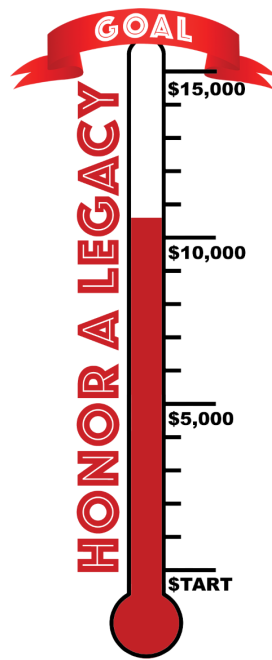




Courtyard Choir

The Courtyard Choir is a group that sings together in the Meadowlark’s center courtyard, which officially opened in July 2019. During the COVID-19 global pandemic, this outdoor area has provided a much-needed venue to soak up some sunshine and engage in (masked) companionship. The unofficial, social group is led by Jim Reed, independent living resident, on guitar. Yesterday, July 8, they sang in homage to our country, including *America: My Country ‘tis of Thee* and *Battle Hymn of the Republic*.



Honor a Legacy Campaign: Will You Help?

by Becky Fitzgerald, Development Director
The annual Honor a Legacy campaign, launched in late May to boost the Good Samaritan Fund, is now well over halfway to our 2020 goal of \$15,000. Thank you to all who have participated!

To date, 44 donors have given \$10,600. Included in the total number of contributors, are three who are first-time donors through Meadowlark Foundation and eight who gave to this particular campaign for the first time.

Meadowlark’s legacy of compassionate care extends to ALL of Meadowlark’s residents, including those who have outlived their financial resources. About 40

percent of those residing in a Meadowlark healthcare household benefit from the Good Samaritan Fund, which bridges the gap between the cost of quality care and reimbursement dollars from the state of Kansas. If you haven’t yet honored the life of a loved one, either present or past, there’s still time to do so. Will you help us reach our goal?

Please make your check to Meadowlark Foundation or donate with a credit card at www.meadowlark.org. Becky Fitzgerald, Development Director, also is happy to help you donate with a credit card, and she’d enjoy speaking with you. Contact her at (785) 323-3843.

Fiesta to Remember

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.

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.
- ~ Drink options include beer selection, Sangria, and Pepsi products.

Limited edition Fiesta tumblers are available 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 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.

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.

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 VIPds, 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!

On Company for Lunch

submitted by Helen Roser

The plumber had said this hot water tank was worth its price. He was installing it now, but he had a stressed look on his face. So I invited him to have lunch with me after he finished.

I made a sandwich for both of us and a piece of pie. Setting it on the kitchen table for us. I said it was nice weather we were having, and waited.

The plumber took a bite of his sandwich and raised his eyebrows as he said, with a mouthful of sandwich: "Nice!" I waited.

"I am married," he said. "Have a daughter who has just graduated from high school. She isn't interested in anything much. She is getting married."

I saw he needed another sandwich and fixed one. He continued: "He is a high school drop-out and works as a box boy at Kroger's." He paused and sighed, then continued: "My wife is all excited. She wants to put on a big wedding. She wants me to buy a tuxedo."

I could see he was coming to the stressful part, so I set out another piece of pie. He continued: "That was when I put my foot down. 'Listen, I said, I am not buying a tuxedo!' She wanted me to rent one. I said: 'I will wear my blue suit that I wear to

church. If it is good enough for God all these years, it is good enough for the box boy!”

“Good thinking!” I said loudly. He thanked me for lunch and left.

About a month later, the plumber dropped by to see how the water tank was doing. I told him it was great, and invited him to lunch. I set out sandwiches and cake on the kitchen table.

I said: “Did your daughter get married?” Munching his sandwich, he said: “Yes. I wore my blue suit. He wore the tuxedo he bought.”

He paused and sighed as he continued: “I tried to teach him about plumbing, but he wasn’t interested.” He needed another sandwich. He continued: “My wife says he is more the office-desk-type. She wants me to let him wear my blue suit when he applies for an office-desk-type job.”

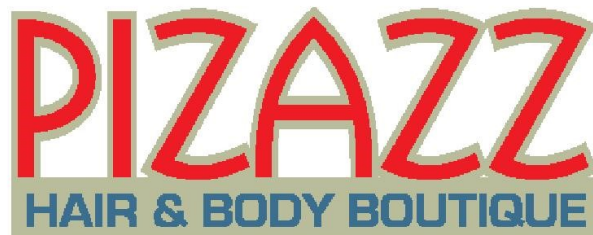
I nearly dropped his new piece of cake when I said loudly: “No! Your blue suit is for God!”

He stopped munching and looked at me.

With a wicked smile, I bent over to him and said softly: “Tell him to wear his tuxedo.”

He thought for a moment, then his face got a little smile and he looked at me and nodded.

It was nice having company for lunch.



Pizazz Salon is still open for cuts, colors, nails, and more! Kathy and Shannon are keeping busy and glad to continue to serve Meadowlark residents.

You are now able to book appointments by calling the salon directly. If you are a new client, or would like to continue with appointments, please call the salon at (785) 537-6189. Kathy will take appointments on Mondays, Tuesdays, and Wednesdays. Shannon will take appointments on Thursdays, Fridays, and Saturdays.

Current COVID-19 requirements are still in place. Please remember to wear a face mask at all times. Couples in Independent Living are encouraged to make their appointments for the same day and time.

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 10, following the regularly scheduled 1960 News.

Friday Night Program: *Aladdin*

A performance from the Hyperion Theater at Disney California Adventure will air on Channel 1960 at 7 p.m. Friday, July 10. The musical was originally performed on Jan. 8, 2016.

The Celts, Episode Two: Heroes in Defeat

In episode two of our six-part series at 10:05 a.m. Saturday, July 11, the program examines the heyday of the Celts. It was tribal, and women were often the leaders: warriors, bards, druids, artists, and craftsmen. Their little known settlements, as well as their massive hill forts tell of inhabitants who traded within and beyond Europe.

Abstract: The Art of Design

On Tuesday, July 14, at 7 p.m. Channel 1960 begins a new evening series titled *Abstract: The Art of Design*. Step inside the minds of the most innovative designers in a variety of disciplines and learn how design impacts every aspect of life. In this episode, illustrator Christoph Niemann plays with abstraction and interactivity — and questions authenticity.

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 will still be available.

Entrees: 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 or Weekly Ice Cream Treat

Work That Brain!

Places In Ireland

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

- | | |
|------------|-----------|
| MAYO | GOLEEN |
| CORK | LIMERICK |
| TRAMORE | DUNGARVAN |
| SKIBBEREEN | KILDARE |
| WATERFORD | TRALEE |
| BANDON | CARLOW |
| WEXFORD | YOUGHAL |
| BANTRY | MALLOW |
| ADARE | DUBLIN |
| SLIGO | DINGLE |

Word search answer from 7/2.

4th of July

Q	F	V	S	J	S	F	A	C	O	F	E	K	S	Y
Q	K	I	P	D	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	J	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

Begin & End

Each phrase below is a clue for an answer that *begins and ends* with the same letter.

A continent on the South Pole:

Payment to stockholders:

A word used by magicians:

Physical exertion done for fitness:

One television show in a series:

One who reviews and gives judgements:

A brief advertisement:

A place for performers:

Memory Activity: Whether you watched this week's MEOW or not, Michelle Haub would like to know where you might feel like you're struggling or getting frustrated with your memory. This will help her plan future sessions by training exercises, strategies, and techniques to assist you in these areas. You can share your most challenging memory activity by emailing Michelle at mhaub@meadowlark.org or turn in a note to the Hospitality Desk.

Approaching Storms ... Thunderstorms can evoke a lot of feelings. Your reaction to a summer storm may depend on who you are, a wheat farmer before or after harvest, a town being protected by an already taxed levee, a young child uncertain of the lightning or a couple on a walk. Storms can look different rolling across the open plains or climbing through a mountain range. What kind of thoughts does a summer storm conjure up for you? Maybe take a moment to jot down your memories, write a poem, create a story, draw a picture...



John Rogers Cox
Gray and Gold 1942

Gelatone facsimile; KSU, Marianna Kistler Beach Museum of Art, gift of the University of Kansas Office of the Chancellor 2018.322

ACROSS

- 1. Jane Goodall subject
- 6. City of Light
- 11. Impress tremendously
- 14. Mirage subject
- 15. Single-handedly
- 16. Summer shade?
- 17. Now!
- 19. Part of a jack-in-the-box
- 20. Division in many leagues
- 21. College that spawned a jacket
- 22. Tonsorial offering
- 24. Admitting a draft
- 26. Waited for the laughter to die down
- 27. Now!
- 32. Waited for the light to change
- 33. Certain storage space
- 37. Menagerie
- 38. AKC classification
- 40. Draft drink
- 41. Barbary Coast resident

- 44. Tuckered out
- 46. Now!
- 49. Minty cocktails
- 52. It may be feathered
- 53. Product requirements
- 54. Word with fire or white
- 56. President that sat on the Supreme Court
- 60. Kind of wrestling
- 61. Now!
- 64. Portmanteau
- 65. Deli side
- 66. River's end, often
- 67. Gene Autry's "___ Faithful"
- 68. Works the land
- 69. Clobbers with snowballs

1	2	3	4	5		6	7	8	9	10		11	12	13
14						15						16		
17					18							19		
20					21					22	23			
			24	25				26						
27	28	29					30	31						
32							33					34	35	36
37					38	39						40		
41			42	43						44	45			
			46					47	48					
49	50	51							52					
53						54	55				56	57	58	59
60				61	62					63				
64				65							66			
67				68							69			

DOWN

- 1. Sheep shelter
- 2. Sardonic response
- 3. Goddess of ancient Egypt
- 4. Slip-up
- 5. "___ Love You" (Beatles)
- 6. Prune danish, e.g.
- 7. Countertenor
- 8. Speckled steed
- 9. Quaint quarters
- 10. Cast off
- 11. Road scholar's book?
- 12. Forgo
- 13. Pulled the plug on
- 18. Shipshape
- 23. Humble dwellings
- 25. Jethro's uncle
- 26. Trudge
- 27. Vincente's daughter
- 28. Some worship it
- 29. Blockage
- 30. Speedy notetaker

- 31. Pym's creator
- 34. Corridor
- 35. Charles Lamb's pen name
- 36. Claim otherwise
- 38. Drill accessories
- 39. Shout from the stands
- 42. Container of pre-plumbing days
- 43. Swindles
- 44. They can get personal
- 45. Rabbit food
- 47. Except on the condition
- 48. Angered (with "off")
- 49. Type of shrimp
- 50. Kind of suspects
- 51. Jumping-off point
- 54. Show signs of life
- 55. Polite interrupter
- 57. Fratricide victim
- 58. Without fizz
- 59. Change for a hundred, perhaps
- 62. Gun lobby, briefly
- 63. Alley of old comics

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 12 ~ Lunch \$10	Dinner \$12
	Street Tacos Cilantro Lime Rice Black Beans	Meatloaf Roasted Garlic Mashed Potatoes Vegetable du Jour
MONDAY	July 13 ~ Lunch \$10	Dinner \$12
	Bierocks Roasted Red Potatoes Vegetable du Jour	Grilled Chicken Sandwich Potato Chips Broccoli Salad
TUESDAY	July 14 ~ Lunch \$10	Dinner \$11
	Turkey Reuben Baby Bakers Tomato, Onion & Cucumber Salad	Stromboli <i>with Marinara Sauce</i> Pesto Pasta Salad Vegetable du Jour
WED.	July 15 ~ Lunch \$10	Dinner \$11
	Avocado BLT Potato Chips Three Bean Salad	BBQ Meatballs Ranch Roasted Red Potatoes Vegetable du Jour
THURS.	July 16 ~ Lunch \$10	Dinner \$12
	Pulled Pork Sandwich Baked Beans Coleslaw	Smothered Burrito Spanish Rice Refried Beans
FRIDAY	July 17 ~ Lunch \$10	Dinner \$12
	Italian Beef Sandwich Tater Tots Vegetable du Jour	Italian Sausage Baked Tortellini Garlic Bread Vegetable du Jour
SAT.	July 18 ~ Lunch \$10	Dinner \$11
	Philly Cheesesteak Seasoned Hashbrowns Vegetable du Jour	Chicken Noodles Mashed Potatoes Vegetable du Jour



Meadowlark Entertainment Guide

Friday, July 10

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:45 a.m.	Cooking with Lisa: <i>Fruit Salad</i> Re-run episode from 7/6
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 Re-run episode from Noon, 7/10
5:30 p.m.	Update from Lonnie Baker, CEO Re-run from 12:30 p.m., 7/10
7:00 p.m.	Friday Night Program: <i>Disney's Aladdin—A Musical Spectacular!</i>

Saturday, July 11

9:00 a.m.	Comedy Club: Wake Up Funny Re-run from 7/8
9:15 a.m.	Update from Lonnie Baker, CEO Re-run episode from 7/10
9:30 a.m.	Band Bust Exercise Class
10:05 a.m.	The Celts, Episode Two: <i>Heroes in Defeat</i>
2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny Re-run episode from 7/8
3:15 p.m.	Update from Lonnie Baker, CEO Re-run episode from 7/10
4:30 p.m.	Happy Hour with J-Mix Re-run episode from 7/9

Sunday, July 12

9:00 a.m.	Sweat It Out Aerobics Exercise
10:30 a.m.	Sunday Church Service with Chaplain Patty Brown Barnett
11:00 a.m.	Our Planet: <i>High Seas</i> Re-run episode from 7/7
12:00 p.m.	Update from Lonnie Baker, CEO Re-run episode from 7/10
2:00 p.m.	Sunday Church Service Re-run episode from 10:30, 7/12
3:00 p.m.	Relaxation: <i>Guided Meditation</i>

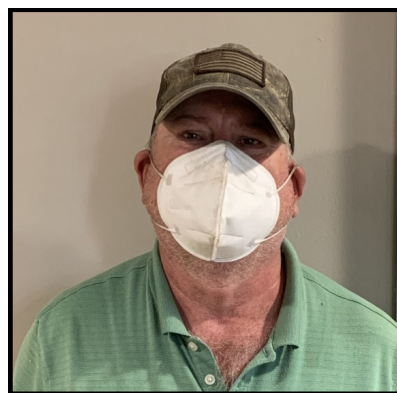
Monday, July 13

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Cooking with Lisa: <i>Pina Colada Lush</i>
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	The Celts: <i>Heroes in Defeat</i> Re-run episode from 7/11

Tuesday, July 14

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.	M.E.O.W. (Memory Program)
7:00 p.m.	Abstract: The Art of Design <i>Christoph Niemann—Illustration</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 13.