowering of restrictions around the community and the return of some student athletes.

Since the onset of COVID-19 precautions at Meadowlark, the organization has had four positive cases. One Bramlage guest tested positive for COVID-19 and three staff members. These cases were all unrelated to each other. No one who was in contact with the guest or staff members contracted the virus.

Although we have good systems in place currently to combat COVID-19, challenges still lie ahead. Since there is increased community spread now, Meadowlark is taking a step back from some of the precautions that were relaxing. The salon will remain open with current limitations in place; maintenance orders will only be executed for health and safety needs; and cottage visitation has been suspended at this time. It is expected that precautions

will fluctuate as the risk level changes.

What makes a significant difference is the use of masks, good hand hygiene, social distancing, and proper use of PPE (personal protective equipment). One study showed that face mask use, cloth or surgical, decreased the chance of infections or transmission of the virus by more than 80-percent.

Governor Laura Kelly has initiated a statewide mask mandate for public places beginning at midnight Friday, July 3. Face masks have become a politically divisive issue recently, however, the virus doesn't care about politics. The science says that mask work. We support doing all we can to prevent the spread of COVID-19 amongst those who are at the greatest risk.

It is important to keep in mind that although your mask may provide you some protections, is designed to help the people around you. If you are in a mask and those around you are not, then they are putting you at risk. If you choose to put yourself in higher risk situations like being in crowded places and out in the greater community without a mask, then limit your contact with others. In fairness to each of us, please do not create an opportunity to potentially pass on COVID-19.

May & June Gifts to Meadowlark Foundation

Gifts to Meadowlark Foundation during the months of May & June 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 the Helping Hands Fund.

Memory of

Luke Auen
Laurice Bedros
George Chaput*
Leon Edmunds*
Lynda Ewert
Phyllis Eyestone
Barbara Harlan
Ted Hodges
Zadock Wayne Hook
Susan Koelliker
Jan Kruh
Bruce McCallum*
Charles Niernberger*
Fred Oehme*
Doris Phillips
Alice Quinn*
Kenny Reavis
John Rees*
Betty Schultz
Fred Sobering*
John Vogt*
Donna Vanier*
Kip Williams*

**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.

Work That Brain!

4th of July



AMERICA
 BLUE
 CELEBRATE
 FIREWORKS
 FLAG
 FOURTH
 FREEDOM
 HOLIDAY
 INDEPENDENCE
 JULY
 PARADE
 PICNIC
 RED
 STARS
 STRIPES
 SUMMER
 UNITED
 WHITE

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

Solution from 6/25 Messenger

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

Zona Lorraine Wheeler, *Family Fourth of July*, 1949, Watercolor on paper KSU, Marianna Kistler Beach Museum of Art 1949.1



Fireworks! The tradition of celebrating the Fourth of July with fireworks started in Philadelphia on July 4, 1777. That fireworks display began and ended with 13 rockets, to represent the colonies. There were fireworks in Boston Common the same night. It might not be easy to experience a fireworks display this year but, maybe you would like to create your own on the coloring page below. Think about some of the ways you celebrate July 4th!



Limited Prairie Star Menu

Due to construction in the kitchen area, Prairie Star Restaurant will have a limited regular menu beginning Monday, July 6. Daily lunch and dinner specials with starter and dessert will still be available.

LIMITED MENU ITEMS

Grilled Cheese & Tomato Soup
Hamburger or Cheeseburger
with Choice of Side
Cranberry Feta Salad

STARTERS

Garden Salad
Soup of the Day
Fruit
Jell-O

SIDES

Potato Chips
Potato Salad
Cottage Cheese
Corn
Green Beans
Broccoli Salad
Side offered with Special

DESSERTS

Dessert of the Day
Ice Cream Treat

Speedy Pd Race: Virtual for 2020

To help keep community members and participants safe during this time of uncertainty, the 12th annual Speedy Pd Race for Parkinson's Disease will be offered as a virtual race opportunity. 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.

Register by visiting www.runspeedypd.org. Leading up to race day, 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.

Race bibs, buffs and finisher's medals will be mailed out the week of Aug. 17! Once you have completed your event between Aug. 23 and Sept. 7, simply go to runsignup.com and enter your finishing time to be eligible for individual awards by age group and male/female categories.

Questions? Call Michelle Haub at (785) 323-3899 and learn more!

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New Programming: Channel 1960

Update with Lonnie Baker, CEO

A new Meadowlark update with Lonnie Baker, CEO, will air on Channel 1960 at 12:30 p.m. tomorrow, July 3, following the regularly scheduled 1960 News.

Friday Night Program: Oslo Philharmonic

Tune in to Channel 1960 for a classical performance of Beethoven Symphony No. 9, at 7 p.m. Friday, July 3. The 2019 performance of the Oslo Philharmonic is conducted by Klaus Mäkelä.

The Celts, Episode One: In the Beginning

In the debut episode of the BBC series, The Celts, the program looks at how the Celts were the first European people north of the Alps to rise from anonymity. Learn who the Celts were, where they came from, and what made their culture so distinctive. This is a six-part series and new episodes will air Saturdays at 10:05 a.m.

Aerial Firework Show

Get up close and personal with fireworks to celebrate the July 4th holiday! An Aerial Firework Show will air at 7 p.m. Saturday, July 4, on Channel 1960. You will see these magnificent colors and sparkles from drone footage!

PRAIRIE STAR RESTAURANT

Restaurant Hours
Breakfast is available from 7 to 10 a.m.
Monday to Saturday, 10:30 a.m. to 7 p.m.
Sunday, 10:30 a.m. to 7 p.m.

CALL (785) 323-3820 FOR MEAL & GROCERY ORDERS.

Delivery fee has been waived. All specials include beverage, starter and dessert.

Lunch specials without a starter or dessert can be requested and will cost \$6 each.

Refreshments will not be offered in the Game Room. Coffee by the cup will be available for delivery.

Alcohol also will be available for delivery if purchased by the bottle.

SUNDAY	July 5 ~ Lunch \$10	Dinner \$13
	Chicken Cordon Bleu with Supreme Sauce Rice Pilaf Vegetable du Jour	Steamed Polish Sausage Sauerkraut Hashbrown Casserole Vegetable du Jour
MONDAY	July 6 ~ Lunch \$10	Dinner \$12
	Napa Valley Chicken Salad Sandwich Baby Bakers Vegetable du Jour	Sausage Lasagna Garlic Bread Vegetable du Jour
TUESDAY	July 7 ~ Lunch \$10	Dinner \$12
	Cuban Sandwich Coleslaw Potato Chips	Smothered Pork Chop with Mushrooms & Onions Mashed Potatoes Vegetable du Jour
WED.	July 8 ~ Lunch \$10	Dinner \$11
	Turkey Cranberry Croissant Macaroni Salad Vegetable du Jour	Shepherd's Pie Vegetable du Jour
THURS.	July 9 ~ Lunch \$10	Dinner \$11
	Caesar Steak Wrap Pasta Salad Vegetable du Jour	Chicken Bacon Ranch Pasta Bake Garlic Bread Vegetable du Jour
FRIDAY	July 10 ~ Lunch \$10	Dinner \$12
	Chicago Dog Loaded Baked Potato Salad Vegetable du Jour	Garlic Parmesan Chicken Wild Rice Vegetable du Jour
SAT.	July 11 ~ Lunch \$10	Dinner \$12
	Meatball Sub Roasted Potatoes Vegetable du Jour	Burnt Ends Mac & Cheese Vegetable du Jour



Meadowlark Entertainment Guide

Friday, July 3

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 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, 7/3</i>
5:30 p.m.	Update from Lonnie Baker, CEO <i>Re-run from 12:30 p.m., 7/3</i>
7:00 p.m.	Friday Night Program: <i>Oslo Philharmonic, Beethoven Symphony No. 9</i>

Saturday, July 4

9:00 a.m.	Comedy Club: Wake Up Funny <i>Re-run from 7/1</i>
9:15 a.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 7/3</i>
9:30 a.m.	Band Bust Exercise Class
10:05 a.m.	The Celts, Episode One: <i>In the Beginning</i>
2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny <i>Re-run episode from 7/1</i>
3:15 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 7/3</i>
4:30 p.m.	Happy Hour with J-Mix <i>Re-run episode from 7/2</i>
7:00 p.m.	Aerial Firework Show

Sunday, July 5

9:00 a.m.	Sweat It Out Aerobics Exercise
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Sunday, July 5

10:30 a.m.	Sunday Church Service with <i>Chaplain Patty Brown Barnett</i>
11:00 a.m.	Our Planet: <i>Desserts & Grasslands</i> <i>Re-run episode from 6/30</i>
12:00 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 7/3</i>
2:00 p.m.	Sunday Church Service <i>Re-run episode from 10:30, 7/5</i>
3:00 p.m.	Relaxation: <i>Walk in the Rain</i>

Monday, July 6

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Cooking with Lisa: <i>Fruit Salad</i>
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	The Celts: <i>In the Beginning</i> <i>Re-run episode from 7/4</i>

Tuesday, July 7

10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Aerobic Exercise
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	MEOW (Memory Program)
7:00 p.m.	Our Planet: <i>High Seas</i>

Masked Mystery



Who am I?
Guess which masked staff member is shown here! The answer will be printed in the Mini Monday Messenger on July 6.