



## Parkinson's Program recognizes Cox Bros. BBQ during 10th Pig Out

by Becky Fitzgerald

The generosity of two Manhattan men and their talent for smoking meats have produced great results for Meadowlark Parkinson's Program year after year. In fact 10 YEARS! Pig Out for Parkinson's began in 2011 when Bud and Bobby Cox said yes to opening their Cox Bros. BBQ doors to raising funds and awareness for the program.

Usually in April during Parkinson's Awareness Month,

**Meadowlark Parkinson's Program celebrates Cox Bros. BBQ for 10 years of generous contributions to the success of Pig Out for Parkinson's.**

(above) Bobby and Bud Cox display a plaque (wording above) they received Aug. 13 to commemorate their longtime support of the Parkinson's Program. Posing with the Cox brothers are, from left, Bridget Larkin, Becky Fitzgerald, and Michelle Haub. Program participants and other well-wishers gather behind.

Pig Out occurred Aug. 13. As COVID-19 is still a concern, masks were worn and Cox Bros. staff wore gloves, as well.

With the evening's hog roast buffet attracting customers inside, the brothers were lured away from their Pig Out duties for a recognition ceremony outside.

"Thank you for being willing to take a chance on a young program," said Michelle Haub,

See **BROTHERS**, page 2

## We Must Vote: Our Country & World are Counting on US

*submitted by Kay Shanks*

If you received a letter from the "Center for Voter Information" urging you to get a mail-in ballot to vote in the November election and you know you are already registered to receive one, **ignore that letter.**

If you've forgotten whether

you have asked for a mail-in ballot, call the Riley County Clerks' Office at (785) 537-6300.

The mail-in ballots will be mailed out for the General Election by Oct. 14. Fill your ballot out immediately upon receiving it and put it back in the mail ASAP. Take time between

now and then to do your homework so you know who you want to vote for.

If you have trouble with the mail-in ballot when it arrives, please call the Hospitality Desk at (785) 323-3847. Watch your Messengers and Channel 1960 News for more information.

### BROTHERS, continued from page 1

Special Programs Leader, during her remarks to the gathered group, which included Parkinson's Program participants, their care partners, and the current president of Meadowlark's Board of Trustees, Carol Shanklin. "You were willing to help



people learn about Parkinson's, but then you also said 'Let's get you some money,' and you've donated 10 percent of your proceeds each year."

Haub noted how the event has grown each

year, and how the fun, relaxed atmosphere of the restaurant attracted the first program participants with Young Onset Parkinson's.

"Several of our people with Young Onset are here tonight, and we were able to reach a whole new population because of your venue and your support," Haub added. "This event wouldn't have lasted 10 years without your excellent food, your service, and staff. Thank you for taking this adventure with us."

Cox Bros. BBQ contributions over the past decade top \$10,000, which includes proceeds from event sales, sponsorships, and gifts-in-kind.

Former Kansas State football coach Bill Snyder visited with attendees at lunchtime and had this to say about the Cox brothers:

"Bud and Bob care about people in this community, and to be able to provide their services to help raise funds for the Parkinson's community in Manhattan is really special," Snyder said. "I'm honored and proud to be such a small part of it."

Numbers from the 10th annual Pig Out are still being tallied, but so far, they equal success.

~ 10% of proceeds from Cox Bros. BBQ: **\$1085.90**



Coach Bill Snyder signs labels for jars of barbecue sauce. Persons who donated \$10 or more received a jar of autographed sauce.

~ Sponsorship contributions from Meritrust Credit Union, BBN Architects, BHS Construction, Briggs Auto, and Burnett Automotive: **\$3000**

Donations at event: **\$1076.87**

Gifts in Kind: **\$1092.24**

**Total: \$6255**

Expenses, to date, include a live radio remote and a small printing charge: \$638



## **VIRTUAL Speedy Pd Race for Parkinson's Disease**

*by Jeff Heidbreder, Fitness Services Leader*

Since this year's Speedy Pd Race for Parkinson's Disease is virtual, we have extra time to complete the course! The virtual race format will give registrants the opportunity to complete the half-mile family fun run/walk, 5K, or 10K between Aug. 23 and Sept. 7. Running or walking should be completed utilizing appropriate social distancing recommendations.

We still need to prepare ourselves to walk or jog the half-mile or 5k distances. It is recommended to get out and walk or jog several times per week, gradually increasing distance in preparation of completing the Speedy Pd race. A good starting point is to locate a safe location for you to complete the half-mile mile or 5k (3.1 miles) distances. Choose a location with good surfaces to minimize tripping hazards, away from traffic with plenty of space that will allow you to distance from other people.

For those of you away from the Meadowlark campus, a walk or jog around your block or neighborhood is a great starting point. The Manhattan City Park is a nice walking/jogging location, with each lap around the park being one mile. The Linear Trail, Annenberg Park and Cico Park also offer nice trails in Manhattan.

Meadowlark residents can train and complete the Speedy Pd right on campus, and there are a few options to choose from. The Courtyard is a nice, protected area and offers plenty of options for rest. While walking the Courtyard perimeter, seven and a half laps will get you to the half-mile distance, or 46 and a half laps will be the 5k distance. There are also be route options for the streets around campus and the trail system. The street option will stay only on paved roads or trails, but does have hills. The trail system route will range from mulch trails, paved trails and paved streets around campus, also featuring hills. Please choose the route that is safest and most appropriate for your abilities!

Register for the race by visiting [www.runspeedypd.org](http://www.runspeedypd.org). This year's presenting sponsor is Community First National Bank. Contact Michelle Haub, Special Programs Leader, at (785) 323-3899 with questions.

## **Virtual Programming**

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*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](mailto: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](mailto: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](mailto:blarkin@meadowlark.org).

## On Being an Instrument

by Helen Roser

It was a famous beautiful big hospital. I was there to have surgery. I was in my hospital gown, but something had interrupted things and they needed someplace to put me.

I heard: "A bed has opened in the ward. Put her in there." I was rolled into the big ward. I saw an empty bed in the corner. They put me in it.

A little Hispanic lady (a visitor) spoke to me. Pointing to the sleeping little lump in the bed next to me, she said: "That is my daughter. She is very sick. She may not live long enough for her baby to be born. She is very frightened. I thought if maybe, if you could speak to her, it might help her."

Surprised, I could only say: "Yes, I will." All I could see among her sheets and blanket was her little face. She opened her eyes. She was full of fear.

Softly, I spoke to her. "Hello. I am so glad to be here! I have been lonesome. I needed a friend!"

She looked at me. I continued: "Things were all mixed up. They didn't know where to put me. Then they brought me, here, next to you, so we could be friends!"

The fear had left her face. Her little hand came out from her blanket. I put my hand on it

and went on: "Yes! Things just work out! I needed a friend, and they brought me here, next to you! And here we are: friends!"

She closed her eyes, smiling, looking at ease.

Two men brought a gurney in and put me on it saying: "Your room is ready."

As they were taking me away, she tried to lift her head from the pillow. For the first, and only time, she spoke: "What is your name?"

I called to her: "My name is Helen," and I blew her a kiss.

Several days later, in my room, after my surgery, a nurse told me: "Someone wants to speak to you." It was the little Hispanic lady, mother of my friend. She told me: "I told them they must help me find you so I could speak to you." I told her I was glad they did.

Softly, she told me: "My daughter died right after her baby was born." Her eyes took on a smile. "But she was able to tell us that if her baby was a girl, she wanted us to name her Helen, after you."

She leaned close, smiling, and said: "So we will tell her why she is named Helen. All her life, she will know why she has her name."

She looked at me with pure love, then turned and walked away.

I have thought of my little Hispanic friend many times. I hope our Helen has had a good life. She would be 70 years old now.

P.S. From Simple Prayer of St. Francis of Assisi: "Lord, make me an instrument of your peace."

# Work That Brain!

**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.

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

## Back to School Word Scramble

KSED

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OASOCBEK

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TXOKBTOE

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CRTOLUALCA

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PRAMEK

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KACKCBAP

**Anticipation...** Vegetable gardens are full of anticipation. In the late winter you begin planning what you will plant in the garden. After the planting, you patiently wait for the first sprigs of life to pop out of the soil. As the plants mature you eagerly look for those early signs of production. Once the bright colors of vegetables begin to appear on the plants, thoughts turn toward the harvest. Finally! what will we make with the beautiful bounty? What flavors will we combine, can and coax from our garden produce? As you spend time looking at these two prints think about what your favorite ways are to enjoy the fruits and vegetables from the garden. Think about the colors and textures. Do you have favorite recipes? Perhaps share your thoughts and memories with your neighbors.



**Paul Geissler**  
*Title unknown (Man with vegetable basket), 1952*  
Etching on paper  
KSU, Marianna Kistler Beach Museum of Art,  
gift of an anonymous donor



**Paul Geissler**  
*Gemüse Frau (vegetable woman), 20<sup>th</sup> Century*  
Etching on paper  
KSU, Marianna Kistler Beach Museum of Art,  
gift of an anonymous donor  
2001.130



## Face-to-Face Programming

Face-to-Face Programming Opportunities are available in the new Prairie Star Restaurant Event Center. Currently, only exercise classes will be offered. Dates and times listed below. Reservations are required. Call the Hospitality Desk at (785) 323-3847 for same-day and next-day sign ups.

### Monday, Aug. 24

9:30 a.m.	Seated Strength Exercise
11:00 a.m.	Weights 101 Exercise Class

### Tuesday, Aug. 25

9:30 a.m.	Sit & Be Fit Exercise Class
11:00 a.m.	Steady Yourself Exercise Class

### Wednesday, Aug. 26

9:30 a.m.	Seated Strength Exercise
11:00 a.m.	Weights 101 Exercise Class

### Thursday, Aug. 27

9:30 a.m.	Sit & Be Fit Exercise Class
11:00 a.m.	Steady Yourself Exercise Class

### Friday, Aug. 28

9:30 a.m.	Seated Strength Exercise
11:00 a.m.	Weights 101 Exercise Class

At this time, face-to-face classes are limited to Independent Living residents. Cottage/duplex residents must be screened at the Village Entrance before entering the building.

Arrive for your class time a few minutes early. The doors to the Event Center will be closed at the start of each class. Registered participants are encouraged to socially distance in the Game Room to wait for class.

Chairs will be spaced out to allow proper distancing and the equipment will be sanitized between each exercise class. Participants should bring their own water bottle and are welcome to bring a personal resistance band, if desired. Masks will be required at all times. **You will not be permitted in an exercise class if you do not follow these guidelines.**

## 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. 21, following the regularly scheduled News.

### The Allman Brothers Band—Full Concert

At 7 p.m. Friday, Aug. 21, watch a full concert performed by The Allman Brothers Band. The original concert was recorded live Jan. 16, 1982 at the University of Florida Bandshell in Gainesville, FL.

### Babies: Crawling

At 10:05 a.m. Saturday, Aug. 22, Channel 1960 continues the 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, three scientists find out that crawling is much more than just a transitional phase.

### Osher Class: Identity Theft & Travel Safety

The final session three-part course, *Identity Theft and Travel Safety*, will premiere at 6 p.m. Saturday, Aug. 22, on Channel 1960. A re-run of this session will air at 9 a.m. Tuesday, Aug. 25.

### Solution from 8/13

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

# 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. 23 ~ Lunch \$13	Dinner \$11
	Braised Short Ribs Green Chili Mashed Potatoes Vegetable du Jour	White Chili Cornbread Vegetable du Jour
MONDAY	Aug. 24 ~ Lunch \$10	Dinner \$12
	BBQ Brisket Sandwich Three Bean Salad French Fries	Grilled Raspberry Chicken Breast Wild Rice Vegetable du Jour
TUESDAY	Aug. 25 ~ Lunch \$10	Dinner \$12
	Ham & Pea Fettuccine Alfredo Garlic Toast Choice of Vegetable	Fried Pork Cutlet <i>with Cream Gravy</i> Masked Potatoes Vegetable du Jour
WED.	Aug. 26 ~ Lunch \$10	Dinner \$13
	Fried Chicken Sandwich Sweet Potato Fries Coleslaw	Pot Roast <i>with Carrots, Onions, Celery</i> Mashed Potatoes Vegetable du Jour
THURS.	Aug. 27 ~ Lunch \$10	Dinner \$12
	Fish Taco Black Beans Mexican Rice	Chicken Rigatoni <i>with Tomato Cream Sauce</i> Garlic Bread Vegetable du Jour
FRIDAY	Aug. 28 ~ Lunch \$10	Dinner \$12
	Shepherd's Pie Choice of Vegetables	Pan-Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour
SAT.	Aug. 29 ~ Lunch \$10	Dinner \$15
	Grilled Ham & Cheese Sandwich Cream of Tomato Soup	Steak Baked Potato Vegetable du Jour



# Meadowlark Entertainment Guide

## Friday, August 21

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:45 a.m.	Cooking with Lisa: <i>Peach Cobbler</i> Re-run episode from 8/17
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, 8/21
5:30 p.m.	Update from Lonnie Baker, CEO Re-run from 12:30 p.m., 8/21
6:45 p.m.	Special Music by Adrian Aguilar: <i>Never Fades Away</i>
7:00 p.m.	The Allman Brothers Band: <i>Full Concert, 1/16/1982</i>

## Saturday, August 22

9:00 a.m.	Comedy Club: Wake Up Funny Re-run from 8/19
9:15 a.m.	Update from Lonnie Baker, CEO Re-run episode from 8/21
9:30 a.m.	Band Bust Exercise Class
10:05 a.m.	Babies, Episode 2: <i>Crawling</i>
2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny Re-run episode from 8/19
3:15 p.m.	Update from Lonnie Baker, CEO Re-run episode from 8/21
4:30 p.m.	Happy Hour with J-Mix Re-run episode from 8/20
6:00 p.m.	Osher Class: Identity Theft <i>Session Three</i>

## Sunday, August 23

9:00 a.m.	Sweat It Out Aerobics Exercise
10:15 a.m.	Special Music by Adrian Aguilar: <i>Never Fades Away</i>
10:30 a.m.	Sunday Church Service with Chaplain Patty Brown Barnett
11:00 a.m.	Abstract: The Art of Design: <i>Paula Scher—Graphic Design</i> Re-run episode from 8/18
12:00 p.m.	Update from Lonnie Baker, CEO Re-run episode from 8/21
2:00 p.m.	Sunday Church Service Re-run episode from 10:30, 8/23
3:00 p.m.	Relaxation: <i>Guided Meditation</i>

## Monday, August 24

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Cooking with Lisa: <i>Air Fryer</i> <i>Honey Siracha Cauliflower</i>
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Babies, Episode 2: <i>Crawling</i> Re-run episode from 8/18



## MASKED MYSTERY

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

**Pandemic Puzzling ...**  
Meadowlark received a generous donation of puzzles! If you would like to pick up a jigsaw puzzle to complete in your residence, visit the Hospitality Desk.

