



Delicious Decade

Pig Out for Parkinson's celebrates 10th anniversary!

By Becky Fitzgerald

A Meadowlark resident with Parkinson's disease, two local barbecue restaurant owners, and a program leader with a desire to continue offering free services.

In 2011, inspiration and ingenuity combined to create Pig Out for Parkinson's, an event to raise awareness and funds for Meadowlark Parkinson's Program. Michelle Haub, Meadowlark's Special Programs Leader,

approached Bud and Bobby Cox of Cox Bros. BBQ to inquire about a

partnership to benefit the Parkinson's Program.

"Knowing my father had Parkinson's disease, the cause hit home for me," said Bud Cox, whose father, Newton Cox Jr., lived at Sloan House before passing away in 2016. "It's been a perfect combination for 10 years."

That first event, as well as the eight that followed, occurred at Cox Bros. BBQ in April during National Parkinson's

Awareness Month. The cooking Cox brothers, Bud and Bobby, agreed to donate a portion

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above: K-State football coach Chris Klieman, center, joins the Cox brothers and Meadowlark Parkinson's Program staff members at the 2019 event.

Meet Your Neighbor

MARILYN FAGOT, Apt. 322

Originally from Nebraska, Marilyn Fagot (pronounced Fuh-GO) and her husband called Garden City, Kan., home before moving to Arizona for 30 years. They were assistant managers at an apartment complex in Scottsdale, and then after retiring, they lived in Mesa and Sun City West, spending many sunny days playing golf.

Her passion for golf extended off the course. She served on the Arizona Women's Golf Association Board, and was a "semi-volunteer" for a men's golf club, setting tee times and running tournaments.

Marilyn and her husband were married just three days short of 62 years when he died four years ago. About three years ago, Marilyn moved to Manhattan to be near her daughter and son-in-law, a granddaughter and two great-grandchildren.

She also has two sons who live out of state and an additional eight grandchildren and 15 great-grands.

A third floor resident since mid-May, Marilyn likes people and is eager for the day when we all are safe to interact without masks. She also enjoys playing cards and games.

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of the day's proceeds to the Parkinson's Program.

Because restaurants were closed in April to prevent the spread of COVID-19, this year's event was moved to 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 be shared with the program.

Popular features of past events will continue for the 10th anniversary. 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, cole slaw, 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.

April Garetson, Restaurant Operating Partner, would like event-goers to know that Cox Bros. BBQ is committed to providing a safe environment. Restaurant staff wearing gloves and masks will be serving 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.

Garetson reminds event-goers that carry out and drive-thru orders also count toward the day's total, so persons who do not feel comfortable dining in are invited to enjoy food and beverages to go.

Bud Cox again has invited former K-State coach Bill Snyder and current K-State football coach Chris Klieman to meet their fans at Pig Out over lunch and dinner, but their participation has not yet been confirmed.

An on-air personality from Manhattan Broadcasting's Sunny 102.5 will add to party atmosphere with a live remote from 11 a.m. to 1 p.m.

As in year's past, Haub and other Meadowlark staff members will attend, wearing masks, to share information about the program. Haub said the event provides an opportunity to share information in a fun, accessible environment, and there's often an opportunity to introduce potential new members to current program participants.

"A little over ten years ago, I approached Bud about working together to try and educate people in

Pig Out T-Shirt Sales



Show your support of Meadowlark Parkinson's Program, order an anniversary shirt today! Short-sleeve shirts are available in adult small to 3X-large, as well as youth sizes. Long-sleeve shirts are available in adult sizes only, small to 2X-

large. Short-sleeve shirts are \$18 for adult and \$13 for youth sizes. Long-sleeve shirts are \$22. To order a shirt, please contact Michele Riter at (785) 323-3832 or email mr iter@meadowlark.org.

the community about Parkinson's disease," said Haub. "I am beyond grateful for the support and generosity of the Cox Bros over the years and their willingness to take a chance in the beginning on a new program."

Several sponsors again are contributing to the success of the event. In addition to Cox Bros. BBQ and Manhattan Broadcasting, Meadowlark Foundation and Meadowlark Parkinson's Program also are pleased to partner with Meritrust Credit Union, BBN Architects, BHS Construction and Burnett Automotive.

Can't attend on the 13th? You may support the program by purchasing an event T-shirt or making a donation to the program through the current Parkinson's Patron Campaign.

Founded in 2007, the program provides FREE resources for exercise, education, empowerment, and engagement for members to live well with Parkinson's disease.

Please know, too, that the program has found a friend in technology during the COVID-19 crisis. Although in-person group activities have been suspended, program leaders continue to offer voice classes and education meetings through video conferencing and online platforms. They also are providing resources for at-home exercises during these times of social and physical distancing. Enhancing the way participants in rural areas are reached through these mediums is a priority, too.

For questions about Meadowlark Parkinson's Program, please contact Michelle Haub at (785) 323-3899. For questions about donating to the program, contact Becky Fitzgerald, Development Director, at (785) 323-3843.

Breakfast Specials

Mon. ~ Biscuits & Gravy

Tues. ~ Breakfast Sandwich & Fruit

Wed. ~ Breakfast Burrito & Fruit

Thurs. ~ Biscuits & Gravy

Fri. ~ Waffle or Pancake

Weekends ~ A la carte menu

A la carte menu items can be ordered any day of the week and include: Egg (cooked to order), Omelet, Bacon, Sausage, Toast, Fruit, Juice, Milk, Coffee by the cup, etc. Breakfast is available from 7 to 10 a.m. To place a breakfast order, call (785) 323-3820.

MEOW Class Re-cap

by Michelle Haub, Special Programs Leader

The Memory & Engagement Opportunity for Wellness (MEOW) class this week took you on a journey through music and how it relates to our memories. I hope you enjoyed watching and learning about ideas, research, and the power music has of helping our memory, communication, and overall emotional well-being.

I encourage you to start thinking about music and how different songs, artists, and genres elicit different emotions and memories for you personally. Make a list of music that makes you feel like moving. Music makes that calms your nerves or fears. Songs that spark memories of your childhood, college years, courtship, child-rearing, vacations, family celebrations, etc.

Now is the time to capture this information! Then use it to start listening to these songs when you need inspiration, a soothing escape, or to get dancing. I would love to hear your stories of how music helps your memory or your day!

MEOW classes are shown on Channel 1960 every Tuesday afternoon at 3 p.m. Tune in to learn tips and activities to help enhance your memory in an engaging opportunity.

Mail In Ballots

If you received a voting ballot by mail, it is almost time to return them. For your mail in ballot to be counted, it must be postmarked by Aug. 3. There has also been a change to the in person local voting location. Instead of the fire station on Kimball Ave., it is now at College Ave. Methodist Church (1609 College Ave Manhattan, KS 66502).

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 24, following the regularly scheduled 1960 News.

Project Update: Kitchen Renovation

A video update featuring the nearly complete kitchen renovation and dining expansion project for Prairie Star Restaurant will air on Channel 1960 at 12:45 p.m. tomorrow, July 24. Re-runs of this episodes are scheduled throughout the weekend.

Osher Class: STEM Projects for Adults

Session two of the Osher Institute class *STEM Projects for Adults* will air on Channel 1960 at 6 p.m. Saturday, July 25. This is a three-part class that will run consecutive Saturdays and started on July 18.

13TH: Netflix Documentary

Combining archival footage with testimony from activist and scholars, director Ava DuVernay's examination of the U.S. prison system looks at how the country's history of racial inequality drive the high rate of incarceration in America.

This piercing, Oscar-nominated film won Best Documentary at the Emmys, the BAFTAs, and the NAACP Image Awards. This feature film is rated TV-MA, for mature audiences.

The Celts, Ep. 4: From Camelot to Christ

In episode four of *The Celts* at 10:05 a.m. Saturday, July 25, the program looks at the slow collapse of the Roman Empire and saw the arrival of new cultures, which threatened the Celts.

Relaxation: Varadero, Cuba

Take a relaxing 17-minute beach and town walking tour through Varadero, Cuba at 3 p.m. Sunday, July 26, on Channel 1960.

Abstract: Stage Design

Step inside the minds of the most innovative designers in a variety of disciplines and learn how design impacts every aspect of life. On Tuesday, July 28, stage designer Es Devlin crafts evocative sets for concerts, operas, plays, and runway shows using light, film, sculpture—and even rain.

Caring Connections

by Jana Armfield, Volunteer Engagement Specialist

In 1972 an artist named Bill Withers released a song titled, “Lean on Me”. The song implies that during times of sorrow, there is no shame in asking for help, or leaning on a friend to get through tough situations. The world has certainly looked and felt a bit different lately. Now, more than ever, relationships and communication with friends and family members has become vital to one’s well-being to combat feelings of loneliness and isolation.

One such support system you can lean on in the coming weeks is the Meadowlark Ambassadors! This group of enthusiastic resident volunteers are ready to answer the call (pun intended)! Through weekly phone calls, Ambassadors hope to spread some cheer and offer their support to fellow residents.

Phone calls will include two *questions of the week* such as “What are your hobbies and

interests?” or “What is your favorite childhood memory?” Questions will start conversations off on a positive note and create the opportunity to learn more about one another and form deeper connections.

You might ask, who will I be talking to? Learn more about the voices behind the phone, and their acts of goodwill, by reading the pages to follow in the “All about the Ambassadors” informational spread.

Residents will have the option to opt-out of this opportunity if they so choose. Simply leave a message for Jana by calling the Hospitality Desk at (785) 323-3847 or send her an email at jarmfield@meadowlark.org. If you would like to join the Ambassador team in this endeavor, we welcome you to do so! We are hoping to expand phone calls to healthcare and assisted living residents in the near future. Phone calls will start the week of July 27.

All About the Ambassadors

Meet the friendly faces behind your phone calls!



Janet Anders has a special interest in the Southwest. Allowing her to collect friends and treasures throughout Navajo, Hopi, and Pueblo Native American Cultures.

As an Ambassador,

Janet has enjoyed being a part of campus-wide parties and projects, such as the clothing drive.

Olivia Collins is an artist! She loves working with oil pastels and has been creating a visual journal during this time of isolation. And fun fact! Olivia is an only child.



Betty Grubb enjoys working on crossword puzzles, playing bridge, and reading. If she could travel anywhere, she would go to Paris—envisioning it to be exciting, historical, and romantic! Have you been to Paris and could share your travel stories with Betty?



Sue Hunt has enjoyed the ability to have many friends at Meadowlark. You can often find Sue walking around the trail and Bayer pond. Fun fact! She worked on a pit crew for a racing hot rod in high school!





Janice Parsons has fond memories and would like to relive her neighborhood suppers, especially when there was over 20 people attending! She is hopeful that these will be happening again

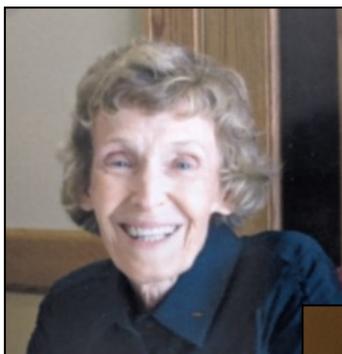
soon. To Janice, being an Ambassador means making it a friendly place, and making new residents/visitors feel welcomed.



Kay Shanks loves to take any opportunity to learn, such as reading, attending Osher classes, conferences, and watching programs on Channel 1960. One of her favorite activities as Ambassador is keeping the Lyle patio ready for use!

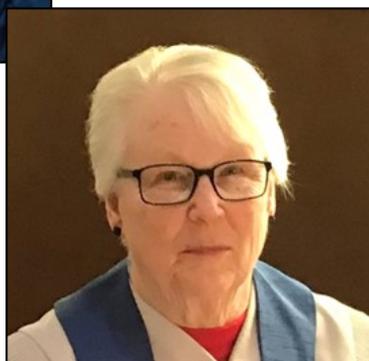


Ruth Todd says she doesn't have much of a hobby, instead "guess my children and step-children have been my hobby"! If she could travel anywhere, Ruth would venture to the mountains.



Sharon Smith enjoys music, visual arts, wildlife, and environmental activism. Fun fact! She sang with the first K-State Singers that toured the Far East for the U.S.O.!

Vera Williams favorite activity as an Ambassador is helping at Welcome Breakfasts to welcome new residents and



Passport members to Meadowlark and the open houses. Vera and her husband, Ron, visit Branson, MO often to enjoy the local shows.



[above] Sorting and packing clothing during the annual Ambassadors Clothing Drive.

[below] Volunteering for activities at the Halloween Carnival in 2019



Thank you to our amazing Ambassadors for all your hard work, time, and dedication to making Meadowlark an inviting place for all!

On City Trip

submitted by Helen Roser

I loved hearing my big sister's husband tell us about his first trip to the city.

He attended the little high school for that area. Most of the students were farm kids. When the boys could fit it in between farm chores and classes, they liked to play football.

They didn't have a football field or stadium and they just played each other. So it was a big surprise when their school received an invitation for their "football team" to come to play football on Saturday. In the city!

A fancy new prep school for rich boys had been built in the city. It had a football field and a

stadium, and a football team with uniforms. But no one to play with. Someone told them about the little high school for mostly farm kids. So they invited the little school to send their football team to play the prep school team.

So the farm boys piled in their truck and drove to the city to play football. In his soft voice, my sister's husband told me: "Parents screamed loudly as their football team came out on the football field. They all wore uniforms with their names on them."

"But the game was awful. We even tried to give them touchdowns, but they didn't know what to do. When the score was 100 to 0, the game was declared over. So we piled back in our truck and came home. They never invited us back."

My big sister had 65 happy years with him.



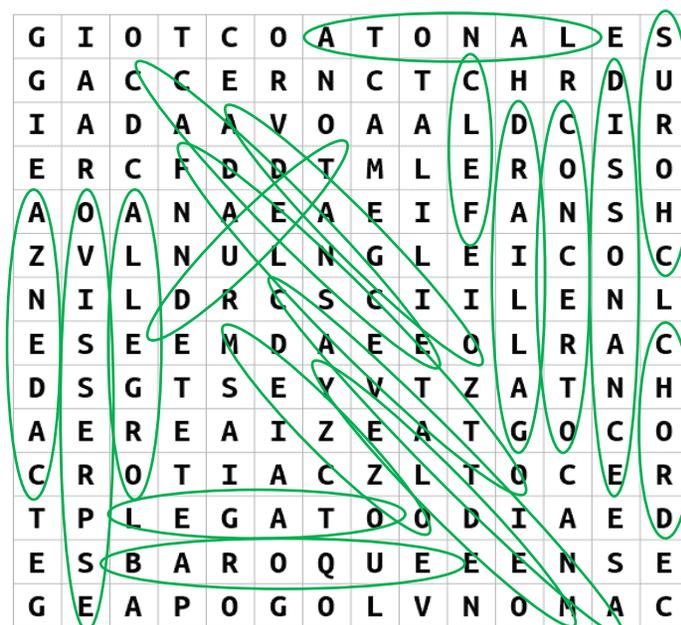
Work That Brain!

What view are you looking at? Have you ever dropped your quarter into the slot and looked through one of these viewfinders? You can find them anywhere from the top of the Empire State Building to the rim of the Grand Canyon. Where did you find one and what did you look at? If you could take a trip tomorrow where would you go and what view would you like to enjoy? Maybe you could share your thoughts with a friend...

Philip Michelson, *Viewer*, 1990

Lithograph on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Catherine Parr, 2008.277

Musical Terms Word Find answer from 7/16.



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 \$7 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 26 ~ Lunch \$13	Dinner \$12
	Pot Roast with Carrots, Onions, & Celery Mashed Potatoes & Gravy Vegetable du Jour	Spaghetti & Meat Sauce Garlic Toast Vegetable du Jour
MONDAY	July 27 ~ Lunch \$10	Dinner \$12
	Apple Cheddar & Turkey Panini Coleslaw Potato Chips	Baked Ham with Balsamic Cherry Sauce Au Gratin Potatoes Vegetable du Jour
TUESDAY	July 28 ~ Lunch \$10	Dinner \$13
	Fried Pork Tenderloin Sandwich Sweet Potato Fries Choice of Vegetable	Swiss Steak Mashed Potatoes & Gravy Vegetable du Jour
WED.	July 29 ~ Lunch \$10	Dinner \$12
	Philly Beef Sandwich Potato Salad Choice of Vegetable	Chicken Pot Pie with Biscuit Crust Vegetable du Jour
THURS.	July 30 ~ Lunch \$10	Dinner \$12
	BBQ Chicken Wings Tater Tots Choice of Vegetable	BBQ Baby Back Ribs Baked Beans Pineapple Slaw
FRIDAY	July 31 ~ Lunch \$10	Dinner \$14
	Fish & Chips French Fries Coleslaw	Shrimp Scampi Rice Pilaf Vegetable du Jour
SAT.	Aug. 1 ~ Lunch \$10	Dinner \$15
	BBQ Pulled Pork Sandwich Pasta Salad Choice of Vegetable	Fish Tacos Cilantro Lime Rice Black Beans ~Drink Special: Margarita ~ \$4



Meadowlark Entertainment Guide

Friday, July 24

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:45 a.m.	Crazy Cooks: <i>Sweet Fruit Kabobs</i> , Re-run episode from 7/20
12:00 p.m.	Channel 1960 News
12:30 p.m.	Update from Lonnie Baker, CEO
12:45 p.m.	Project Update with BHS
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, 7/24</i>
5:30 p.m.	Update from Lonnie Baker, CEO <i>Re-run from 12:30 p.m., 7/24</i>
5:45 p.m.	Project Update with BHS <i>Re-run from 12:45 p.m., 7/24</i>
7:00 p.m.	Friday Night Program: 13TH <i>Netflix Documentary, full feature</i>

Saturday, July 25

8:45 a.m.	Project Update with BHS <i>Re-run episode from 7/24</i>
9:00 a.m.	Comedy Club: <i>Wake Up Funny</i> <i>Re-run episode from 7/22</i>
9:15 a.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 7/24</i>
9:30 a.m.	Band Bust Exercise Class
10:05 a.m.	The Celts: <i>From Camelot to Christ</i>
12:00p.m.	Project Update with BHS <i>Re-run episode from 7/24</i>
2:00 p.m.	Band Bust Exercise Class
2:45 p.m.	Project Update with BHS <i>Re-run episode from 7/24</i>
3:00 p.m.	Comedy Club: <i>Afternoon Funny</i> <i>Re-run episode from 7/22</i>

Saturday, July 25

3:15 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 7/24</i>
4:30 p.m.	Happy Hour with J-Mix <i>Re-run episode from 7/23</i>
6:00 p.m.	Osher Class: STEM Projects <i>Session Two</i>

Sunday, July 26

9:00 a.m.	Sweat It Out Aerobics Exercise
10:30 a.m.	Sunday Church Service with <i>Chaplain Patty Brown Barnett</i>
11:00 a.m.	Abstract: The Art of Design <i>Tinker Hatfield—Footwear Design</i> <i>Re-run episode from 7/21</i>
12:00 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 7/24</i>
12:15 p.m.	Project Update with BHS <i>Re-run episode from 7/24</i>
2:00 p.m.	Sunday Church Service <i>Re-run episode from 10:30, 7/26</i>
3:00 p.m.	Relaxation: Varadero, Cuba

Monday, July 27

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Cooking with Lisa: <i>Pizza in a Mug</i>
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	The Celts: <i>From Camelot to Christ</i> <i>Re-run episode from 7/25</i>



MASKED MYSTERY

Who am I?
Can you guess the masked staff member correctly? The answer will be revealed in the next Messenger issue!