

Growth & Change

Parkinson's Awareness Month in Full Bloom



by Michelle Haub, Special Programs Leader

April is a time for growth and change. Those bulbs resting underground all winter are now popping up leaves and flowers of fresh life through the soil. It's a time where something that we can't see changing is evolving into something beautiful. This is why it is fitting that April is National Parkinson's Awareness Month. Individuals who are experiencing symptoms of Parkinson's may feel like that flower bulb in the winter when they are diagnosed, and they may not understand they can still experience growth, independence, and beauty.

One million Americans are living with Parkinson's disease (Pd), and new data reports that 90,000 are diagnosed each year, up from previous data showing 60,000. Even this new number is likely under-representative, as many people are misdiagnosed or under-diagnosed. The hallmark symptoms of Pd include resting tremor, bradykinesia (slow movements), rigidity, and postural instability. Unfortunately, there are many other symptoms that others don't "see," and a few of these include sleep disturbances, depression, anxiety, apathy, swallowing difficulties, dry eyes, vision changes, and cognitive changes. People with Pd are more prone to aspiration pneumonia, falls, and isolation.

When people receive the diagnosis of Parkinson's disease, they are told it is a progressive degenerative neurological disease. Four words that in and of themselves are not positive and combined sound

even more concerning. Some doctors will typically give the patients a prescription for medication that may decrease some of the physical symptoms. Some people will receive orders to see physical, occupational and/or speech therapists. There is not a magic pill, and there is no cure, and yet, there is HOPE! Having the symptoms and receiving the diagnosis doesn't mean this is as good as one's life will be or a command to "make a short bucket list." People *do* get better and *do* have an increased quality of life.

Meadowlark Parkinson's Program can help. The program exists to help individuals with Pd and their caregivers navigate the journey of Pd. Our goal is to help people live well with Parkinson's through education, exercise, and engagement. You may have noticed that I am using a little 'd' in the initials for Parkinson's disease. This is not standard, but it is purposeful. Program leaders work to help those affected by Pd to minimize the disease; therefore, taking away the 'status' or power of the disease for as long as possible and helping them to bloom with confidence, capabilities, and community.

If you or someone you know would like more information about Meadowlark Parkinson's Program, please contact me, Michelle Haub, by calling (785) 323-3899 or via email at mhaub@meadowlark.org. You can also learn by visiting www.meadowlark.org and clicking on the "Community Services" tab.

Outdoor Encounters



by Nathan Bolls

Let's consider the fourth (and final) question that the 50-60 international panel members on Climate Change asked themselves: **What Do We Know About the Future of Food?** Again, the panel formulated four scenarios of increasing effects of Climate Change on Food Supply:

- ~ There will be little if any change in our food supply or in the accessibility of food.
- ~ Some foods may be affected and will go up in price, but staples will not be severely affected and hunger will not increase.
- ~ There will be severe food shortages in many parts of the world. Farmers and fisherfolk will try to adapt, but they will not be able to meet demand. Millions will go hungry.
- ~ There will be multiple famines each year, resulting in the deaths of millions and tens of millions in a chronic state of hunger and malnutrition.

The most optimistic answer is Number 3, with Number 4 just as likely. Each of these options carries the 30 to 50% chance of occurring--still not good odds. I paraphrase reasons why these

options are the most likely to occur.

Climate Change is already impacting, and will increasingly impact food security and nutrition. Through effects on agro-ecosystems, change impacts agricultural production, the people and countries depending on it, and ultimately, consumers through increased price volatility. The impacts of Climate Change on food security and nutrition are the results of climate changes themselves and of the underlying vulnerabilities of food systems. They can be described as "cascading impacts" from climate to biophysical, to economic and social, to households and food security. At each stage **vulnerabilities exacerbate effects.**

The first and the worst impacted are the most vulnerable populations—the poor—with livelihoods and housing vulnerable to climate change, in areas vulnerable to climate change. From an agricultural perspective, favorable conditions for growing crops will move geographically. Optimizing growing conditions will thus require changing crops and other cultivated species and moving them to once colder climates which are warming. To benefit from potentially

positive effects, such as longer growing seasons in some cold regions, would, most of the time, require significant changes in agricultural systems and practices to effectively translate into production growth. These changes in climatic conditions will spark changes in other biotic parameters (pests, diseases), which can counteract possible benefits of agricultural changes made because of climatic changes.

Higher levels of carbon dioxide reduce the nutritional value of crops per pound of product. Furthermore, with more flooding, rising sea levels, and decreasing snow melt from snow and glaciers, there will be decreasing amounts of fresh water for irrigation.

We biologists have long held the idea that any change for a species, between species, or between the biological and physical worlds, could start a series of cascading events that might cause a huge shift in the "balance of nature." Thus, the adage: a single ripple from a stone striking water could change the world!

Such is happening, and a few specific examples follow: droughts, and the poor grazing grasses that follow, are causing ranchers to sell off significant parts of their herds; a large round bale of hay now costs \$200.00 or more; more acreage in southern Kansas is going to the planting of cotton, and at least one cotton gin is located there; land in Alaska is being plowed for serious cropland acreage; and, I've heard that a pound of butter now costs at least \$7.95! Maybe we'll see an increased interest in backyard gardens, if there's enough water for such activities. And if we can tear ourselves away from the TV and cell phone.

2023



MID-MONTH
MUSIC SERIES

ANDY BELL / "MR. SAX" STRAIGHT ON JAZZ

Thursday, April 13
6 to 8 p.m.

Prairie Star Restaurant

Meadowlark / 2121 Meadowlark Road / Manhattan, Kansas

No reservations required.



featuring a FAJITA BUFFET
\$20+tax/per person



PRAIRIESTAR
Dine • Drink • Gather

EVENTS & OPPORTUNITIES

Hospitality Desk, closed

The Hospitality Desk will be closed on Sunday, April 9. It will open at 8 a.m. Monday, April 10.

Easter Sunday evening meal

Prairie Star Restaurant will be closed for dinner on Sunday, April 9. Residents are invited to sign up to receive a boxed dinner, which will include a club sandwich, chips, fruit, and a cookie for \$13 each. Meals will be delivered between 2:30 and 3:30 p.m. at no additional charge. Register by visiting the host stand in Prairie Star Restaurant.

UFM Class: Religions of Southeast Asia

Friday, April 7, at 11:30 a.m.

UFM Lifetime Learning presents *Religions of Southeast Asia* taught by Dr. Michael Wesch, a professor of anthropology at K-State. This three-session course will begin Friday, April 7, at 11:30 a.m. in the Community Room. The second and third sessions will meet April 14 and April 21.

In this class, we will explore the religions of Southeast Asia as they are actually lived and experienced by people in Thailand and Vietnam. We will explore Buddhism, Taoism, Confucianism, and Cao Dai. Cao Dai is a religion that blends all of these together with Christianity. Dr. Wesch has been doing research with Cao Dai for more than two years and will share photos and videos from his experiences there.

Enrollment is now open 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.

Good Friday Worship Service

Friday, April 7, at 7 p.m.

Some say that there is no way to experience Easter joy without first going through Good Friday grief. You will have the opportunity to participate in a traditional observance of the crucifixion of Christ through worship at 7 p.m. Friday, April 7, in the Community Room/Chapel.

Join Rev. Melanie Nord for song, extinguishing of candles, and a homily focusing on John 19 and the death of Christ according to this Johannine Gospel writer. We will be blessed by guest musician Dr. Kerry Priest, who is a Full Professor at Kansas

State University at the Staley School of Leadership and a member of the Manhattan First Congregational United Church of Christ.

Tandem Moons Performance

Friday, April 7, at 7 p.m.

Meadowlark is excited to welcome back Tandem Moons at 7 p.m. Friday, April 7, in the Event Center! The smooth sounds of Samantha and Colton Jones are delightful as they present jazz, folk, and blues sounds that won't disappoint.

Easter Resurrection Worship Service

Sunday, April 9, at 10:30 a.m.

Christ the Lord is risen TODAY! Come celebrate Easter through song, prayer and message at 10:30 a.m. Sunday, April 9, in the Community Room/Chapel with Rev. Melanie Nord. There will be Easter lilies and maybe even a surprise or two to help us feel that Easter joy. Come worship the Risen Christ with your Meadowlark friends and family. All are welcome.

Hablé Español

Monday, April 10, at 4 p.m.

Hablé Español clase se reunirá Lunes 10 de Abril en la tarde a las 4. Presentación: Su modo de transportación—su favorito carro o automóvil, motocicleta or bicicleta.

Aviso (Advanced Notice):

~ No vamos a tener una sesión el ocho (8) de Mayo.

~ Pero, Si vamos a tener una sesión el veintidos (22) de Mayo cuando vamos a tener una comida en el restaurante en Meadowlark.

Bluestem Children's Choir

Monday, April 10, at 6 p.m.

Meadowlark welcomes The Bluestem Children's Choir at 6 p.m. Monday, April 10, in the Event Center. The group is a third through fifth grade beginning choir for the Manhattan Area Flint Hills Children's Choir. The ensemble is comprised of 25 singers from Manhattan, Ogden, Wamego, and St. George. Bluestem Choir makes it a priority to perform for the friendly, encouraging faces of Meadowlark at least once a season. See you there!

Ladies Luncheon

Thursday, April 13, at 11:30 a.m.

Harriette Janke and Peg Ziser invite all

EVENTS & OPPORTUNITIES

Meadowlark and Passport ladies to attend the April Ladies Luncheon at 11:30 a.m. Thursday, April 13, in the Event Center.

During the April luncheon, we will share about heirloom quilts. Identify your favorite family heirloom quilt and prepare a one-minute history of the quilt to share with the group. Alternatively, you are invited to write a short paragraph about your family quilt for Harriette or Peg to read to the attendees. Bring your quilt and place it on the display table at 11 a.m. the day of the luncheon.

If you have a small item of sewn or stitched handiwork, such as needlepoint, crochet, or knitting, which would be suitable as a centerpiece, please bring it when you deliver your quilt.

The luncheon will feature a chicken and mushroom crepe, vegetable medley, rolls with butter, raspberry sherbet, and a sugar cookie. Cost is \$11 per person.

Please sign up in the Blue Book at the Hospitality Desk, if you plan to attend, by Monday, April 10.

Saturday Shopping Trip

Saturday, April 15, at 10:30 a.m.

The next scheduled trip is Saturday, April 15, 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. Please sign up in the Blue Book.

UFM: More Than Steel & Wheels

Tuesday, April 18, at 10 a.m.

UFM Lifetime Learning presents *More Than Steel and Wheels* taught by Doug Meloan and Chris Gergeni, from 10 a.m. to noon Tuesday, April 18, in the Community Room.

Join automobile enthusiasts Doug and Chris from Midwest Dream Car Collection as they lead a class through an in-depth look at the design and technology which shaped the early automotive industry. More than just steel and wheels, automobiles are rolling engineering marvels showcased in beautiful designs that changed with the times.

Doug is the current Director of Vehicle Operations/Curator at Midwest Dream Car Collection and Chris is the museum's Executive Director. Together these two gentlemen enjoy researching and learning the history of the

automobile and sharing their passion and knowledge with others.

Enrollment is now open 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.

Pig Out for Parkinson's

Thursday, April 20, from 11 a.m. to 10 p.m.

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.

Pd Presentation with Dave Iverson

Thursday, April 20, at 7 p.m.

You're invited to "Search for Winter Stars: One Family's Journey with Parkinson's and Caregiving" at 7 p.m. Thursday, April 20, in Rockin K's event space at 1880 Kimball Ave. This program will be presented virtually by Dave Iverson in conjunction with Pig Out for Parkinson's.

In 1971, Dave Iverson was 22-years-old when his dad was diagnosed with Parkinson's. It was the beginning of a family story that would repeat itself

See **EVENTS**, page 6

EVENTS & OPPORTUNITIES

EVENTS, from page 3

when his older brother received the same news in the early 1990s and then in 2004, Dave was diagnosed, also.

Dave spent his career in broadcast journalism and made more than 20 documentary specials for PBS, including the 2009 Frontline film, *My Father My Brother and Me*, which documented his family's journey with Parkinson's.

A few years after Dave was diagnosed, he made another decision that changed his life -- he moved back into his childhood home to care for his 95-year-old mother. Dave's new memoir, *Winter Stars: An Elderly Mother, An Aging Son and Life's Final Journey*, is the story of their 10-year caregiving odyssey. Dave will offer an intimate, unvarnished account of his family journey with Parkinson's and the challenges, choices and unexpected rewards of caring for someone during life's final journey. No registration is required to attend.

Trip to Royals Game—still time to sign up! **Friday, May 5, at 3 p.m.**

There is still time to register to attend the Royals game in early May! Please sign up to attend by **Friday, April 7.**

This year's trip is scheduled for Friday, May 5. The game will start at 7:10 p.m. against the Oakland Athletics. The cost of the trip is \$65, which includes a ticket to the game, transportation on a chartered bus, a variety of snacks to enjoy on the way to the game, and a boxed meal. Travelers are responsible for their own food and beverages during the game.

The bus will depart from the visitor parking area in front of the Event Center at 3:30 p.m. Please arrive by 3 p.m. Registration for this event is open, and a sign-up sheet is in the Blue Book located at the Hospitality Desk. The cost can be paid by card, cash, payroll deducted for employees, or applied to residents' statements. Go Royals!

Little Apple Barbershop Chorus Concert **Saturday, May 6, at 3 p.m.**

You're invited to attend Little Apple Chorus' Spring Show, "A Funny Thing Happened on the Way to the Forum Hall!" The program is

scheduled for Saturday, May 6, at 3 p.m. in Forum Hall at the KSU Student Union. The show will feature Little Apple Barbershop Chorus, Heartland Harmony, and The Newfangled Four. The doors will open at 2:30 p.m.

Meadowlark has complimentary tickets still available! These will be distributed on a first-come-first-served basis. Please visit the Hospitality Desk to claim a concert ticket.

K-State Gardens offers May 16 trip to tour Kansas City area gardens

Tuesday, May 16, depart at 7:30 a.m.

The Friends of the Kansas State University Gardens have planned a public bus trip Tuesday, May 16, to tour four gardens in the Kansas City area, the first daytrip since before the pandemic.

A 54-passenger charter bus will depart at 7:30 a.m. from the east Manhattan Town Center parking lot near JC Penny. The first tour is the Monet Garden, recalling images of the French impressionist artist, followed by the sprawling Overland Park Botanical Gardens.

The bus will take guests to Strang Hall, an upscale food court in Old Overland Park. The cost of lunch is not included in the trip price.

The afternoon stops begin at Loose Park's Laura Conyers Smith Rose Garden with its 3,000 plants and 150 roses varieties. The final stop is a visit of the five-acre Family Tree Nursery.

Tour guides include the Johnson County master gardeners and members of the Kansas City Rose Society. The bus returns to Manhattan at 6:30 p.m.

Tour cost is \$50 per person and includes round-trip bus transportation, garden admission and guided tours. Registration and payment are done online with the KSU Foundation at <https://my.kstategateway.com/s/listing/a0M4V00001IIVdl>

Guests should establish a username and password unless they have done so earlier. Search for the May event calendar and click on the May 16 garden bus trip for a safe credit card link.

Registration questions can be directed Ashley Miller at (785) 775-2152. Garden tour questions can be directed to Friends Board member Tim Lindemuth at timlind@ksu.edu.

Art Engagement *from the* Beach Museum of Art

Emphasis ... is a principle of design used by artists to draw attention to a focal point. An object's size, contrast, texture, or placement can make it an item of interest. Balance is another design principle that refers to an equal distribution of visual weight throughout a composition. An artist may create symmetrical, asymmetrical, or radial balance. If an artwork is considered balanced, is it still possible to have an object of emphasis? As you look closely at this print, do you find balance? If yes, what kind? Look again, do you see an object of focus in this composition? If yes, what did the artist do to make that object the focal point?



Daniel Serra-Badue (Cuba, 1928-2015)

Associated American Artists (United States, 1934 - 2000)

THE LETTER, 1976

Lithograph on paper

KSU, Marianna Kistler Beach Museum of Art, gift of Benjamin Ortiz and Victor Torchia, Jr.

2022.64

Day of Giving

Grow Green donations to boost nursing scholarship fund

by *Becky Fitzgerald, Development Director*

Meadowlark Foundation has enthusiastically accepted an invitation to grow our “green” by participating in the 11th annual Grow Green Match Day on Friday, April 21. On that day, donations made through the Greater Manhattan Community Foundation to participating nonprofit agencies will receive a 50% match! Meadowlark Foundation is joining 93 other local organizations in urging our donors to participate.

Combined donations up to \$20,000 will be matched at 50%, giving a maximum of \$10,000 in matching funds to any one organization. Gifts of \$25 to \$1,000 per agency may be matched by 50%, but any size donation is welcome.

Once again, donations to Meadowlark will directly support scholarships for current Meadowlark employees who would like to further their education to become licensed practical nurses or registered nurses. The matching funds will be placed in Meadowlark Foundation’s endowed fund with GMCF.

Scholarship amounts given by Meadowlark vary, depending on what is awarded by the Kansas Board of Regents; however, the nursing program for each recipient is fully, or nearly fully, funded. Interested employees must complete an application, and a committee reviews the applications to determine which employees to interview. Employees who receive a scholarship agree to work at Meadowlark for at least two years following graduation.

In addition, Meadowlark would like to expand the program, offering scholarships to students attending local or area nursing schools and who aren’t current Meadowlark employees. These scholarship recipients must agree to work at Meadowlark for at least a year after receiving LPN or RN certification.

Two success stories of Meadowlark’s scholarship program can be told by current employees Julie Nederhoff and Kashaya Zukowske. Nederhoff has worked for Meadowlark since 2015 as a certified nursing assistant, a certified medical assistant, and



[above, left] Julie Nederhoff, scholarship recipient in 2022. [above, right] Kashaya Zukowske, scholarship recipient in 2020.

for a short time as an LPN in one of Meadowlark’s healthcare households. In 2019, she joined the shared nurse team. Zukowske was hired at Meadowlark in 2016, working as Health Services Assistant. After receiving her LPN license, she became our Health Services Coordinator.

The scholarship **Nederhoff** received last year has allowed her to continue her education, and she’ll soon earn a registered nurse license. Robyn Harris, Human Resources Leader, explained that shared nurses, such as Nederhoff, work wherever they are needed in any of Meadowlark’s healthcare households.

“The shared team requires staff to be reliable, dependable, flexible, caring, and hardworking, and Julie embodies all of those qualities,” Harris said.

Jennifer Schoenhofer, Director of Nursing, recalls that Nederhoff was one of the first nurses to join Meadowlark’s COVID response team in 2020 when the organization proposed opening an off-site COVID unit. This team was developed in preparation for disaster level numbers of COVID patients.

“At that time, little was known about the transmission of COVID, and the mortality rate was extremely high,” Schoenhofer said. “Despite these extreme circumstances, Julie jumped in with both feet and her whole heart.”

Schoenhofer adds that Nederhoff has continued to be a strong and dedicated nurse while finishing her RN coursework.

“She will continue to grow as a nurse after her graduation, and she plans on joining the (clinical) coordinator team in the future,” she said.

In February of 2020, **Zukowske** was awarded a

Meadowlark scholarship to train as an RN and graduated in May the following year. She said the words she spoke when she learned she had been selected to receive a scholarship hold true today.

"I'm very grateful to Meadowlark," Zukowske said in 2020. "Knowing that they wanted to invest in me makes me feel valued and reinforces me wanting to continue to work here."

In her role as Health Services Coordinator, she provides support to all household and clinical coordinators as well as serves as Meadowlark's infection control nurse. She also is able to assume the duties of Meadowlark's clinical coordinators when they are off work for extended periods of time, such as maternity leave. In addition, she manages a team of shared CNAs/CMAs, who work around our entire campus to help alleviate staffing issues in the households.

A Concordia native, Zukowske knew from an early age that she would like to follow in her mother's nursing footsteps, so about 15 years ago, she took a similar path to work with an older population and opted for a job in long-term care. Her job descriptions have been varied, and she said working in many different areas gave her a different perspective when going into nursing, as well as into leadership.

Zukowske applied to work at Meadowlark after encouragement from a friend.

"She told me that if I wanted a place where I could grow to come to Meadowlark because there are a number of different opportunities here. ... I am truly grateful for all of the opportunities that I have had working for Meadowlark. Being able to go back to school and gain more knowledge has been truly rewarding," Zukowske said.

Her positive experiences at Meadowlark, such as continuing to add to her skill set as well as develop rewarding relationships with her co-workers, have prompted her to encourage many employees to explore the scholarship program.

"I feel that it is rare for a full-ride scholarship to be offered, especially in long-term care," Zukowske said. "It can be a life-changing opportunity for so many people."

Persons who are interested in giving the gift of nursing education are invited to complete the Grow Green Match Day donation form included with this edition of the Messenger on pages 15 and 16. Return the form and a check dated April 21, 2023, to the Hospitality Desk or mail to GMCF on or before April 21. Questions? Contact Becky Fitzgerald at (785) 323-3843.

Community First National Bank presents
Art Mingle
Wonder & Whimsy  **2023**

Enjoy an unforgettable evening in support of
Meadowlark Memory Program

Friday, April 28, 2023

6 p.m. Silent Auction, Live Music by Tandem Moons, Food & Drink

7:15 p.m. Live Auction

Prairie Star Restaurant & Event Venue

2121 Meadowlark Road, Manhattan, Kan.

Purchase tickets & learn more by visiting www.meadowlark.org or call (785) 323-3847.

RESTAURANT **SPECIALS**

<p>Sunday, April 9</p>	<p>Easter Lunch Buffet \$27 <i>Reservations required.</i></p>	<p>Dinner \$13 Boxed Dinner <i>See page 4 for details.</i></p>
<p>Monday, April 10</p>	<p>\$11 Lunch Maple-Bacon Chicken Sandwich <i>on Croissant</i> Broccoli Salad</p>	<p>\$14 Dinner Pot Roast <i>with Carrots, Onion, & Celery</i> Mashed Potatoes & Gravy Fresh Green Beans</p>
<p>Tuesday, April 11</p>	<p>\$11 Lunch Shrimp Po' Boy French Fries</p>	<p>\$16 Dinner Chicken Fettuccini Alfredo Garden Side Salad Garlic Bread</p>
<p>Wednesday, April 12</p>	<p>\$10 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, April 13</p>	<p>\$12 Lunch Chicken Pot Pie Roasted Parmesan Zucchini</p>	<p>\$20 Mid-Month Music Series & Buffet at Prairie Star Fajita Bar</p>
<p>Friday, April 14</p>	<p>\$11 Lunch Mac & Cheese Bar</p>	<p>\$14 Dinner Swiss Steak Mashed Potatoes Honey-Glazed Carrots</p>
<p>Saturday, April 15</p>	<p>\$13 Lunch Fish & Chips Coleslaw</p>	<p>\$15 Dinner Honey-Glazed Ham Mashed Sweet Potatoes Brussel Sprouts</p>

PLEASE NOTE: Prairie Star Restaurant will no longer offer daily breakfast specials, effective Monday, April 10. See below for the updated *Breakfast Favorites* menu. **This page will not be included in future Messengers. Please save this page for reference.** If you would like a copy of the full breakfast menu, please contact the restaurant at (785) 323-3820.

BREAKFAST MENU

Breakfast service is 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

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 or two slice of French Toast, two eggs your way with bacon or sausage

Biscuits & Gravy, \$4.50

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

Add breakfast potatoes for \$1 more.

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
- ◇ Aspirin
- ◇ 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 April 9 to April 15

Sunday • April 9 *Put your trash at the curb!*
 10:30 a.m. ~ Worship Service, CR
 10:30 a.m. ~ Transportation to FUMC, VE
 11:00 a.m. ~ Easter Buffet, PS

Monday • April 10 *Trash pick-up*
 9:30 a.m. ~ Mindful Memories, **MSC**
 9:30 a.m. ~ Seated Strength, CR
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 11:30 a.m. ~ Meadowlark Valley Luncheon, MR
 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. ~ Hable Espanol, FHR
 6:00 p.m. ~ Bluestem Choir, EC
 7:00 p.m. ~ Community Bingo, CR

Tuesday • April 11
 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
 12:00 p.m. ~ 4th Floor Luncheon, MR
 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 Practice, CR

Wednesday • April 12
 9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 10:00 a.m. ~ Mem. Care Partners Supp. Grp, 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. ~ Sing-A-Long, EC
 4:00 p.m. ~ Rock Steady Boxing, **BF**
 5:30 p.m. ~ Eastside Supper, MR

Thursday • April 13
 9:00 a.m. ~ Messenger Team, KSU CL
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 11:30 a.m. ~ Ladies Luncheon, EC
 12:00 p.m. ~ Caring Conversations for People with Pd, FHR

Thursday • April 13
 12:05 p.m. ~ Mat Yoga, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:00 p.m. ~ Parkinson's Care Partner Support Group, FHR
 5:00 p.m. ~ Mid-Month Music Series, PS

Friday • April 14
 9:30 a.m. ~ Outdoor Committee, FHR
 9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Dementia Friendly MHK, KSU CL
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 11:30 a.m. ~ UFM: Religions of Southeast Asia, EC

Saturday • April 15
 10:30 a.m. ~ Saturday Shopping Trip, VE

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	

EASTER BUFFET

April 9th 11:00-1:30

Meadowlark Event Center \$27⁰⁰ +TAX

RESERVE YOUR SPOT AT PRAIRIE STAR

or call (785) 323-3820



PRAIRIESTAR

Dine • Drink • Gather



CHANNEL 1960

Entertainment Guide

Monday, April 10

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, April 11

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

Wednesday, April 12

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, April 13

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

Friday, April 14

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, April 15

9:30 a.m.	Band Bust Exercise Class
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Solution from 3/30.

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





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: April 9

EASTER PARADE (1948) G, 1 hr. 43 min. *Romance, Musical*

Cast: Judy Garland, Fred Astaire, & Peter Lawford

A nightclub performer hires a naïve chorus girl to become his new dance partner to make his former partner jealous and to prove he can make any partner a star.

MUSICAL MONDAY: April 10

MARY POPPINS (1964) G, 2 hr. 23 min. *Family, Fantasy, Musical*

Cast: Julie Andrews, Dick Van Dyke, & David Tomlinson

“Practically Perfect in Every Way” nanny Mary Poppins arrives from the windy London skies to reconnect an English father and mother with their two children.

TRUE TUESDAY: April 11

SHOWTIMES: 1 P.M. & 6 P.M.

TITANIC (1997) PG-13, 3 hr. 14 min. *Drama, Romance, Tearjerker*

Cast: Leonardo DiCaprio, Kate Winslet, & Billy Zane

A 17-year-old aristocrat falls in love with a kind but poor artist aboard the luxurious, ill-fated R.M.S. Titanic.

WESTERN WEDNESDAY: April 12

BLACK BEAUTY (2020) TV-PG, 1 hr. 52 min. *Drama, Animals, Nature*

Cast: Mackenzie Foy, Iain Glen, & Calam Lynch

In this modern-day reimagining of Anna Sewell’s timeless classic, we follow Black Beauty, a wild horse born free in the American West. Rounded up and taken away from her family, Beauty is brought to Birtwick Stables, where she meets a spirited teenage girl, Jo Green. Beauty and Jo forge an unbreakable bond that carries Beauty through the different chapters, challenges, and adventures of her life.

THEATER THURSDAY: April 13

ROAD HOUSE (1989) R *for sexuality & violence*, 1 hr. 54 min. *Action, Adventure*

Cast: Patrick Swayze, Ben Gazzara, & Kelly Lynch

A bouncer with a mysterious past leaves New York to bring order to a rowdy bar in Missouri, where he falls for a local doctor and gains a powerful enemy.

FUNNY FRIDAY: April 14

NATIONAL SECURITY (2003) PG-13, 1 hr. 28 min. *Action, Adventure, Comedy, Exciting*

Cast: Martin Lawrence, Steve Zahn, & Colm Feore

Two hapless security guards—a disgraced former cop and a police academy washout—try to overcome their differences to bust a smuggling ring.

SWEET SATURDAY: April 15

THE MAGICIAN’S ELEPHANT (2023) PG, 1 hr. 43 min. *Heartfelt, Feel-Good*

Cast: Noah Jupe, Mandy Patinkin, & Brian Tyree

A determined boy accepts a king’s challenge to perform three impossible tasks in exchange for a magical elephant—and the chance to chase his destiny.

2023 GROW GREEN Match Day

Donation Form

PLEASE COMPLETE THE GIVING FORM ON THE BACK OF THESE INSTRUCTIONS FOR GIFTS GIVEN BY:

- Check
- Cash
- Donor Advised Fund
- Gift of Grain
- Stock Donations

(Giving instructions for the various ways to give can be found on the Match Day website at www.growgreenmanhattan.com)

Please include your email address to receive an electronic gift acknowledgment immediately after your donation is posted. (We do not share e-mail addresses.)

Please print legibly

If paying by check, please write **ONE CHECK** made out to GMCF for the TOTAL amount of your donation

Give in person on April 21:

Colony Square Office Complex Atrium
555 Poyntz Avenue, Manhattan, KS
7:00 am - 6:00 pm

(Donors who give at the live event will be entered in a drawing to win an extra \$100 for the charity of your choice!)

OR, mail a check with completed giving form to:

GMCF
P.O. Box 1127
Manhattan, KS 66505-1127

Mailed gifts MUST BE postmarked on or before 4/21/2023

To make Online Gifts, visit www.GrowGreenManhattan.com on April 21 from 12:00 am - 11:59 pm. The homepage will change into a giving page during that time frame.

All gifts given by donors will be available for use by the participating charitable funds immediately. The 50% match will be added to their endowed fund at GMCF.

Questions? Call (785) 587-8995 or email: MatchDay@mcfs.org

Thank You!

For office use only: Check # _____ Check # _____ Credit Card <input type="checkbox"/> Cash <input type="checkbox"/> Initials _____

PLEASE ENTER YOUR CONTACT INFORMATION LEGIBLY HERE
BEFORE COMPLETING THE GIVING FORM ON REVERSE SIDE

DONOR NAME(S) _____

PHONE # _____ *EMAIL (For electronic receipt) _____

STREET ADDRESS _____ CITY/ST/ZIP _____

GMCF publishes donor names, but not amount given.

Please check here ONLY if you wish to remain anonymous: _____

The Greater Manhattan Community Foundation is a non-profit 501(c)(3) organization – EIN #48-1215574, incorporated in the State of Kansas

DONOR LAST NAME: _____ DONOR FIRST NAME(S): _____

Please write donation amount on line next to each fund. Gifts between \$25 & \$1,000 per agency may be matched by 50%.

- | | |
|---|--|
| _____ American Association of University Women | _____ League of Women Voters Stella Harriss Scholarship |
| _____ Audubon of Kansas, Inc. | _____ Life Choice Ministries |
| _____ Be Able | _____ Manhattan Area Habitat for Humanity |
| _____ Big Brothers Big Sisters | _____ Manhattan Area Technical College Foundation |
| _____ Big Lakes Developmental Center, Inc. | _____ Manhattan Arts Center |
| _____ Boy Scouts of America Coronado Area Council | _____ Manhattan Breakfast Optimists Endowed Fund |
| _____ Boys & Girls Club of Manhattan | _____ Manhattan Catholic Schools |
| _____ Camp Fund Inc. | _____ Manhattan Emergency Shelter, Inc. |
| _____ Catholic Charities of Northern Kansas | _____ Manhattan Kiwanis Scholarship |
| _____ Cornerstone Family Counseling, Inc. | _____ Manhattan Municipal Band |
| _____ Crisis Center, Inc. | _____ Manhattan Riley County Crime Stoppers |
| _____ Dolly Parton Imagination Library | _____ Manhattan Rotary Club |
| _____ Ecumenical Campus Ministry (ECM) | _____ Manhattan Senior Center |
| _____ Engineers' Foundation of Kansas (EFK) | _____ Manhattan-Ogden Public Schools Foundation |
| _____ Fairchild Terrace Scholarship | _____ Meadowlark Hills |
| _____ Fairy Godmothers Endowed Fund | _____ Midwest Dream Car Collection |
| _____ First Congregational Church | _____ Morning Star, Inc. |
| _____ First Presbyterian Church | _____ Museum of Art + Light |
| _____ First Tee - Manhattan | _____ No Stone Unturned Foundation, Inc. |
| _____ Flint Hills Area Builders Association | _____ North Central - Flint Hills Area Agency on Aging |
| _____ Flint Hills Breadbasket | _____ Parents as Teachers - David Flinchbaugh |
| _____ Flint Hills Christian School | _____ Pawnee Mental Health Services, Inc. |
| _____ Flint Hills Community Clinic | _____ Purple Power Animal Welfare Society |
| _____ Flint Hills Discovery Center Youth Education Endowment | _____ RCPD Scholarship Fund |
| _____ Flint Hills Foster Teen Camps | _____ Relate 360 |
| _____ Flint Hills Regional Leadership | _____ Riley County 4-H Foundation |
| _____ Flint Hills Volunteer Center | _____ Riley County Genealogical Society |
| _____ Flint Hills Wellness Coalition | _____ Riley County Historical Society |
| _____ From Cradles to Crayons Childcare | _____ Riley County Humane Society |
| _____ Girls On the Run of the Flint Hills | _____ Riley County Perinatal Coalition |
| _____ GMCF Community Arts Fund | _____ Roger Trenary Tennis & Education Fund |
| _____ GMCF Young Trustees | _____ Ronald McDonald House Charities of NE KS |
| _____ Good Shepherd Homecare and Hospice | _____ Servicemember Agricultural Vocation Education (SAVE) |
| _____ Green Apple Bikes INC | _____ Shepherd's Crossing |
| _____ Gregory P. St. Amand Memorial Fund | _____ Solar Kiwanis of Manhattan |
| _____ Guardians Endowed Fund | _____ Sunflower Children's Collective |
| _____ Jan Garton Fund for Environmental Stewardship | _____ Sunset Zoo |
| _____ Junior League of the Flint Hills | _____ Taken Too Soon |
| _____ Kansas Association for Conservation & Environmental Education | _____ The House Cafe |
| _____ Kansas Family Stroke Foundation | _____ Thrive! |
| _____ Kansas Foundation for Agriculture in the Classroom | _____ Tough2gether Fighting Childhood Cancer |
| _____ Kansas Horse Council Foundation | _____ True Colors Flint Hills |
| _____ Kansas Riverfront Masterplan | _____ Tyler Dowling Memorial Fund |
| _____ Katie's Way Charities, LLC | _____ Tyler J. White Memorial Fund |
| _____ Konza Rotary - Water Projects | _____ UFM Community Learning Center |
| _____ Konza United Way | _____ Unitarian Universalist Fellowship |
| _____ Leadership Manhattan Scholarship Fund | _____ Wonder Workshop Children's Museum |

TOTAL DONATION (Column 1 + Column 2): \$ _____