



[above, left] Ruth's Speedy Pd finisher medal featuring "Peedy" who is donning a mask for the 2020 event. [above, right] Ruth completing her half-mile fun walk in the Courtyard at Meadowlark. [right] Ruth and Jana utilized the bocce ball scoreboard to keep track of their laps.

## Walking to Inspire Others

by Jana Armfield, Volunteer Engagement Specialist

Growing up on an Iowa farm, and as a retired United States Marine, Ruth Wells is no stranger to working hard, accomplishing goals, and serving others. Ruth has participated in the Speedy Pd Race for Parkinson's Disease each year since its inception in 2008, and this year was no different. Tuesday, Sept. 1, she completed the Half-Mile Family Fun Run/Walk.

This year's race is a virtual edition due to the COVID-19 global pandemic. Racers can choose to participate in the half-mile, 5K, or 10K in a location of their choosing. Ruth thought Meadowlark's courtyard was the perfect place to complete the race, in honor and support of those who have Parkinson's. I had the privilege of joining Ruth, and let me tell you, there were times it was difficult to keep up! At 99-years old, nothing is slowing her down. Ruth is an inspiration to many, myself included. After each lap, Ruth had the idea to use the Bocce Ball scoreboard to

track our progress and instill motivation, noting each time we gained a lap. During the final turn, Ruth was in high spirits once we reached the finished line. Clapping her hands and cheering, "Two, four, six, eight, who do we appreciate?!" It was the perfect way to end the race.

If Ruth has inspired you to participate in this special event, it is not too late to sign up! Please visit [www.runspeedypd.org](http://www.runspeedypd.org) to register. The last day to participate is Monday, Sept. 7. The funds raised by the event benefit Meadowlark Parkinson's Program. Once registered, you will be sent a confirmation email regarding packet pick up at Body First Wellness and Recreation Center in Manhattan, located at 3615 Claflin Road. Participants are asked to call their office number at (785) 587-8300 once they arrive, and their packets will be delivered to them to their car. Contact Michelle Haub, Special Programs Leader, at (785) 323-3899 for event questions.

# Face-to-Face Programming

Face-to-Face Programming Opportunities are available for independent living residents in the new Prairie Star Restaurant Event Center. Reservations are required. Cottage/duplex residents must be screened at the Village Entrance before entering the building. Masks are required.

**Face-to-face exercise classes will not meet on Monday, Sept. 7, due to the Labor Day holiday.**

**Exercise Classes:** Same-day/next-day sign ups by calling the Hospitality Desk at (785) 323-3847.

**Staff Spotlight:** Sign up for your weekly day/time by calling (785) 323-3847.

**Dinner Theater:** Make your reservation by calling Prairie Star Restaurant at (785) 323-3820.



## September Dinner Theater

Every Thursday Evening in Sept. at 5:30 p.m.

Event Center at Prairie Star Restaurant

Space is limited. Please contact Prairie Star Restaurant at (785) 323-3820 to select one date. Entertainment will vary from week to week.

### Strawberry Feta Salad

### Seared Petite Filet

with Burgundy Butter Sauce  
served on Potato Pancake  
and topped with Fried Shallots

### Grilled Zucchini

### Peach Crème Brulee

### with Mini Sugar Cookies

\$22 per person

**Why did the M&M  
go to school?**

**It wanted to  
be a Smartie.**

### Friday, Sept. 4

9:30 a.m.	Seated Strength Exercise
11:00 a.m.	Weights 101 Exercise Class
1:00 p.m.	Staff Spotlight: ML Home Health

### Monday, Sept. 7

1:00 p.m.	Staff Spotlight: ML Sales Team
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### Tuesday, Sept. 8

9:30 a.m.	Sit & Be Fit Exercise Class
11:00 a.m.	Steady Yourself Exercise Class
1:00 p.m.	Staff Spotlight: ML Sales Team

### Wednesday, Sept. 9

9:30 a.m.	Seated Strength Exercise
11:00 a.m.	Weights 101 Exercise Class
1:00 p.m.	Staff Spotlight: ML Sales Team
2:00 p.m.	Staff Spotlight: ML Sales Team

### Thursday, Sept. 10

9:30 a.m.	Sit & Be Fit Exercise Class
11:00 a.m.	Steady Yourself Exercise Class
1:00 p.m.	Staff Spotlight: ML Sales Team
5:30 p.m.	Dinner Theater

### Friday, Sept. 11

9:30 a.m.	Seated Strength Exercise
11:00 a.m.	Weights 101 Exercise Class
1:00 p.m.	Staff Spotlight: ML Sales Team



# 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. Use Zoom via a smartphone; tablet; or a laptop or desktop computer.*

## **Let's Talk Art: Livestream Conversation with Doug Barrett**

Join the Beach Museum of art from 5:30 to 6 p.m. Thursday, Sept. 10, for a livestreamed conversation with Doug Barrett. The program is free and can be accessed via Zoom. To register in advance, visit the Beach Museum's website and click on the event on the right side of the home page. After registering for the program, you will receive a confirmation e-mail with the information on how to join the event.

## **Parkinson's Voice Class**

Michelle Haub, Special Programs Leader, is conducting a voice class each Monday from 1:30 to 2:30 p.m. During class, participants will engage in breathing, resonance, voice and body, and voicing exercises, as well as some reading and conversation. **The class will not meet on Labor Day, Sept. 7.**

To log into the class, use the following URL:

**URL:** <https://us02web.zoom.us/j/82844488642>

**Meeting ID:** 828 4448 8642

## **Memory Café**

Join Michelle Haub, Special Programs Leader, for a live Zoom opportunity focused on reminiscing and social interaction. The next Memory Cafe will take place on Wednesday, Sept. 16, at 11 a.m. To join the meeting, use the following URL and Meeting ID.

**URL:** <https://us02web.zoom.us/j/88903923826>

**Meeting ID:** 889 0392 3826

## **Change & Loss Support Group**

Join Bridget Larkin, LMSW, and Kathleen Spearman, LMSW, for the live and virtual Change and Loss Support Group each Monday from 2 to 3 p.m. To participate, please email Kathleen at [kspearman@meadowlark.org](mailto:kspearman@meadowlark.org) for the log-in information.

## **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 electronic device with video capability. The class meets each Friday from 1 to 1:45 p.m. To receive the log-in link, call Michelle at (785) 323-3899.

## **Memory Care Partner Group**

Join the weekly Zoom meeting for the Memory Care Partner Support Group from 10 to 11 a.m. each Wednesday. The group is led by Bridget Larkin, LMSW. Contact Bridget for the log-in information by calling (785) 323-3837.

## 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, Sept. 4, following the regularly scheduled News.

### **Artes de Cuba, Full Concert**

Tune in at 7 p.m. Friday, Sept. 4, to Channel 1960 and enjoy The Kennedy Center's Artes de Cuba festival opening event, which brings the vibrant culture of Cuba center stage. The original performance was streamed live on YouTube on May 8, 2018.

### **Babies: Sleep**

At 10:05 a.m. Saturday, Sept. 5, Channel 1960 continues the five-episode Netflix series titled, *Babies*. In episode four, researchers delve into sleep, a dynamic time for babies, with studies on twitching, apps, and naps.

### **Explained: Music**

Channel 1960 will kick off a new series at 7 p.m. Tuesday, Sept. 8! IN partnership with Vox Media Studios and Vox, this enlightening series titled, *Explained*, will take viewers deep inside a wide range of culturally relevant topics, questions, and ideas. Each episode will explore current events and social trends pulled from the zeitgeist, touching topics across politics, science, history, and pop culture—featuring interviews with some of the most authoritative experts in their respective fields.

In the first episode, experts explore when sound becomes music and why humans are so uniquely able to master musically. Researchers talk rhythm, octaves, and the magic of song and dance.

# Work That Brain!

## ACROSS

1. Throw up
5. Briefly shut the eyes
10. Backside
14. Incite
15. Eagle's nest
16. Anagram of "Meat"
17. Bandoneon
19. Flying saucers
20. Little bit
21. Entertain
22. Napped
23. Improvised
25. Become narrower
27. Female chicken
28. Scar
31. Fruity-smelling compound
34. Inclination
35. Arrive (abbrev.)
36. Not fast
37. Mountain crest
38. Parasitic insect
39. Take in slowly
40. Gash
41. Autocratic
42. Versions
44. Cut down
45. Type of retinal cells
46. Disregard
50. Beat with force
52. 3-banded armadillo
54. Historic period
55. Afflicts
56. Sacred Christian writings
58. Sandwich shop
59. Kitchen appliance
60. Hazard
61. Bucolic
62. S S S S
63. Permits

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			

## DOWN

- |                            |                            |                           |
|----------------------------|----------------------------|---------------------------|
| 1. Treaties                | 18. Keen                   | 40. Make melodious sounds |
| 2. Submarine               | 22. WW1 plane              | 41. Sired, biblically     |
| 3. Japanese stick fighting | 24. Expresses relief       | 43. Part of the throat    |
| 4. And so forth            | 26. Skin disease           | 44. Shingles              |
| 5. Barkeeper               | 28. Pepperwort             | 46. Unsophisticated       |
| 6. Abatement               | 29. Angers                 | 47. Creepy                |
| 7. Colored part of an eye  | 30. Roentgen ray           | 48. Top of a wave         |
| 8. 90th                    | 31. To be, in old Rome     | 49. Chores                |
| 9. New Zealand parrot      | 32. Skidded                | 50. Dry riverbed          |
| 10. Scarab                 | 33. Anagram of "Optically" | 51. Hotfooted             |
| 11. Recommendations        | 34. Conducts business      | 53. Not amateurs          |
| 12. Cease                  | 37. Maguey                 | 56. South southeast       |
| 13. Where the sun rises    | 38. Poultry                | 57. Website address       |

**Labor Day** ... is often thought of as the last hurrah of summer, time for family barbecues and the last trip to the lake. However, the first Labor Day was planned by the Central Labor Union and celebrated in 1882 in New York City. It was planned as a demonstration parade, showing the strength of the workforce, and a city-wide picnic with festivities for the workers and their families. Over the next decade several states passed laws to adopt an official Labor Day. In 1894 President Grover Cleveland signed a law making the first Tuesday of September, a National holiday.

As you look at this painting, think about the following questions: What is going on in this picture? Are these figures employed? What types of tasks do they perform?



Zona Lorraine Wheeler, *Title Unknown (workers)*, 1949, Oil on illustration board, KSU, Marianna Kistler Beach Museum of Art, gift of Teresa Covacevich Grana, 2015.87

### Scrambled Bartender: Word Scramble Puzzle



SPEANTU \_\_\_\_\_  
 SXIMRE \_\_\_\_\_  
 TECRSOA \_\_\_\_\_  
 TTEBOL \_\_\_\_\_  
 OEEPRN \_\_\_\_\_

PROU \_\_\_\_\_  
 LEERBND \_\_\_\_\_  
 RBDENARET \_\_\_\_\_  
 ADOVD \_\_\_\_\_  
 TICUEBKCE \_\_\_\_\_  
 KRAHES \_\_\_\_\_



## MASKED MYSTERY



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

Me as a kid: [Falls 10 feet from the monkey bars] I'M OK

Me now: I tried to scoop ice cream that was just a little too frozen and I dislocated my shoulder.

**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.

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

### 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.

## September Birthdays!

<b>Skilled Nursing</b>	9/4	Jess Leder	
9/9	James Sester	9/5	Zach Payne
<b>9/10 Shirley Devanney</b>	9/6	Candace Lee	
9/14	Ilene Colbert	9/6	Angie Chaney
9/15	Evelyn Irvine	9/6	Bethany Schmitz
9/18	Eleanor McEwen	9/7	Chuck Tannehill
		9/7	Lauren Chase
		9/7	Amy Schaulis
<b>Assisted Living</b>	9/27	Roberta Gwinner	
<b>Independent Living</b>	9/3	Kent Smith	
9/5	Martin Braaten	9/9	Lauren Rogers
9/11	Ken Kopp	9/9	Makayla Metcalfe
9/13	Bob Klemm	9/10	Pam Martinez
9/14	Dot Luftburrow	9/10	Kourtney Williams
9/14	Velma Skidmore	9/10	Mario Dupree
9/17	Kay Halazon	9/10	Anna Schrader
9/17	Joyal Crain	9/11	Chelsea Jacobson
9/20	Wayne Lloyd	9/11	Mikayla Quinn
9/22	Irma Sjo	9/16	Dave Prockish
9/22	Jim Hasler	9/16	Marion Jackson
9/23	Kathy Towse	9/16	Naomi Floyd
9/23	Darrell Breising	9/16	Breanna Burks
9/24	John Schlup	9/17	Amy Scott
9/24	Yvonne Crawford	9/18	Jayne Minton
<b>9/25 Alan Jones</b>	9/19	Whitney Ezimorah	
9/26	John Walters	9/20	Yasen Al Ani
9/28	Edith Doerry	9/20	Indy Coffel
9/29	Billy Swofford	9/21	Christine Norris
		9/21	Kurt Loevenstein
<b>Employees</b>	9/22	Kaylin Swisher	
9/1	Marissa Martin	9/24	Bryanna Roby
9/1	Bee Pickands	9/26	Lisa Lacer
9/1	Summer Smades	9/27	Brady Sherraden
9/1	Colton Johnson	9/28	Judy Gladow
9/2	Sherri Hooper	9/30	Michaela Essman
9/3	Aleta Esslinger		

**Bold denotes milestone birthday of 80, 90, 100, or 100+**

# 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.

<b>SUNDAY</b>	Sept. 6 ~ Lunch \$12	Dinner \$10
	Stuffed Meatloaf with Mozzarella Marsala Sauce Roasted Red Potatoes Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
<b>MONDAY</b>	Sept. 7 ~ Lunch \$10	Dinner \$13
	BBQ Chicken Au Gratin Potatoes Choice of Vegetable	Sautéed Pork Tenderloin with Sherry Pan Gravy Garlic Mashed Yukon Gold Potatoes Vegetable du Jour
<b>TUESDAY</b>	Sept. 8 ~ Lunch \$10	Dinner \$13
	Italian Panini with Salami, Pepperoni, Provolone, & Marinara Potato Chips Choice of Vegetable	Swiss Steak Mashed Potatoes & Gravy Vegetable du Jour
<b>WED.</b>	Sept. 9 ~ Lunch \$10	Dinner \$12
	Chicken Salad Melt Choice of Vegetable	Chicken Parmesan Spaghetti Vegetable du Jour
<b>THURS.</b>	Sept. 10 ~ Lunch \$10	Dinner \$13
	Steamed Bratwurst French Fries Choice of Vegetable	Beef Stew Vegetable du Jour
<b>FRIDAY</b>	Sept. 11 ~ Lunch \$10	Dinner \$15
	Pulled Pork Sandwich Coleslaw Pasta Salad	Grilled Alaskan King Salmon Twice Baked Potato Vegetable du Jour
<b>SAT.</b>	Sept. 12 ~ Lunch \$10	Dinner \$15
	Baked Chicken Drumstick Roasted Red Potatoes Choice of Vegetable	Steak Baked Potato Vegetable du Jour



# Meadowlark Entertainment Guide

## Friday, Sept. 4

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:45 a.m.	Cooking with Lisa: <i>Homemade Hummus</i> , Re-run from 8/31
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, 9/4</i>
5:30 p.m.	Update from Lonnie Baker, CEO <i>Re-run from 12:30 p.m., 9/4</i>
7:00 p.m.	Artes de Cuba: <i>Kennedy Center Stage Performance</i>

## Saturday, Sept. 5

9:00 a.m.	Comedy Club with Chris Clouds
9:15 a.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 9/4</i>
9:30 a.m.	Band Bust Exercise Class
10:05 a.m.	Babies, Episode 1: <i>Sleep</i>
2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club with Chris Clouds <i>Re-run episode from 9 a.m., 9/5</i>
3:15 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 9/4</i>

## Sunday, Sept. 6

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>Interior Design</i> , Re-run from 9/1

## Sunday, Sept. 6

12:00 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 9/4</i>
2:00 p.m.	Sunday Church Service <i>Re-run episode from 10:30, 9/6</i>
3:00 p.m.	Guided Meditation

## Monday, Sept. 7

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Crazy Cooks: <i>Rice Krispie Treats</i>
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Babies, Episode 1: <i>Sleep</i> <i>Re-run episode from 9/5</i>

## Tuesday, September 8

10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Aerobics Exercise
2:00 p.m.	Steady Yourself Exercise Class
2:45 p.m.	Crazy Cooks: <i>Rice Krispie Treats</i> , <i>Re-run episode from 9/7</i>
3:00 p.m.	MEOW (Memory Program)
7:00 p.m.	Explained: <i>Music</i>

## Solution from 8/27

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