

Pig Out for Parkinson's

Outreach, engagement, & connections

by Bridget Larkin, Social Services Leader

Mark your calendar for the 13th annual Pig Out for Parkinson's! Pig Out is set for Thursday, April 20, at Rockin K's restaurant. The event, presented by CenterPointe Physicians, features food specials, music from DJ Dan, and appearances by K-State celebrities, including former K-State Football Coach Bill Snyder. There also will be opportunities to learn about Meadowlark Parkinson's Program resources and treatment for Parkinson's disease (Pd) from team members and vendors.

Pig Out for Parkinson's happens every April in conjunction with Parkinson's Disease Awareness Month. The goal of the event is to educate the community about Pd and opportunities offered by Meadowlark Parkinson's Program. All the activities offered by the program are free of charge thanks to the generosity of program participants, local businesses, and community members. Attending Pig Out for Parkinson's is one opportunity to show support, as 10 percent of Rockin K's sales for the day benefit Meadowlark Parkinson's Program. In addition to eating in person, residents are welcome to place to-go orders by completing forms that will be available with a future edition of the Messenger or at the Hospitality

desk.

For 2023, the event team is excited to bring back Pig Out T-shirts! T-shirts are available in two colors and sleeve lengths. Short-sleeve shirts are \$20, and long-

sleeve shirts are \$30. Visit the Hospitality desk to view the T-shirt design. Orders can be placed by contacting Sarah Duggan at

sguge@meadowlark.org or by calling (785) 323-3878.

According to Parkinson's Foundation, a recent study found that the number of people diagnosed with Pd each year has increased to 90,000, up from the previous estimate of 60,000.

Receiving a diagnosis of Pd can be overwhelming and isolating, which is why Meadowlark Parkinson's

Program works to help connect individuals with activities in the areas of education, exercise, and support. The program also provides free consultations to assist participants in learning more about treatment options and opportunities to get involved.

We hope you will join us on April 20 to support our friends living with Pd. Please contact Michelle Haub at mhaub@meadowlark.org or (785) 323-3899 to learn more.



EVENTS & OPPORTUNITIES

Verna Belle's Café closing

Verna Belle's Café will close permanently at the end of February. The last day of operation for the Café is Saturday, Feb. 25. Starting Sunday, Feb. 26, Prairie Star Restaurant will offer a weekly brunch from 9 a.m. to 2 p.m.

A breakfast menu and daily breakfast specials will be offered Monday through Saturday from 7 to 11 a.m. in Prairie Star Restaurant beginning Monday, Feb. 27. Specialty coffee drinks will be offered during all hours of operation at Prairie Star. See page 7 for the breakfast menu and a listing of grocery items available for purchase.

Spiritual Care Survey, due Feb. 28

All residents are encouraged to complete a Spiritual Questionnaire, available at the Hospitality Desk, by Tuesday, Feb. 28. This questionnaire is to gain feedback regarding spiritual and faith-based needs of our community.

Joshua Lightfoot Band

Thursday, Feb. 23, at 7 p.m.

Meadowlark is happy to welcome back the Joshua Lightfoot Band at 7 p.m. Thursday, Feb. 23, in the Event Center!

Joshua was born in Oklahoma and grew up around music as a part of family gatherings. He was taught to play guitar by his father, and later became multi-instrumental learning the banjo, mandolin, and fiddle. The banjo he uses today once belonged to his grandfather!

Tove Thunell, Joshua's wife, grew up the Swedish seaport town of Gothenburg. She began her interest in American folk music at the young age of 13. Inspired by musicians such as Woody Guthrie and The Carter Family, she took up banjo playing when she was still a teenager.

Join the fun and enjoy some wonderful music from two talented musicians!

Worship Service

Sunday, Feb. 26, at 10:30 a.m.

Join Rev. Melanie Nord for worship at 10:30 a.m. Sunday, Feb. 26, in the Community Room/Chapel. This Sunday, the message will be "In the Beginning" as we examine the Gospel of John for our Lent Sermon Series.

Hablé Español

Monday, Feb. 27, at 4 p.m.

Hablé Español clase se reunira Lunes 27 de Febrero en la tarde a las 4.

La Team para su presentacion: Es su pasa tiempo (hobbies). Traiga ejemplos o fotos para compartir con todos.

Y si tiene un DVD con su favorito musica Latina, traigalo a la session.

Tengo una machina DVD para tocar la musica. Nos vemos en el 27 de Febrero.

Meadowlark Men's Social Supper

Wednesday, March 1, at 5:30 p.m.

Prairie Star Restaurant invites the Meadowlark men to attend a Social Supper at 5:30 p.m.

Wednesday, March 1, in the Manhattan Room.

Dinner can be purchased from the Prairie Star menu or enjoy the daily special. Registration is not required, but please check in at the host stand when arriving. This is a casual dining opportunity, and it will not feature a program.

Pd Education Group

Thursday, March 2, at 2 p.m.

You're invited to the monthly meeting of the Pd Education Group at 2 p.m. Thursday, March 2, in the Community Room.

This month's program is titled, "Hallucinations: Is it Parkinson's?" presented by Dr. Matt Floersch, Meadowlark Parkinson's Program Medical Advisor. As we continue the series of educational topics focusing on symptoms that people may not know can accompany Parkinson's, Dr. Floersch will discuss hallucinations and how they affect those diagnosed with Pd. No registration is required to attend. If you have questions, please call Michelle at (785) 323-3899.

Dinner with the League

Thursday, March 2, at 6 p.m.

You're invited to join Dinner with the League of Women Voters at 6 p.m. Thursday, March 2, in Prairie Star Restaurant's Event Center. The guest speaker will be Kenny Titus, a member of the Kansas House of Representatives representing District 51. He will speak about water issues in the state.

Residents are invited to attend the program

EVENTS & OPPORTUNITIES

and/or meal. Dinner will cost \$15 per person and will include raspberry grilled chicken, wild rice, broccoli, and a beverage. There is no cost to attend the program only, which begins at 6:30 p.m. Please sign up in the Blue Book by Monday, Feb. 27, to attend dinner.

Meadowlark Page Turners Book Club

Wednesday, March 8, at 11:30 a.m.

Meadowlark Special Programs is working with Resident Services Leader, Monte Spiller, to facilitate a book club. We are encouraging all to participate in this bi-monthly gathering to socialize, engage, and discuss a popular book that became a movie. We will be reading *Where the Crawdads Sing* by Delia Owens.

The group will meet in the Patriot Room from 11:30 a.m. to 12 p.m. every other Wednesday. Whether you have completed the book or not, please join us for discussion and food that is featured in the book. For questions contact Michelle, Bridget, or Monte. If you need assistance obtaining a book, please contact Monte.

UFM Education in March

Decade of the 1940s

Wednesday, March 15, at 6:30 p.m.

UFM Lifetime Learning presents *The Decade of the 1940s: America at War and Winning the Peace* taught by Dr. Robert Smith, Director of the Fort Riley Museums Complex. This three-session course will begin at Wednesday, March 15, from 6:30 to 8 p.m. in the Community Room. The second and third sessions will meet March 22 and

March 29.

The first session will focus on America's plans to prepare for war and examine such topics as the expansion of the U.S. Military, the Lend-Lease Program, and the nation's gearing for wartime economy.

History of the History Keepers

Thursday, March 16, at 6:30 p.m.

UFM Lifetime Learning presents *History of the History Keepers* from 6:30 to 8 p.m. Thursday, March 16, in the Community Room.

In the world of museums, we often forget that those who preserve our heritage are at the same time, making their own history. The Riley County Historical Society and Museum have more than a century's worth of their own unique history which started with their incorporation in 1914. Learn about the last 108 years of the society's legacy, their involvement in the community, their contributions, their mission, and their path forward as Katharine Hensler, the new museum director, takes you on a trip through the past.

Enrollment is now open for *Decade of the 1940s* and *History of the History Keepers*. and can be completed by calling (785) 539-8763. This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount. Reminder: Meadowlark does not have a partnership agreement with Osher Lifetime Learning; therefore, Osher classes are not available at a discount to Meadowlark affiliates.



Work That Brain!

Skill Level: Easy

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

Skill Level: Medium

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



March Birthdays



Skilled Nursing

3/2 Harold Couchman
3/9 Carrol Whisnant
3/10 Darlene Reeves
3/20 Betty Braaten
3/22 Mary Givens
3/29 Marilyn Vossman

Assisted Living & Riley House

3/4 Billie Woodward
3/7 Carol Barnett
3/11 Hosea Harkness
3/12 Patricia Storms
3/17 Sally Lansdowne
3/18 Ronald Brase
3/23 Sandra Emley
3/25 Ruth Friedmann

Independent Living

3/1 Jean Beatty
3/1 Vera Williams
3/4 Janet Walters
3/6 Vicky Auman
3/10 Beth Pannbacker

3/12 Charlie Deyoe

3/12 Sherry Reed
3/16 Howard Erickson
3/19 Steve Owens
3/22 Sue Bayer
3/24 Peter Cloutier
3/28 Jan Vanderbilt

Employees

3/1 Mary Myers
3/2 Felicia Edson
3/2 Sandra Marcinkowski
3/2 Jason Shelton
3/2 Jeanette Wagner
3/3 Will Gold
3/4 Linda Montgomery
3/6 Brittney Ellermann
3/7 Narwette Thornton
3/7 Kashaya Zukowske
3/8 Morgan Wark
3/9 Tameka Brown
3/9 Emersyn Colby
3/9 Daniel Rubio
3/9 Sara Snell
3/10 Kurtis Cavender

3/10* Hannah Holmes

3/10 Kristen Martin
3/10 Zenaida Medina
3/11 Anastasia Brown
3/12 Teresa Berens
3/13 Jamie Ray
3/14 Chelsey Wood
3/15 Brookann Wichman
3/16 Lori Uffman
3/17 Jaclyn Craft Camarotti
3/17 Jenna Nelson
3/18 Avery Williams
3/19 Lynn Roberts
3/20 Julia Burlingame
3/20 Mackenize Ritter
3/21 Paige Brown
3/22 Waldek Biniacki
3/22 Joyceanne Scudder
3/24 Coleen Deschner
3/24 Conni Scherff
3/28 Jon Bechtel
3/28 Keana Davis
3/28 Santa Martinez Romero
3/29 Leila Enamorado Ayala
3/30 Abbie Eppler
3/30 Alyssa Long
3/31 Tracy Gagnon

Bold denotes milestone birthdays of 70, 80, 90, or 100+ !

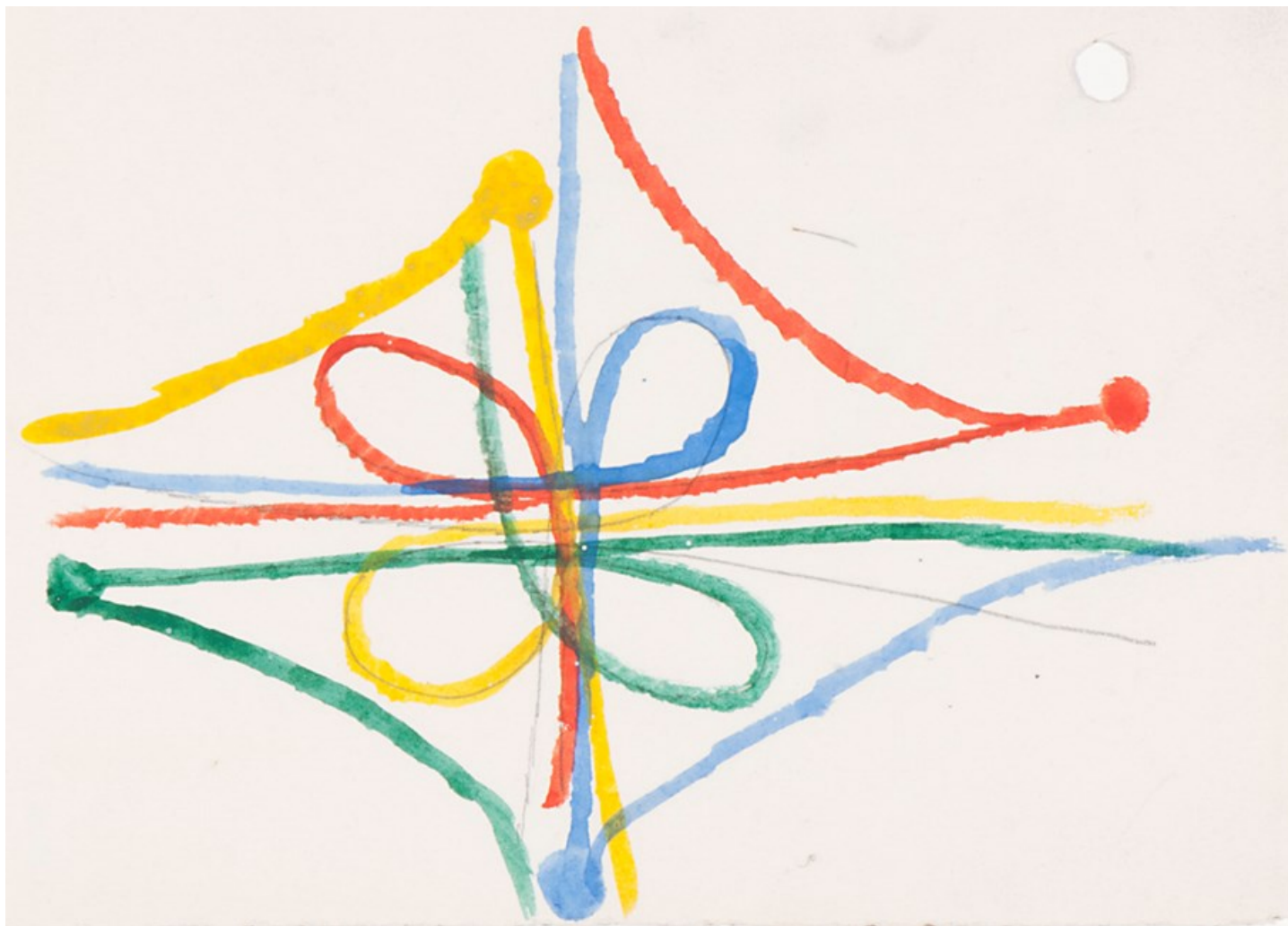
Art Engagement *from the Beach Museum of Art*

Balance ... is a principle of design used by an artist to arrange the elements within a composition to create a balance of visual weight. This allows the artist to provide a sense of stability within an artwork.

There can be symmetrical balance where one half of the image mirrors the other half in visual weight. This does not mean both sides are exact duplicates of each other. It could be two different objects of comparable size.

If the viewer sees symmetry in multiple directions, radiating from a central point, that is radial balance.

Asymmetrical balance is informal. It occurs when the two halves of the artwork are not identical but, the visual weight is equal. For example, one large object opposite three smaller objects. Do you think this artist successfully created balance? Which kind do you observe?



Ben Shahn (United States, born Lithuania, 1898 - 1969)

Clover Leaf, 1956

Opaque watercolor over graphite on paper

KSU, Marianna Kistler Beach Museum of Art, Friends of the Beach Museum of Art purchase

2009.155

RESTAURANT **SPECIALS**

<p>Sunday, Feb. 26</p>	<p>Jazz Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p>Dinner \$14 Swedish Meatballs Egg Noodles Lingonberry Sauce</p>
<p>Monday, Feb. 27</p>	<p>\$10 Lunch Maple-Bacon Chicken Sandwich <i>served on a Croissant</i> Broccoli Salad</p>	<p>\$12 Dinner Pot Roast <i>with Carrots, Onions, & Celery</i> Mashed Potatoes & Gravy Fresh Green Beans</p>
<p>Tuesday, Feb. 28</p>	<p>\$11 Lunch Shrimp Po' Boy Sandwich French Fries</p>	<p>\$14 Dinner Chicken Fettuccini Alfredo Garden Side Salad Garlic Bread</p>
<p>Wednesday, March 1</p>	<p>\$9 Lunch Everything Bagel Sandwich <i>Ham, Turkey, & Swiss Cheese</i> Potato Salad</p>	<p>\$13 Dinner Smothered Beef & Bean Burrito Mexican Rice Refried Beans</p>
<p>Thursday, March 2</p>	<p>\$11 Lunch Chicken Pot Pie Roasted Parmesan Zucchini</p>	<p>\$14 Dinner Roast Turkey Mashed Potatoes & Gravy Dressing & Green Beans</p>
<p>Friday, March 3</p>	<p>\$11 Lunch Mac & Cheese Bar</p>	<p>\$13 Dinner Swiss Steak Mashed Potatoes Honey-Glazed Carrots</p>
<p>Saturday, March 4</p>	<p>\$11 Lunch Fish & Chips Coleslaw</p>	<p>\$10 Dinner Honey-Glazed Ham Mashed Sweet Potatoes Brussel Sprouts</p>

BREAKFAST FAVORITES

Starting Monday, Feb. 27, breakfast service will be available in Prairie Star Restaurant from 7 to 11 a.m.

Breakfast Burrito, \$7

flour tortilla stuffed with scrambled eggs and your choice of add-ins

Omelet, \$6

three-egg omelet made with your choice of add-ins

Egg Scramble, \$6

three eggs scrambled with your choice of add-ins

Breakfast Sandwich*, \$5

egg your way with bacon, sausage or ham served with cheese on toasted white, wheat, or English muffin

Classic Breakfast*, \$6.50

two eggs served your way with bacon or sausage, and two slices of toast

Belgian Breakfast*, \$8.50

two Belgian waffles, two eggs your way with bacon or sausage

All menu items listed above served with hashbrowns or fresh fruit.

Add-ins	
Bacon	Mushrooms
Sausage	Green Onions
Ham	Cheddar Cheese
Red onion	Avocado

GROCERY STORE

The following items are available for purchase at the Hospitality Desk. Charges for these items can be added to resident accounts and billed through resident meal plans. **Orange juice, bread, milk, and eggs** are available for purchase through Prairie Star Restaurant. The Hospitality team members can assist residents with on-line grocery orders through Hy-Vee, which will be delivered directly to the cottage or apartment. A minimum spend of \$24.95 is required for Hy-Vee grocery delivery, and residents will need to use their personal credit card.

◇ Acetaminophen

◇ Anti-Diarrheal

◇ Asprin

◇ Cheerios

◇ Chips Ahoy

◇ Cough Drops

◇ Folgers Coffee

◇ Ibuprofen

◇ Puffs Facial Tissue

◇ Listerine

◇ Meadowlark Honey

◇ Napkins

◇ Oreos

◇ Paper Towels

◇ Raisin Bran

◇ Toilet Paper

◇ Toothpaste

◇ Tums

Weekly Opportunities Calendar Feb. 26 to March 3

Sunday • Feb. 26 *Put your trash at the curb!*

9:00 a.m. ~ Jazz Brunch, PS
 10:30 a.m. ~ Worship Service, CR
 10:30 a.m. ~ Transportation to FUMC, VE

Monday • Feb. 27 *Trash 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
 1:45 p.m. ~ Parkinson's Voice Class, CR
 2:00 p.m. ~ Change & Loss Support Group, FHR
 4:00 p.m. ~ Hablé Español, FHR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Feb. 28

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
 12:05 p.m. ~ Mat Yoga, CR
 1:00 p.m. ~ Fit 2 Fight Pd, MSC
 2:00 p.m. ~ 10-Point Pitch, GR
 3:00 p.m. ~ Coffee Corner, EC
 4:00 p.m. ~ Meadowlark Singers, CR
 5:30 p.m. ~ 3rd Floor Supper, BR

Wednesday • March 1

9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 10:00 a.m. ~ Memory Care Partners Support 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
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Sing-A-Long, EC
 5:30 p.m. ~ Meadowlark Men's Supper, MR

Thursday • March 2

9:00 a.m. ~ Messenger Team, KSU CL
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 12:05 p.m. ~ Mat Yoga, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 2:00 p.m. ~ Pd Education Group, CR
 5:30 p.m. ~ Meadowlark Circle Dinner, MR
 6:00 p.m. ~ Dinner with the League, EC

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Friday • March 3

9:30 a.m. ~ Seated Strength, CR
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 1:00 pm. ~ Rock Steady Boxing, BF
 3:00 p.m. ~ Catholic Mass, CR
 7:00 p.m. ~ Music by Wayne Goins & Guest, EC
Sponsored by Alan & Karen Bell Family Foundation

Room Abbreviations

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

**I tried to sue
the airport for
misplacing my
luggage.**

I lost my case.

**What did the bald man
exclaim when he received a
comb for a present?**

**Thanks— I'll
never part
with it!**



CHANNEL 1960 Entertainment Guide

Monday, Feb. 27

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, Feb. 28

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

Wednesday, March 1

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, March 2

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

Friday, March 3

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, March 4

9:30 a.m.	Band Bust Exercise Class
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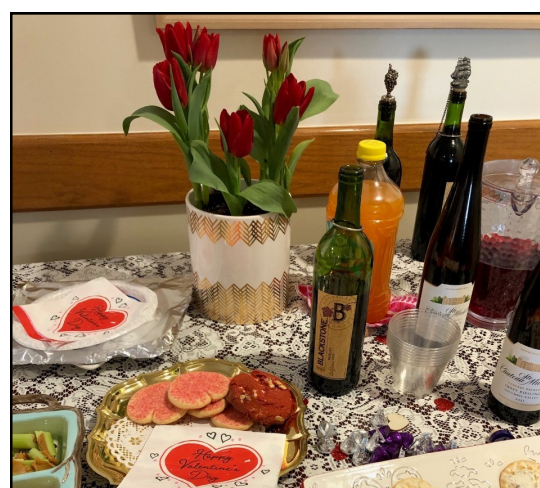


Happy Birthday!

submitted by Joan Lloyd

The east wing of the third floor within Meadowlark's independent living area celebrated three birthdays this month with a joint party. Neighbors gathered Feb. 11 in the wing's common space to honor the birthdays of Betty Grubb, Harriette Janke, and Marilyn Ray. Party planners decorated the space and the party featured snacks, wine, and fellowship with friends.

Is there something wonderful happening in your neighborhood? Send your good news and happy happenings to Sarah Duggan at sguge@meadowlark.org to be featured in the Meadowlark Messenger.





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: Feb. 26

THE YOUNG MESSIAH (2016) PG-13, 1 hr. 50 min. *Drama, Faith, Spirituality*

Cast: Adam Greaves-Neal, Sara Lazzaro, & Vincent Walsh

Tormented by a demon and on the run from a Roman centurion, a 7-year-old Jesus and his parents, Mary and Joseph, flee Egypt for Nazareth.

MUSICAL MONDAY: Feb. 27

PURPLE HEARTS (2022) TV-14, 2 hr. 2 min. *Drama, Music, Romantic*

Cast: Sofia Carson, Nicholas Galitzine, & Chosen Jacobs

An aspiring musician agrees to a marriage of convenience with a soon-to-deploy Marine, but a tragedy soon turns their fake relationship all too real.

TRUE TUESDAY: Feb. 28

CAPTAIN PHILLIPS (2013) PG-13, 2 hr. 14 min. *Gritty, Violent, Suspenseful*

Cast: Tom Hanks, Barkhad Abdi, & Barkhad Abdirahman

In this exciting adventure based on true events that made international headlines, Captain Richard Phillips is taken hostage by Somali pirates after they hijack his cargo ship.

WILD WEDNESDAY: March 1

WILD OATS (2016) PG-13, 1 hr. 31 min. *Witty, Comedy, Crime*

Cast: Shirley MacLaine, Jessica Lange, & Demi Moore

Everything changes for Eva when she receives a life insurance check accidentally made out for five million dollars instead of the expected fifty thousand dollars. She and her best friend take the money and head out for the adventure of a lifetime

THEATER THURSDAY: March 2

THE GOOD NURSE (2022) R for language, 2 hr. 3 min. *Chilling, Gritty, Dark*

Cast: Jessica Chastain, Eddie Redmayne, & Nnamdi Asomugha

An overburdened ICU nurse leans on her selfless new colleague at work and at home—until a patient's unexpected death casts him in a suspicious light.

FUNNY FRIDAY: March 3

LIFE WITH MIKEY (1993) PG, 1 hr. 32 min. *Family, Comedy*

Cast: Michael J. Fox, Nathan Lane, & Cyndi Lauper

A former child star struggles in his new role as a talent agent, but when he discovers a sassy, yet charming, new client, they could both hit the big time ... if they don't drive each other crazy first.

SWEET SATURDAY: March 4

JULIE & JULIA (2009) PG-13, 2 hr. 3 min. *Heartfelt, Feel-Good, Comedy*

Cast: Meryl Streep, Amy Adams, & Stanley Tucci

Julie Powell decides to spice up her uneventful life by cooking all 524 recipes outlined in Julie Child's classic cookbook. Inspired by a true story.