



# Let's Get Moving!

## ***Register for the 14th annual Speedy Pd Race for Parkinson's Disease***

The 14<sup>th</sup> Annual Speedy Pd Race for Parkinson's Disease is set for Saturday, Aug. 27, at Tuttle Creek State Park. We are thrilled again this year to have Community First National Bank as our Presenting Sponsor and Body First's Doug Sellers as the Race Director. In 2021, we added the Half-Mile Memorial Walk/Run to pay tribute to those who have passed away.

Additionally, in 2021, the 5k event was renamed "Don

Rasmussen 5k" in honor of a champion for our program since its inception. For 2022, the Half-Mile Memorial Walk/Run will begin at 8 a.m., and the 5k/10k races will begin at 8:30 a.m. All ages and abilities may participate in our event! There will be plenty of fruit, cupcakes, smoothies, water, beer, and massages after the events, so come spend the morning with us and a few special surprise guests. If you have any questions about

Speedy Pd, please contact Michelle or Bridget at (785) 323-3899 or email [mhaub@meadowlark.org](mailto:mhaub@meadowlark.org).

To register, simply go to [www.runspeedypd.org](http://www.runspeedypd.org) or stop by the Hospitality Desk to pick up a paper registration form. Completed paper registration forms with payment can be deposited in the box at the Hospitality Desk or dropped off at Body First Wellness Center.

## EVENTS & OPPORTUNITIES

### **Card Making canceled**

Card Making with Michelle Lehmer has been canceled for August and September. Classes will resume Thursday, Oct. 20.

### **You Are Invited to Host Ladies Lunch**

Ladies Lunch times are re-energized, and new friendships are happening. Fifty women have attended one or more of the monthly lunch gatherings that include delicious food and interesting topics.

The Ladies Lunches happen because of volunteer hostesses - a fun and rewarding responsibility. You and a friend organize one lunch by planning a theme, sparkling the tables with a little decor, and working with Brook Marcotte to plan a light menu. Choose an activity, table discussion, or short program to keep everyone involved. Whatever you think will be fun, inspirational, or educational is sure to be enjoyed by others.

Lunches are scheduled for 11:30 a.m. on the second Thursday of each month. We now need volunteers for Oct. 13 and Nov. 10 or plan ahead and put your name on the list for next year.

Taking a turn at being a hostess makes us appreciate how the fun happens. To volunteer or ask questions, please contact Polly Ferrell at (785) 477-6680 as soon as possible.

### **Back to School Festivities!**

Meadowlark residents and staff are invited to go "Back to School" this August and celebrate with special activities and spirit days! Spirit days will occur every Wednesday in August. Be sure to enter the "Best Dressed" Contest, by sending an entry photo of your outfit, fitting the special themes listed below. The Winner each week will receive an awesome mystery prize! Send photos to Jana at [jarmfield@meadowlark.org](mailto:jarmfield@meadowlark.org) by 5 p.m. each Wednesday to be entered. Winners will be contacted on Friday of that same week.

Themes include: Meadowlark Swag Day, Aug. 24, and Sports/Alumni Day, Aug. 31.

Don't forget to play *Guess that Kid*—see page 4 for this week's photos!

### **Flint Hills Band**

*Friday, Aug. 19, at 7 p.m.*

Meadowlark Hills residents, get ready for a good time with the Flint Hills Band! Join us at 7 p.m. Friday, Aug. 19, in the Event Center for some soulful ballads and upbeat dance tunes.

The Flint Hills Band is a diverse group with deep roots in Manhattan, Kan. Influences include blues, R&B, funk, jazz, and rock. They play a mix of originals and tasteful versions of classics. If you want to have a great time with excellent music that all will like, this is the show for you. Invite your friends and family to join you for a fun evening!

### **Shopping at Hobby Lobby & Dollar Tree**

*Saturday, Aug. 20, at 10:30 a.m.*

The next scheduled trip is Saturday, Aug. 20, with transportation going to Target and Dollar Tree West. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m.

Next month's trip will travel to Hobby Lobby and Dollar Tree East on Saturday, Sept. 17. Please sign up in the Blue Book to participate in these opportunities.

### **Blessing Box Food & Hygiene Drive**

*Tuesday, Aug. 23, at 10 a.m.*

Meadowlark will be having a food and hygiene drive to benefit the Blessing Boxes of Manhattan/Riley County. We invite residents, staff, and Passport members to drop off donations on Tuesday, Aug. 23. Meadowlark Ambassadors will be available to sort and box up donations, to then be delivered to various Blessing Boxes in the Manhattan community, as well as the one in Riley. You can drop off your donations between 10 a.m. to 1 p.m. in Meadowlark's Event Center.

Blessing Boxes are small, outdoor food pantries that serve those in need 24/7. Boxes are stocked with shelf-stable foods and personal hygiene products. Examples of food items that are needed are peanut butter, canned beans, rice, pasta, canned soups, canned/packaged fruits, infant formula, and cereal/oatmeal packs. Hygiene items that are needed are shampoo and conditioner, combs/brushes, toilet paper, deodorant, laundry detergent, toothpaste and toothbrushes, feminine care pads/tampons, baby supplies (wipes, diapers, etc.), and razors .

## EVENTS & OPPORTUNITIES

Examples of items that will not be accepted are: open or partially used items, unlabeled cans, homemade foods, perishable items, alcoholic beverages, or any food past its "best by," "use by," or "sell by" date. Please contact Jana with questions at (785) 323-3890.

### **Diabetic Wellness Group**

**Wednesday, Aug. 24, at 1:30 p.m.**

The Diabetic Wellness Group will meet at 1:30 p.m. Wednesday, Aug. 24, in the Flint Hills Room. All who are interested are invited to attend.

### **ARTful Making**

**Wednesday, Aug. 24, at 2:30 p.m.**

Oil and water just don't mix! Join Kim Richards from the Beach Museum of Art at 2:30 p.m. Wednesday, Aug. 24, in the KSU Classroom for creative exploration during ARTful Making: Oil and Water Resist Painting. The group will be creating an oil pastel resist watercolor painting. The design ideas can be as realistic or abstract as you choose. Inspiration images and all materials will be provided.

### **Meadowlark Singers Practice**

**Thursday, Aug. 25, at 10 a.m.**

Would you like to improve your lung capacity, decrease stress, and build community with other musicians? Meadowlark Singers will be starting rehearsals at 10 a.m. Thursday, Aug. 25, in the Flint Hills Room. Singers of all talents are welcome! We will be preparing a variety of music for our winter concert scheduled for Friday, Dec. 2. We hope to see you there!

### **Empowered LIVE!**

**Friday, Aug. 26, at 5 p.m.**

Empowered LIVE! An Evening to Celebrate Living Well with Parkinson's disease, sponsored by Vanderbilt's, is set for Friday, Aug. 26, at Holiday Inn Campus Ballroom. The evening features Bill Bucklew, a gentleman from the Chicago area who noticed changes in his abilities and worked for seven years to discover the true diagnosis of Parkinson's. At the age of 43, Bill's lifestyle is the very definition of endurance.

Not only does Bill deal with the issues of many people with Pd (examples in previous paragraph), but he also educates others about Pd and raises money for research to find better

treatments, outcomes, and a cure. These fundraising and awareness activities include walking across America, averaging 40 miles/day, hiking Mt. Kilimanjaro, and completing more than 35 marathons.

In addition to Bill's presentation, Empowered LIVE! attendees will have the opportunity to view displays of craftsmanship and creative talents by our VIPds (Very Important People with Pd), as well as learn from vendors who provide education about treatment options for Parkinson's.

The evening activities are open to the public with the opportunity to visit vendors and artists from 5 to 6:30 p.m., and Bill's presentation, which begins at 6:30 p.m., without a charge. Additionally, there is a buffet featuring refreshing and healthy food and a cash bar. Adult dinner tickets are \$20 and children's dinner tickets are \$10. Tickets can be purchased online at [www.meadowlark.org](http://www.meadowlark.org) or by contacting Michelle or Bridget at (785) 323-3899.

If you have questions, contact Michelle at (785) 323-3899 or email [mhaub@meadowlark.org](mailto:mhaub@meadowlark.org).

### **Pay for Play: High Stake and Mental State**

**Friday, Aug. 26, at 7 p.m.**

All are invited to the Event Center at 7 p.m. Friday, Aug. 26, to welcome former K-State running back and current K-State Director of Football Student-Athlete Development, Joe Hall Jr. Hall recently published his first book titled, "Pay for Play: High Stake and Mental State," and he will be speaking about the publication as it sheds light on the journey of Hall from childhood to current day as he navigated his way through personal, professional, and family struggles.

The book's aim is to contribute to the field of sports and athletics and provide insight into reasons for the growing concerns regarding the mental and physical health of our participants. Hall has provided his version of a roadmap that all young student-athletes and their parents should be incorporating as standard procedure.

All are invited, and he welcomes any questions you may have. For more information, please contact Monte Spiller, Resident Services Leader, at (785) 323-3847.

# Work That Brain!

*Skill Level: Easy*

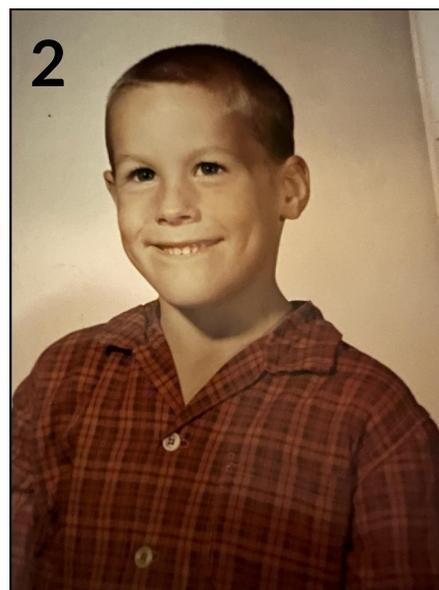
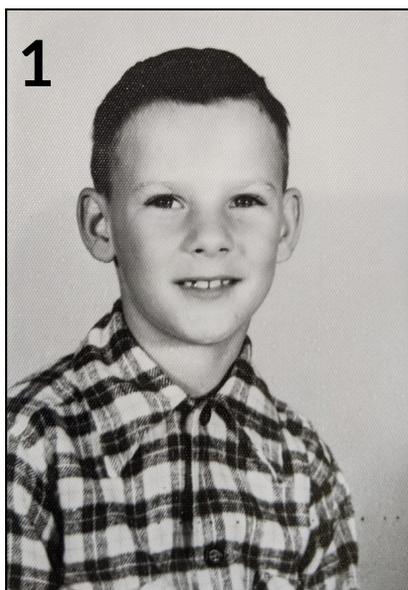
2	7		5			6		
					1			
							3	5
1	4	2	3				5	
	5							6
		7			2			
5				2				
				9	6			
	3	9	4			1		7

*Skill Level: Medium*

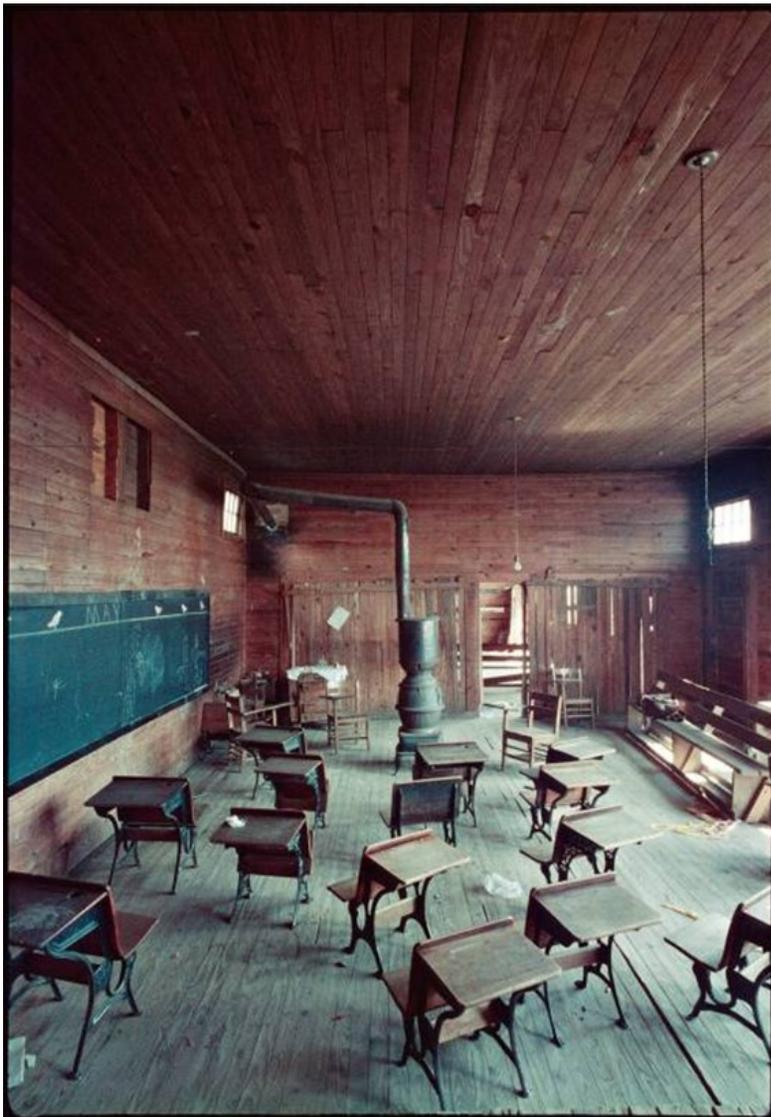
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	9			8			7	1
	8		3				6	2
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				6				
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	2	4		9				6
		7		6				
	6	9	1		7			

# Guess That Kid!

Can you guess each of the kids pictured below? Simply write your answers on a slip of paper and toss it into the special *Guess that Kid* container at the Hospitality Desk or email Jana at [jarmfield@meadowlark.org](mailto:jarmfield@meadowlark.org). Photos of one resident and two staff members will be displayed each Thursday in August. Staff and residents who have the correct answers will be entered in the contest to win a prize! (Photo 1 is a resident. Photos 2 and 3 are staff members.)



## Art Engagement *from the* Beach Museum of Art



**School Days ...** School is starting for local students. Do you have memories of your elementary school? The photograph shown here may look like a schoolhouse you attended or taught in. There are probably objects in this photo that can be found in every classroom. What stories does this image recall? How is this schoolroom the same or different from the ones you sat in? Take a moment to jot down your memories or share them with friends at coffee.

Gordon Roger Alexander Buchanan Parks  
(United States, 1912 - 2006)  
*Stove occupies the center of the auditorium in Shady Grove School, 1956, printed 2017*  
The Restraints: Open and Hidden, LIFE magazine, Sept 24, 1956  
Chromogenic print  
KSU, Marianna Kistler Beach Museum of Art,  
gift of Gordon Parks and the Gordon Parks  
Foundation 2017.352

**Skill Level: Easy**

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

**Skill Level: Medium**

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

Solutions from 8/11.

# RESTAURANT **SPECIALS**

<p><b>Sunday, Aug. 21</b></p>	<p><b>\$14</b> Lunch Fried Chicken Mashed Potatoes &amp; Gravy Fresh Green Beans</p>	<p><b>\$14</b> Dinner Fried Chicken Mashed Potatoes &amp; Gravy Fresh Green Beans</p>
<p><b>Monday, Aug. 22</b></p>	<p><b>\$10</b> Lunch Burger with Beer Cheese &amp; Fried Onions Tater Tots</p>	<p><b>\$15</b> Dinner Beef Tips with Gravy Mashed Potatoes Broccoli</p>
<p><b>Tuesday, Aug. 23</b></p>	<p><b>\$11</b> Lunch Grilled Shrimp Salad <i>mixed greens, candied pecans, tomatoes, bacon, feta, red onion, &amp; creamy balsamic dressing</i></p>	<p><b>\$14</b> Dinner Steak Fajitas Cilantro Lime Rice Black Beans</p>
<p><b>Wednesday, Aug. 24</b></p>	<p><b>\$11</b> Lunch Fish &amp; Chips</p>	<p><b>\$13</b> Dinner Pork Chop Fresh Peach Sauce Wild Rice</p>
<p><b>Thursday, Aug. 25</b></p>	<p><b>\$10</b> Lunch Maple Bacon BLT Pineapple Pretzel Salad</p>	<p><b>\$15</b> Dinner Shrimp &amp; Grits House Side Salad</p>
<p><b>Friday, Aug. 26</b></p>	<p><b>\$10</b> Lunch Taco Bar</p>	<p><b>\$13</b> Dinner Chicken Parmesan Angel Hair Pasta Green Beans</p>
<p><b>Saturday, Aug. 27</b></p>	<p><b>\$10</b> Lunch Fried Pork Cutlet Sandwich French Fries</p>	<p><b>\$17</b> Dinner Mahi Mahi with Mango Salsa Coconut Rice Asparagus Medley</p>

# Verna Belle's Cafe

## **MONDAY**

**Breakfast:** Biscuits & Gravy, \$2.50 / \$4.50

**Lunch:** Baked Potato or Sweet Potato, \$7

(Your choice of potato topped with any items from the salad bar)

## **TUESDAY**

**Breakfast:** French Toast, Bacon or Sausage, & Fruit, \$4.50 / \$6.50

**Lunch:** Taco Tuesday, \$5 / \$7

(Choose any of the salad bar items to top your ground beef tacos or create a taco salad)

## **WEDNESDAY**

**Breakfast:** Breakfast Burritos with Fruit, \$4.50 / \$6.50

**Lunch:** Mac & Cheese, \$5 / \$7

(Homemade mac & cheese custom-made with any items from the salad bar)

## **THURSDAY**

**Breakfast:** Biscuits & Gravy, \$2.50 / \$4.50

**Lunch:** Rice Bowls, \$5 / \$7

(Cilantro-lime rice topped with any items from the salad bar, including seasoned chicken and black beans)

## **FRIDAY**

**Breakfast:** Waffle or Pancake with Bacon or Sausage, \$4.50 / \$6.50

**Lunch:** Quesadilla, \$5 / \$7

(Custom-made quesadillas with any of the items from the salad bar)

## **SATURDAY**

**Breakfast:** Ala Carte Menu ~ Eggs, omelet, bacon, sausage, toast, & fruit

**MON.-FRI., 7 AM. - 2 PM / SAT., 7 AM. - 11 AM.**

*Daily Specials*

# Weekly Opportunities Calendar Aug. 21 to Aug. 27

## Sunday • Aug. 21 *Put your trash at the curb!*

10:30 a.m. ~ Worship Service, CR  
 10:30 a.m. ~ Transportation to FUMC, VE

## Monday • Aug. 22 *Trash & recycling pick-up*

9:30 a.m. ~ Seated Strength, CR  
 10:30 a.m. ~ Weights 101, CR  
 11:30 a.m. ~ Sit & Be Fit, CR  
 1:00 p.m. ~ Parkinson's Exercise Class, CR  
 1:30 p.m. ~ God Talk, KSU CL  
 2:00 p.m. ~ Change & Loss Support Group, FHR  
 7:00 p.m. ~ Community Bingo, CR

## Tuesday • Aug. 23

7:00 a.m. ~ Rock Steady Boxing, BF  
 10:00 a.m. ~ Memory Activities Class, KSU CL  
 10:30 a.m. ~ Steady Yourself, CR  
 11:15 a.m. ~ Chair Yoga, CR  
 2:00 p.m. ~ 10-Point Pitch, GR  
 3:00 pm. ~ Jerry Weis Celebration of Life, EC  
 5:30 p.m. ~ 3rd Floor Supper, BR  
 5:30 p.m. ~ Social Dining, MR

## Wednesday • Aug. 24

*Back to School Spirit Day: Meadowlark Swag Day*  
 9:30 a.m. ~ Seated Strength, CR  
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE  
 10:00 a.m. ~ Memory Care Partner Group, FHR  
 10:00 a.m. ~ Memory Café, KSU CL  
 10:30 a.m. ~ Weights 101, CR  
 11:30 a.m. ~ Sit & Be Fit, CR  
 1:30 p.m. ~ Diabetic Wellness Group, FHR  
 2:30 p.m. ~ ARTful Making, KSU CL  
 3:00 p.m. ~ Rock Steady Boxing, CR  
 3:00 p.m. ~ Sing-A-Long, EC  
 5:30 p.m. ~ 1st Floor Supper, MR

## Thursday • Aug. 25

9:00 a.m. ~ Messenger Team, KSU CL  
 10:00 a.m. ~ Meadowlark Singers Practice, FHR  
 10:30 a.m. ~ Steady Yourself, CR  
 11:15 a.m. ~ Chair Yoga, CR  
 12:00 p.m. ~ Caring Conversations for People with Pd, CR  
 1:00 p.m. ~ Parkinson's Exercise Class, CR  
 1:00 p.m. ~ Parkinson's Care Partners Support Group, FHR  
 2:00 p.m. ~ Fiber Arts Club, BR

## Friday • Aug. 26

9:30 a.m. ~ Seated Strength, CR  
 10 a.m. to 3 p.m. ~ Meadowlark Market, [120 Scenic Dr.](#)  
 10:30 a.m. ~ Weights 101, CR  
 11:30 a.m. ~ Sit & Be Fit, CR  
 5:00 p.m. ~ Empowered LIVE!, [Holiday Inn at the Campus](#)  
 7:00 p.m. ~ Pay for Play: High Stake & Mental State, EC

## Saturday • Aug. 27

8:00 a.m. ~ Speedy Pd Race for Parkinson's Disease, [Tuttle Creek State Park](#)  
 10 a.m. to 3 p.m. ~ Meadowlark Market, [120 Scenic Dr.](#)

### Room Abbreviations

BF, Body First	GR, Game Room
BR, Bison Room	KSU CL, KSU Classroom
CR, Community Room	MR, Manhattan Room
CY, Courtyard	PR, Patriot Room
EC, Event Center	PS, Prairie Star Restaurant
FHR, Flint Hills Room	VBC, Verna Belle's Cafe
GC, Grosh Cinema	VE, Village Entrance

**When a bird needs to invest her money, what does she do with it?**

**Puts it in the stork-market.**



# CHANNEL 1960 Entertainment Guide

## Monday, Aug. 22

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Sit & Be Fit Exercise Class
1:00 p.m.	Parkinson's Exercise Class

## Tuesday, Aug. 23

10:30 a.m.	Steady Yourself Exercise Class
11:15 a.m.	Chair Yoga Exercise Class

## Wednesday, Aug. 24

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 p.m.	Sit & Be Fit Exercise Class

## Thursday, Aug. 25

10:30 a.m.	Steady Yourself Exercise Class
11:15 a.m.	Chair Yoga Exercise Class

## Friday, Aug. 26

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Sit & Be Fit Exercise Class
1:00 p.m.	Parkinson's Exercise Class

## Saturday, Aug. 27

9:30 a.m.	Band Bust Exercise Class
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# Guess That Kid! REVEALED

Last week's winner for the *Guess that Kid* game is IL resident Bea Rasmussen! She won a \$10 Meadowlark gift card. Congrats, Bea! Please claim your prize at the Hospitality Desk.

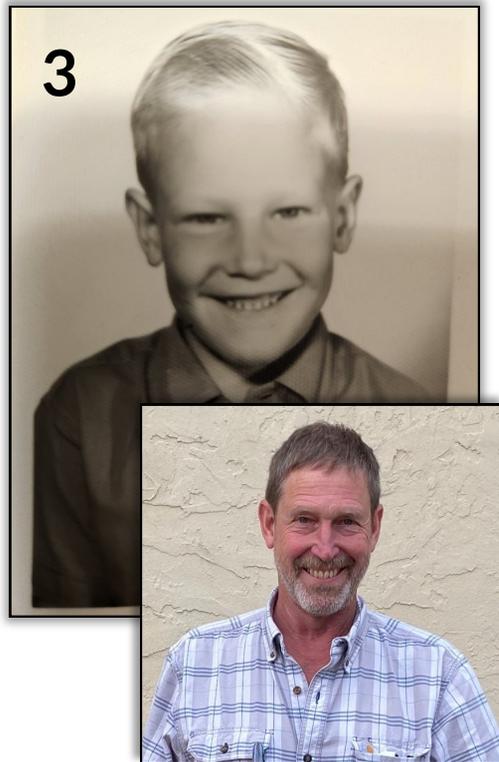
**Carole Fager,**  
*IL Resident*



**Evan Olson,**  
*Maintenance Team Member*



**Brad Olson,**  
*Maintenance Team Member*





## GROSH CINEMA SHOWTIMES

MONDAY TO SATURDAY 1:00 P.M. / 4:00 P.M. / 7:00 P.M.  
SUNDAY 2:00 P.M. / 6:00 P.M.

### SEASONAL SUNDAY: Aug. 21

**KINDERGARTEN COP** (1990) PG-13, 1 hr. 51 min. *Feel-Good, Action, Adventure*

Cast: Arnold Schwarzenegger, Penelope Ann Miller, & Pamela Reed

A tough cop must pose as a kindergarten teacher in order to locate a dangerous criminal's ex-wife, who may hold the key to putting him behind bars.

### MUSICAL MONDAY: Aug. 22

**MIX TAPE** (2021) TV-PG, 1 hr. 37 min. *Quirky, Heartfelt, Drama*

Cast: Gemma Brooke Allen, Audrey Hsieh, & Olga Petsa

In 1999, 12-year-old Beverly discovers a broken mixtape made by her late parents. She sets out to find the songs—and learn more about her mom and dad.

### TRUE TUESDAY: Aug. 23

**WE ARE MARSHALL** (2006) PG, 2 hr. 11 min. *Inspiring, Emotional, Tearjerker*

Cast: Matthew McConaughey, Matthew Fox, & David Strathairn

After a devastating tragedy decimates a college football program, a new coach and several players attempt to rebuild the team despite opposition.

### WESTERN WEDNESDAY: Aug. 24

**URBAN COWBOY** (1980) PG, 2 hr. 14 min. *Emotional, Romantic, Drama*

Cast: John Travolta, Debra Winger, & Scott Glenn

In a slice-of-life tale, country boy Bud Davis leaves the farm behind and heads to a Houston suburb, where he soon gravitates to a cavernous honky-tonk with a mechanical bull and fast women—including a husky-voiced flirt he impetuously weds.

### THEATER THURSDAY: Aug. 25

RESIDENT REQUEST

**SLEEPING WITH THE ENEMY** (1991) R for violence, 1 hr. 39 min. *Thriller, Suspense, Crime*

Cast: Julie Roberts, Patrick Bergin, & Kevin Anderson

A young woman fakes her own death in an attempt to escape her nightmarish marriage, but discovers it is impossible to elude her controlling husband.

### FUNNY FRIDAY: Aug. 26

**HELLO, MY NAME IS DORIS** (2022) R for language, 1 hr. 30 min. *Witty, Quirky, Feel-Good*

Cast: Sally Field, Max Greenfield, & Beth Behrs

An unassuming 60-year-old who takes a self-help seminar after her mother's death is inspired to be more open and pursue a decades-younger co-worker.

### SWEET SATURDAY: Aug. 27

**SAVING MR. BANKS** (2013) PG-13, 2 hr. 9 min. *Drama, Biographical, Historical*

Cast: Tom Hanks, Emma Thompson, & Colin Farrell

Tom Hanks and Emma Thompson bring to life the untold story behind Walt Disney's 20-year effort to transform the beloved book "Mary Poppins" into one of the most treasured movie classics of all time.