

VIRTUALLY Speedy in 2020

by Sarah Duggan, Community Relations Director
Due to continued COVID-19 concerns, 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.

“The decision to make our long-standing race event a virtual one this year was not an easy one to make,” shared Lonnie Baker, CEO at Meadowlark. “However, we know that those who live at Meadowlark and many that we serve through the Parkinson’s Program are at a higher risk of getting very sick from COVID-19. The health and wellness of residents, program participants, and the Meadowlark team members who support them remains our number one priority. The virtual race opportunity is the safest choice during this time.”

Even considering that the 2020 event will be entirely virtual, Speedy Pd continues to be one of the most unique running events in the area. Funds raised from the event benefit Meadowlark Parkinson’s



Program, which provides services at no cost to improve the quality of life in the Flint Hills region for all those affected by Parkinson’s disease (PD), including: persons with PD, caregivers, therapists, nurses, and other providers. Even during the COVID-19 global pandemic, program leaders continued to offer opportunities for participants to engage in. This is especially important during a time of self-isolation and social distancing.

“I am sad we won’t be able to celebrate in person

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The Joneses in December 2019.

Meet Your Neighbors

Skip & Joan Jones, 2251 Meadowlark Road

by Becky Fitzgerald

The phrase “keeping up with the Joneses” originated in 1913 as the title of a comic strip, and we know it’s come to mean maintaining the same social or material standards as one’s neighbors. Hearing Alan

“Skip” Jones describe the changes of address he’s had during his lifetime, the cliché could have a more literal interpretation when referring to these particular Joneses. First his father’s career, then Skip’s studies,

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his military service, and then his career has kept him moving.

"I was born in Illinois and we lived in many different states between the Mississippi and the Rockies and the Gulf of Mexico and the Canadian border. My dad worked in oil field construction."

Skip — His father called him Skipper on the day he was born — earned two degrees at the University of Texas, was a pharmacy tech in Germany while serving in the U.S. Army, and finished his doctorate in radiation microbiology at the University of Manchester in England.

It was while he was stationed in Frankfurt, Germany, that he met his future wife, Joan. She, too, was in the Army, serving in the nurse corps. A North Carolina native, her nursing career took her to Vietnam, Texas, and Virginia, prior to her service in Germany.

The couple married in 1971 and spent their honeymoon on a cruise ship to England, where she was to work at the hospital in Manchester, while he attended the university there.

A 6-month post-doctoral fellowship at the University of Mississippi in Oxford turned into 30 years of teaching and research in the School of Pharmacy, with Skip becoming a full professor and then head of the department.

In the 1970s, the only legal federal marijuana garden was at the University of Mississippi, and Skip did research of marijuana and other drugs of abuse. Part of his role there was analyzing drug testing programs in the workplace and for the U.S. Department of Defense.

Both of their daughters were born in Oxford and Joan earned a master's in dietetics at Ole Miss. She

put that degree to use, working five summers at a camp for children with diabetes.

In 1999, Skip retired from the university and went to work for a Florida company that became involved with drug testing for athletes. This required a move to the Sunshine State, with the couple moving to The Villages near Orlando in 2005 after Skip's second retirement.

The reason for their relocation to Manhattan in 2015 is not uncommon: children and grandchildren. Both daughters and their live in Manhattan, and keeping up with the Joneses' offspring was requiring to many long drives from Florida to Kansas, Joan said.

They became Meadowlark Passport members within months of settling into their southwest Manhattan home, and five years later are now delighted with their Meadowlark residence.

"We love this location," Joan said. Their Prairie Crest cottage overlooks the nature area, and Skip, an avid bird watcher, is pleased with the variety of feathered friends his back yard feeders attract.

Retirement didn't end Skip's involvement or interest in drug testing. He has continued in that field as a consultant for the United States Anti-Doping Agency in Colorado, which does drug testing for all Olympic sports.

He enjoys golf, fishing, and container gardening. Joan is talented with needles and thread, making lace as well as tatted and embroidered items. They both have an interest in genealogy, writing five books together about their families.

"We appreciate being here. We don't take Meadowlark for granted," Joan said. "Everyone has been so wonderful and so gracious. It's an honor to live at Meadowlark."



LEADER OF THE PACK

Congratulations to Meadowlark's August Leader of the Pack, Madi Cantu! Madi is a CNA in Stolzer House. Madi's co-workers describe her as dependable, exceptional, and caring! She has a strong work ethic and assists other staff and residents to provide the best care. Madi pays attention to the little things that matter to residents!

Thank you for all you do for Meadowlark, Madi!

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. Zoom can be accessed via a smartphone; tablet, such as an iPad; or a laptop or desktop computer.

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 at kspearman@meadowlark.org or call (864) 624-6224 for the meeting link and password. This group is only for Meadowlark residents at this time.

LIVE 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 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.

LIVE Memory Care Partner 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.

On Grandma to the Rescue

by Helen Roser

Grandma's chickens received her tender loving care in their spacious chicken yard. Surrounded by fence, on side looked out on her broad lawn with flower beds in bloom.

On this summer visit to Grandma, I sat in her parlor, looking out the window that faced the chicken yard. And there, hiking through the grass, came a young chicken. He had managed to squeeze under the fence and now he was exploring Grandma's front yard.

Just then, the sun went behind a dark cloud and rain began coming down in torrents. The young chicken hadn't expected that, and put his head under his feathers.

It didn't help. He was getting drenched. I guess he remembered Grandma, who was so nice to all the chickens. So he pulled his head from under his feathers, reached his neck up high and let out a plaintive loud "squaaaak!"

Grandma noticed me looking out the window. She saw the young chicken getting soaked, calling for her. Grandma, being a Virginia-bred lady never uttered an un-ladylike word, but I bet she was thinking some Northern words.

She put on a heavy long rain coat and tall boots too big for her little feet, then put on a big hat. As she headed out the door, she grabbed a big towel and stuffed it under her coat.

When the drenched chicken saw her coming, he kept his head up, but stopped squawking. His angel had heard him, and she had come!

Grandma scooped him up, wrapped the towel around him, and stuffed him inside her coat. She took him back to the chicken yard.

I wondered if that chicken became a celebrity in the chicken yard. Not only had he managed to squeeze under the fence to explore Grandma's front yard, but, when a sudden rain storm came, Grandma went out and brought him home, wrapped in a towel, inside her coat, with her!

I will never forget that young chicken, getting soaked in the summer rain, straining his neck to reach up and call "squaaaak!" for Grandma, knowing she would come.

Work That Brain!

Across

- 1. George Burns comedy
- 6. Noah's ark measurement
- 11. Prefix with logical
- 14. Ms. Doone
- 15. Investigation
- 16. Like Methuselah
- 17. George Burns was her straight man
- 19. Law prof.'s degree
- 20. Historical records
- 21. Coastal areas
- 23. Word for the calorie-conscious
- 25. Skimpy skirt
- 26. Spanish merchant ships of old
- 30. "As you wish"
- 33. Actor Wallach of "The Magnificent Seven"
- 34. Command to Rover
- 36. India's first prime minister
- 37. First name in jazz
- 39. 6 on the dial
- 40. Euphemistic expletive
- 41. Authority
- 43. ___ Buena Island in San Francisco Bay
- 46. Tiny
- 47. Whole
- 49. Palmists' fortes
- 51. One-eyed Norse god
- 52. Current letters
- 53. Contest that may give the local team an edge
- 57. Ultimatum's end
- 61. What the winner takes
- 62. Sid Caesar's partner
- 64. Kauai keepsake
- 65. Neighbor of Tibet
- 66. Epic tales
- 67. This weight may be long or short
- 68. Toboggans
- 69. Kind of coat

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. Gymnast Korbut
- 2. Trumpet or cornet
- 3. The "G" in GTO
- 4. Like some beeper carriers
- 5. Major newspapers
- 6. Number-crunching pro
- 7. Browser bookmarks
- 8. Tree trunk
- 9. Construction girders
- 10. Latent hostility
- 11. "Laugh-In" alum
- 12. Vogue competitor
- 13. Bookmaker's numbers
- 18. Bar legally
- 22. Not out of the sack yet
- 24. Arch rival
- 26. They fly in skeins
- 27. Poe's middle name
- 28. Another "Laugh-In" alum
- 29. Not so nutty
- 31. Like some vbs.
- 32. Top 40 items
- 35. "M*A*S*H" locale
- 38. Comment to the audience
- 42. Beginnings
- 44. What some dads bring home
- 45. Talk to a crowd
- 48. Crown material
- 50. Polar covering
- 53. Sentry's cry
- 54. Substitute spread
- 55. Put on a long face
- 56. Quaint oath
- 58. Corporate symbol
- 59. Al Capone feature
- 60. South's right-hand man
- 63. Trains in the Loop

Rhythm ... When a visual image has rhythm, the viewer will find their eye flowing across the artwork with a visual tempo. The artist uses a variety of elements or objects in a repetitive way to create this movement. As an example, look at the freshly plowed field in this artwork. The rows move your eye across the foreground and over a rise to the haystacks. Do your eyes stop there, or do they travel on? Where do you look next? How many objects did the artist use to show rhythm and what are they?



Grant Wood, *Fall Plowing*, published ca.1950
 Gelatone facsimile, KSU, Marianna Kistler
 Beach Museum of Art purchase 2013.244

Solutions from 8/6

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

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	E	E	G	P	N	M	N	L
E	O	K	K	Y	S	I	G	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

**Back to School
 Word Scramble**

- IRCAH: CHAIR
- FGAL: FLAG
- BKOENOTO: NOTEBOOK
- CDLNARAE: CALENDAR
- REEARS: ERASER
- LSARTPE: STAPLER
- EGLU: GLUE
- IRFLEAAMR: FIRE ALARM
- CNLEPI: PENCIL

Changes to Cottage/Garden Visitors

Beginning today, Aug. 13, Meadowlark is loosening the limitations on visitors to residents living in cottages, duplexes, and garden apartments. Independent living residents living outside the main building can now have up to two visitors at one time. The number of days will not be restricted and having consistent visitors from week to week will no longer be required.

All visitors must be screen at the Checkpoint Station at the Tuttle Creek Boulevard entrance between the hours of 7 a.m. and 7 p.m. Visitors should remain in the resident's cottage/duplex/garden apartment for the duration of the visit.

Please contact the Hospitality Desk at (785) 323-3847 to make staff aware of your visitors. Remember, it is still recommended to remain socially distant, wear a mask, and wash hands frequently.

Courtyard Music System

While hanging out and soaking up sunshine, socially distanced, in the Courtyard, residents can use the sound system to play music. There is a white switch panel on the backside of the outdoor bar. Press a button to select a music category and use the arrow buttons to change the volume. Please make sure to turn off the sound system by 8 p.m. by pressing "Landscape Off."

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.

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this year for our 12th annual event," said Michelle Haub, Special Programs Leader at Meadowlark.

"However, I am overwhelmed that our communities are dedicated to supporting those affected by Parkinson's disease in the region to live their best with the free support of the Meadowlark Parkinson's Program."

Register for the half-mile family fun run/walk, 5K, or 10K by visiting www.runspeedypd.org.

Race and program questions can also be directed to Michelle Haub, Special Programs Leader, by calling (785) 323-3899.



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. 14, following the regularly scheduled News.

Guardians of the Amazon

At 7 p.m. Friday, Aug. 14, watch the full ABC documentary, *Guardians of the Amazon*. As the Amazon Rain Forest faces a crucial tipping point amidst the increase of illegal logging activities, Dan Harris and his team embed with the Guardians, a small indigenous group taking up arms to hunt down illegal loggers and fight for their land.

Babies: Love

At 10:05 a.m. Saturday, Aug. 15, Channel 1960 begins a new five-episode Netflix series titled, *Babies*. From nature to nurture, this docuseries explores the groundbreaking science that reveals how infants discover life during their very first year.

In episode one, the biology of bonding unravels to reveal how caregiving, social interaction, and stress can physically change both parent and newborn.

Osher Class: Identity Theft & Travel Safety

Session two of the three-part course, *Identity Theft and Travel Safety*, will premiere at 6 p.m. Saturday, Aug. 15, on Channel 1960. A re-run of this session will air at 9 a.m. Tuesday, Aug. 18.

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. 16 ~ Lunch \$13	Dinner \$12
	Chicken Fried Steak Mashed Potatoes & Gravy Vegetable du Jour	Chicken Milanese Wild Rice Vegetable du Jour
MONDAY	Aug. 17 ~ Lunch \$10	Dinner \$11
	Chicken, Brie, & Caramelized Onion Panini Pasta Salad Choice of Vegetable	Meatloaf Three-Cheese Scalloped Potatoes Vegetable du Jour
TUESDAY	Aug. 18 ~ Lunch \$10	Dinner \$12
	Philly Beef Sandwich Potato Salad Choice of Vegetable	Baked Ham <i>with Pineapple Sauce</i> Mashed Sweet Potatoes Vegetable du Jour
WED.	Aug. 19 ~ Lunch \$10	Dinner \$12
	BBQ Drumstick French Fries Coleslaw	Homemade Chicken Tenders Coleslaw French Fries
THURS.	Aug. 20 ~ Lunch \$10	Dinner \$13
	Spaghetti & Meat Sauce Garlic Toast Choice of Vegetable	London Broil Loaded Mashed Potatoes Vegetable du Jour
FRIDAY	Aug. 21 ~ Lunch \$10	Dinner \$13
	Ham Loaf Au Gratin Potatoes Choice of Vegetables	Stuffed Pork Tenderloin <i>with Portobello Mushrooms, Spinach, Mozzarella & Balsamic Glaze</i> Garlic Mashed Potatoes & Vegetable du Jour
SAT.	Aug. 22 ~ Lunch \$10	Dinner \$14
	Chicken Quesadillas Rice Black Beans	Shrimp & Crab Cake <i>with Pesto Cream Sauce</i> Roasted Red Potatoes Vegetable du Jour



Meadowlark Entertainment Guide

Friday, August 14

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:45 a.m.	Cooking with Lisa: <i>Chipotle Black Bean Dip</i> , Re-run from 8/10
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, 8/14</i>
5:30 p.m.	Update from Lonnie Baker, CEO <i>Re-run from 12:30 p.m., 8/14</i>
7:00 p.m.	Guardians of the Amazon <i>(Full ABC Documentary)</i>

Saturday, August 15

9:00 a.m.	Comedy Club: Wake Up Funny <i>Re-run from 8/12</i>
9:15 a.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 8/14</i>
9:30 a.m.	Band Bust Exercise Class
10:05 a.m.	Babies, Episode 1: Love
2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny <i>Re-run episode from 8/12</i>
3:15 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 8/14</i>
4:30 p.m.	Happy Hour with J-Mix <i>Re-run episode from 8/13</i>
6:00 p.m.	Osher Class: Identity Theft <i>Session Two</i>

Sunday, August 16

9:00 a.m.	Sweat It Out Aerobics Exercise
10:00 a.m.	Change & Loss Group <i>Re-run episode from 8/12</i>
10:30 a.m.	Sunday Church Service with <i>Chaplain Patty Brown Barnett</i>
11:00 a.m.	Abstract: The Art of Design <i>Ralph Gilles—Automotive Design</i> <i>Re-run episode from 8/11</i>
12:00 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 8/14</i>
2:00 p.m.	Sunday Church Service <i>Re-run episode from 10:30, 8/16</i>
3:00 p.m.	Relaxation:

Monday, August 17

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Cooking with Lisa: ?
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Babies, Episode 1: Love <i>Re-run episode from 8/15</i>

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.