

# Award Announcement

## Meadowlark Parkinson's Program earns national grant

### NEW YORK & MIAMI

— The Parkinson's Foundation announces the recipients of more than \$1.5 million in community grants for Parkinson's programs. Community grants support local health, wellness, and educational programs that address unmet needs in the Parkinson's disease community. Meadowlark Parkinson's Program was awarded \$18,000 for iCAN with Pd, an eight-week education series offering confidence about nutrition, swallowing, activities of daily living, and emotional wellness.

"We are proud to continue to provide community grants and expand programs and resources that focus on diverse and underserved populations within the Pd community," said John L. Lehr, President and Chief Executive Officer of the Parkinson's Foundation. "With COVID-19 impacting the world and the Parkinson's community as a whole, this is a vital year for the Parkinson's Foundation to provide support and funding to grant recipients who remain undeterred in their commitment to make life better for people with Parkinson's."

Community grants range from a minimum of \$5,000 to a maximum of \$25,000 per recipient. This year's grant cycle focused on three areas, including programs that provide funding for diverse and underserved populations, initiatives that reach the



### 2020 Community Grants: By the Numbers

- **\$1.5 million** in funding awarded
- **98** Community Grants awarded
- Programs in **37** states received awards
- **4** programs in Kansas received a grant

newly diagnosed, and programs that address mental health and Parkinson's.

"Being awarded this grant is a true testament to the amazing multi-disciplinary team that makes up the Meadowlark Parkinson's Program," said Michelle Haub, Special Programs Leader. "The *iCAN with PD* (Confidence about

*Nutrition, Swallowing, Activities of Daily Living and Emotional Wellness with Parkinson's*) education series will help people with Parkinson's and their care partners learn and implement positive nutrition habits, safe exercise, and adaptations to their home for their best quality of life."

New this year, the Parkinson's Foundation launched the Centers of Excellence Community Outreach Resource Education (CORE) grants to support community-based education and outreach programs that address unmet needs in the Parkinson's community. The Foundation awarded 19 CORE grants across the Parkinson's Foundation Centers of Excellence network for programs that align with the community grants focus areas and offer a variety of innovative therapies, programs, and professional healthcare training. Centers of Excellence are designated medical centers with a specialized Parkinson's care team that practices

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# Loud Food, Spicy Music

## 2nd annual Fiesta a boost to memory program

*Story and photos by Becky Fitzgerald*

When the date and location for this year's Fiesta to Remember were set, the planning team thought they were in for a scorching, uncomfortable day. What could be hotter than a parking lot on Aug. 1 in Kansas while wearing masks? Turns out, with temperatures in the low to mid-80s, this year's event at Central

National Bank was a fun, comfortable affair attracting a fairly steady stream of customers. The only heat was appropriately under the food in the catering tent, and "hot" is an apt word to describe the appeal of the souvenir tumblers.

Despite a limited catering menu, the 2020 Fiesta generated more cash and in-kind gifts than the inaugural event last year at Coco Bolos! Meadowlark Foundation is grateful for the tremendous support from Coco Bolos, Central National Bank, and YOU! Adding donations, sponsorship contributions and 10% of food and drink purchases, Fiesta to Remember generated nearly \$4000 in cash and in-kind gifts. Event proceeds benefit Meadowlark Memory Program, which provides free education and support to persons affected by cognitive changes.

Central National Bank purchased the souvenir tumblers as part of their sponsorship agreement; 71 have been given to donors to date. Spicy music throughout the day was provided by Dave Lewis Entertainment. Lewis's discounted fee was covered by an anonymous donor.

**[above left]** A customer waits for his lunch order at the Coco Bolos tent, located at Central National Bank.

**[top]** Who are these masked marvels? Nathan Bolls and Kay Shanks volunteered to pick up to-go orders for residents and return them to Meadowlark.

**[above]** Grilled chicken and sliced peppers and onions are ready for fajitas and tacos. Yum!



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the latest treatment and research while providing the best care. (University of Kansas Medical Center is among the Foundation's Centers of Excellence.)

Programs funded by Parkinson's Foundation community grants also include wellness, dance, music therapy, and educational classes that can help people with Parkinson's live better with the disease. Other grant winners in Kansas include a program in Lenexa and two in Overland Park.

Meadowlark's program development and grant writing team was led by Haub, and includes Becky Fitzgerald, Development Director; Bridget Larkin, LMSW, and Lisa Schwarz, Registered Dietitian Nutritionist.

The first iCAN with Pd session is planned for Monday, Sept. 14, with seven sessions to follow on successive Mondays. The series will be offered virtually.

Meadowlark Parkinson's Program, now in its 14<sup>th</sup> year of providing free services and opportunities for persons affected by PD, sees iCAN with Pd as a way to help persons with Parkinson's disease increase their activity and improve symptom management and mood. Haub added: "Experience has taught us that learning by doing and learning with others produces better outcomes."

More information about iCAN with Pd will be offered in the coming weeks.

### 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. To place a breakfast order, call (785) 323-3820 between 7 and 10 a.m. daily.

## Virtual Programming Opportunities

### LIVE Change & Loss Support Group

Join Bridget Larkin, LMSW, and Kathleen Spearman, LMSW, for the live and virtual Change and Loss Support Group during the COVID-19 Pandemic. Attendees will be able to process their thoughts and feelings about the different forms of loss experienced during this time, as well as discussing other personal grief experiences in a supportive environment. The group meets from 2 to 3 p.m. each Monday via the online platform, Zoom.

If you would like to participate, please email Kathleen Spearman at [kspearman@meadowlark.org](mailto:kspearman@meadowlark.org) or call (864) 624-6224 for the meeting link and password. If you are unfamiliar with the Zoom platform, let us know and we can provide a quick tutorial. Zoom can be accessed via a smartphone; tablet, such as an iPad; or a laptop or desktop computer. This group is only for Meadowlark residents at this time.

### LIVE Parkinson's Exercise Class via Zoom

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](mailto:michelle.haub@meadowlark.org).

### Memory Care Partner Support 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](mailto:blarkin@meadowlark.org).

## MASKED MYSTERY

Who am I?

Can you guess the masked staff member correctly?

The answer will be revealed in the next Messenger issue!



# Work That Brain!

## School Life

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

GLITTER  
SHARPENER  
HOMEWORK  
JOURNAL  
ERASER  
BLACKBOARD  
NOTEBOOK  
BACKPACK  
CRAYONS  
SCISSORS  
GLUE STICK  
MARKERS  
BOOKS  
CALCULATOR  
COMPASS  
PENS

**Sudoku** is played on a grid of 9x9 spaces. Each row, column, and square needs to be filled out with the numbers 1-9 without repeating any numbers within the row, column, or square. If you don't know what number to put in a certain space, keep scanning the other areas of the grid until you see an opportunity to place a number.

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

## Back to School Word Scramble

IRCAH \_\_\_\_\_  
FGAL \_\_\_\_\_  
BKOENOTO \_\_\_\_\_  
CDLNARAE \_\_\_\_\_  
REEARS \_\_\_\_\_  
LSARTPE \_\_\_\_\_  
EGLU \_\_\_\_\_  
IRFLEAAMR \_\_\_\_\_  
CNLEPI \_\_\_\_\_

**Texture ...** It is natural that we experience a painting with our eyes first. However, what if you take a second “look” and think about what it would be like to touch the item the artist painted. Artists will use many techniques to relay the texture of an item to the viewer. After you have taken a moment to **look** at this artwork, take a second moment to think about what it would **feel** like. Now, challenge yourself to think of five words to describe the texture you would feel.

**Joan Backes**  
**TREE, Kansas (Oak), 2013**  
Acrylic on board, KSU  
Marianna Kistler Beach  
Museum of Art,  
Friends of the Beach Museum  
of Art purchase  
2014.172



**Solutions from 7/30**

**Planets**

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

**Buzzword**

- 1. noted on paper: written (R)
- 2. a crease or fold: wrinkle (I)
- 3. woman greeter: hostess (O)
- 4. emergency phone link: hotline (H)
- 5. dissenting minority: faction (O)
- 6. understand: realize (Z)
- 7. distinct part: section (N)

**BUZZWORD**

Where the sky meets the earth: *HORIZON*



## Pig Out for Parkinson's

Because restaurants were closed in April to prevent the spread of COVID-19, this year's 10th anniversary Pig Out for Parkinson's 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 benefit Meadowlark Parkinson's Program



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, coleslaw, 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.

Cox Bros. BBQ is committed to providing a safe environment as they will follow COVID-19 precautions as restaurant staff will wear gloves and masks to serve customers in the buffet lines rather than customers serving themselves. Carry-out and drive-thru orders will also go towards the day's fundraising total. 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.

### FIT Closet accepting donations

The FIT Closet and Clothing Exchange is a 100-percent community-supported project housed at College Avenue United Methodist Church. Donations of goods (updated list found at [www.fitcloset.org](http://www.fitcloset.org)) and monetary donations are accepted. If you would like to mail a check to support the FIT Closet, send your check to FIT Closet, 1609 College Ave., Manhattan, KS 66502.

The FIT Closet is a means of providing many of the necessary essentials so all USD 383 students can attend class and integrate successfully.

### Outdoor Adventures

*submitted by Sue Hunt*

On the first cool day after the rain I took a walk to the pond. I found the largest cluster of flower is the Iron Weed (purple flower) at the mid area of Leon's Glen. The velvet leaf Indian Mallow (small yellow flower at the top) is scattered about. The Snow on the Mountain is almost in bloom. One beautiful Yellow coreopsis across from the east gazebo.

The new sidewalk to the cemetery showed a lot of wild flowers, Echiemacete (purple), butterfly weed (orange), and a Gay Feather Patch (purple stalks).

Take advantage this week to enjoy the weather and flowers that come and go quickly.

## Channel 1960 Programs

### Update with Lonnie Baker

A new Meadowlark update with Lonnie Baker, CEO, will air on Channel 1960 at 12:30 p.m. tomorrow, Aug. 7, following the regularly scheduled 1960 News.

### Celebrating Ella Fitzgerald

The Jazz at Lincoln Center Orchestra celebrates Ella Fitzgerald, a vocalist whose legacy and influence define a classic era of jazz singing. Through diverse repertoire arranged by the Jazz at Lincoln Center Orchestra, the band and guest vocalists demonstrate why the "First Lady of Song" remains a case study in succinct phrasing and uncompromising musicality. Tune in at 7 p.m. Friday, Aug. 7, to enjoy the show on Channel 1960!

### The Celts: Ep. 6, A Dead Song?

The final episode of The Celts will air at 10:05 a.m. Saturday, Aug. 8, on Channel 1960. The program examines the emergence, history, meaning, and threats to the Celtic identity. Today the struggle to define an identity continues.

### Osher Institute Class: *Identity Theft & Travel Safety*

Today's world presents a lot of dangers. Learn how to protect yourself from identity theft. Identify common exploitations, email, and phone scams and learn how to get on the "Do Not Call List" and home security tips. This course is led by Bill Eckert, an author, educator, and national speak on philanthropy. Session one of this three-part course will premiere at 6 p.m. Saturday, Aug. 8, on Channel 1960. Re-runs of each session will air the following Tuesday at 9 a.m.

# 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	Aug. 9 ~ Lunch \$11	Dinner \$12
	Baked Cornflake Ranch Chicken Scalloped Potatoes Vegetable du Jour	Coconut Shrimp Roasted Red Potatoes Vegetable du Jour
MONDAY	Aug. 10 ~ Lunch \$10	Dinner \$12
	Pork Lo Mein Choice of Vegetable	Chicken Leg & Thighs <i>with Garlic Ginger Honey Glaze</i> Steamed Rice Vegetable du Jour
TUESDAY	Aug. 11 ~ Lunch \$10	Dinner \$11
	Tamale Pie Choice of Vegetable	Carnitas Tacos Mexican Rice Cilantro Lime Slaw
WED.	Aug. 12 ~ Lunch \$11	Dinner \$11
	Beef Tip Fettuccine Garlic Toast Choice of Vegetable	Chicken Noodles over Mashed Potatoes Vegetable du Jour
THURS.	Aug. 13 ~ Lunch \$10	Dinner \$12
	Italian Panini <i>with Salami, Pepperoni, Ham &amp; Provolone</i> Sweet Potato Fries Choice of Vegetable	Spaghetti & Meatballs Garlic Toast Vegetable du Jour
FRIDAY	Aug. 14 ~ Lunch \$10	Dinner \$14
	Pan Seared Sole <i>with Lemon Butter Sauce</i> Roasted Red Potatoes Choice of Vegetables	Shrimp & Chicken <i>with Sun-dried Tomato, Spinach, Basil &amp; Mushrooms in Sherry Garlic Sauce</i> Garlic Toast & Vegetable du Jour
SAT.	Aug. 15 ~ Lunch \$10	Dinner \$15
	BLT <i>with Avocado</i> French Fries Coleslaw	Steak Baked Potato Vegetable du Jour



# Meadowlark Entertainment Guide

## Friday, August 7

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:45 a.m.	Cooking with Lisa: <i>Homemade Lemonade</i> , Re-run from 8/3
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, 8/7</i>
5:30 p.m.	Update from Lonnie Baker, CEO <i>Re-run from 12:30 p.m., 8/7</i>
7:00 p.m.	Celebrating Ella Fitzgerald, <i>Full Concert</i>

## Saturday, August 8

9:00 a.m.	Comedy Club: Wake Up Funny <i>Re-run from 8/5</i>
9:15 a.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 8/7</i>
9:30 a.m.	Band Bust Exercise Class
10:05 a.m.	The Celts, Episode Six: <i>A Dead Song?</i>
2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny <i>Re-run episode from 8/5</i>
3:15 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 8/7</i>
4:30 p.m.	Happy Hour with J-Mix <i>Re-run episode from 8/6</i>
6:00 p.m.	Osher Class: Identity Theft <i>Session One</i>

## Sunday, August 9

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>Bjarke Ingels—Architecture</i> <i>Re-run episode from 8/4</i>
12:00 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 8/7</i>
2:00 p.m.	Sunday Church Service <i>Re-run episode from 10:30, 8/</i>
3:00 p.m.	Guided Meditation

## Monday, August 10

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Cooking with Lisa: <i>Chipotle Raspberry Bean Dip</i>
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	The Celts: <i>A Dead Song?</i> <i>Re-run episode from 8/8</i>

## Stretch Your Legs & Grab a Book!

The following areas are available for use by independent living residents, including those living in cottages, duplexes, and garden apartments: Library, Courtyard, and Salon.

If entering the main building from a cottage or duplex, you will be screened at the Village Entrance door. All residents should continue to practice social distancing and frequent hand washing. Masks must be worn when outside of your apartment, cottage, or duplex. These are particularly supportive of preventing the spread of COVID-19 when a minimum distance of six feet cannot be met.

Salon visits are by appointment only. Call 537-6189 to schedule.