

Pig Out for Parkinson's

A great day of connection at Rockin K's



[above left] Meadowlark Parkinson's Program participants, leaders, and sponsors attend Pig Out for Parkinson's Thursday, April 20. [above right] Kathleen McPeak is a care partner for a loved one with Parkinson's disease. They are frequent attendees of program offerings, including Rock Steady Boxing.

by Michelle Haub, Special Programs Leader

The Meadowlark Parkinson's Program reached a wide audience at Rockin K's on Thursday, April 20, for the 13th annual Pig Out for Parkinson's. We continued to educate those in attendance about Parkinson's disease (Pd) and the free services Meadowlark Parkinson's Program offers to those in the Flint Hills region and beyond.

Years of research prove that exercise can decrease the severity of symptoms, and this is why Meadowlark Parkinson's Program offers eight FREE exercise classes in Manhattan and two FREE classes in Junction City every week! The program has three Rock Steady Boxing certified coaches, which supports the successful efforts to provide multiple boxing class opportunities. The program offers a weekly voice class each semester. We also provide a variety of education and support groups to help individuals, family, and friends affected by Pd live their best

quality of life. Those affected by Pd are encouraged to contact Michelle Haub, Special Programs Leader, to learn more about the specific activities provided that would most benefit you.

This event would not be possible without the wonderful support and work from Scott Sieben, Blake Druecker, and their staff at Rockin K's! Bud Cox continued to support the planning and implementation of this event as he has from day one! We are grateful for our returning presenting sponsor, CenterPointe Physicians. Dr. Matthew Floersch, of CenterPointe, became the Medical Director of the Parkinson's Program when the program began 17 years ago, and he has been a steadfast supporter and leader for our team, his patients with Pd, and the community. We also greatly value our additional sponsors: BHS Construction, Flint Hills Beverage-Budweiser, Burnett Automotive, Manhattan

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EVENTS & OPPORTUNITIES

Prairie Star Meal Service for April 28

Meal service in Prairie Star Restaurant will be altered for Friday, April 28, because of the Art Mingle event.

The full breakfast menu will be available for delivery service only. To order, call (785) 323-3820. Lunch will be offered as a to-go only buffet in the Game Room. The buffet will feature a Taco Bar for \$11 per person.

Register to receive a delivered meal for dinner, which will include bbq brisket, loaded mashed potatoes, and green beans for \$16. Sign up in the Blue Book at the Hospitality Desk to receive this meal on Friday evening. If you have questions, please contact the restaurant at (785) 323-3820.

God Talk & Sing-Along, postponed

The weekly meetings for God Talk and Sing-Along have been postponed until further notice. Notice of these classes resuming will be printed in the Messenger.

Recycling Flower Vases & Pots

submitted by Kay Shanks

Recycling is an ongoing Meadowlark project. If you have one or many vases, straw baskets, or ceramic planter pots that you'd like to stop storing, please call the Hospitality Desk at (785) 323-3847 or call (785) 770-5054 and someone will pick them up at your apartment or cottage.

This offer includes healthcare and assisted living households, also.

A select variety of vases are stored in the cabinet over the sink in the Community Room and in the cupboard above the cubbies nearest to the Courtyard entrance in the Game Room. Please feel free to use them whenever you need a vase.

Recycling is one way we can help.

Worship Service

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

Join Rev. Melanie Nord for worship at 10:30 a.m. Sunday, April 30, in the Community Room/Chapel. We will continue our new sermon series titled "Call Stories" during which we are exploring the ways in which God inspires us to follow our hearts and dreams. This Sunday, the message is titled "A Quiet Call."

Town Meeting

Monday, May 1, at 9:30 a.m.

You're invited to attend the monthly Town Meeting at 9:30 a.m. Monday, May 1, in the Event Center. Hear updates from Lonnie Baker, CEO, and other Meadowlark leaders about the upcoming events and news for our campus.

If you are unable to attend Town Meeting, printed agendas will be available at the Hospitality Desk after the meeting concludes.

Prairie Star Writers Group

Tuesday, May 2, at 2 p.m.

Interested in joining the writing group at Meadowlark? Prairie Star Writers invites you to attend the next meeting at 2 p.m. Tuesday, May 2, in the Patriot Room.

The May 2 session is titled "Crossing That Bridge from Child to Adult." We are in the middle of graduation season and on our way to the traditional wedding month. Each of us has special moments when we felt that we were no longer children, but persons ready to stand on our own two feet. It will be fun to hear your stories! Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays.

Page Turners Book Club

Wednesday, May 3, at 11:30 a.m.

Meadowlark Special Programs is working with Monte Spiller, Resident Services Leader, to facilitate the Page Turners Book Club. Residents, Passport members, and program participants are encouraged to participate in this bi-monthly gathering to socialize, engage, and discuss a popular book that became a movie. Our next book will be *The Help* by Kathryn Stockett. We have books on loan from the Manhattan Public Library, so please reach out to Michelle Haub or Monte if you would like to borrow one.

All are invited! One does not have to attend each week to participate, and please come when you are able whether you have finished the book or are just beginning!

Page Turners meets from 11:30 a.m. to 12:30 p.m. every other Wednesday in the Patriot Room. The next meeting for the group is Wednesday, May 3. Please sign up in the Blue Book at the Hospitality Desk. For questions contact Michelle or Monte.

EVENTS & OPPORTUNITIES

Meadowlark Men's Social Supper

Wednesday, May 3, at 5:30 p.m.

Prairie Star Restaurant invites the Meadowlark men to attend a Social Supper at 5:30 p.m. Wednesday, May 3, 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, May 4, at 2 p.m.

You're invited to the monthly meeting of the Pd Education Group at 2 p.m. Thursday, May 4, in the Community Room.

This month's program is titled, "Update on Diagnostic Strategies & Current and Emergent Therapies for Parkinson's Disease," presented by Dr. Kelly Lyons, Director of Research and Education at Parkinson's Disease and Movement Disorder Center, University of Kansas Medical Center.

Dr. Lyons will provide the latest information on medications and other treatment options for people with Parkinson's disease. She consistently helps Meadowlark Parkinson's Program participants understand new research and how it might be applicable to our daily lives. If you have questions about medication or topics you have heard in the news, bring them with you and Dr. Lyons will help you find the answers. No registration is required to attend. If you have questions, please call Michelle at (785) 323-3899.

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 doors will open at 2:30 p.m. Meadowlark has complimentary tickets still available! Please visit the Hospitality Desk to claim a concert ticket.

May 16 trip to 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/a0M4V000011IVdl>

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.

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Broadcasting Company (Sunny 102.5), and Meritrust Credit Union.

Thank you to all residents, staff, and program participants who bought T-shirts, ordered meals, volunteered and/or donated. Thank you for helping us support Meadowlark and the community!

If you would like more information about Parkinson's disease or Meadowlark Parkinson's Program, please contact Michelle at (785) 323-3899 or email mhaub@meadowlark.org.

Spring has sprung!

Warren Prawl, IL Resident, has been enjoying his first lettuce crop of the season and is now onto planting tomatoes. He invites other interested residents to use and/or view the raised garden bed on the west side of campus. Warren wishes everyone a Happy Spring!



May Birthdays



Skilled Nursing

5/5 Shirley Williams
 5/5 Pat Tippin
 5/7 Sandra Thompson
 5/8 Martha Kellstrom
 5/9 Lee O'Neill
 5/16 Amanda Arasmith
 5/18 Nila Parks
 5/20 Margaret Whisnant
 5/20 Deanna Fuller
 5/21 Phyllis Clanton
 5/22 Martha Bloom
5/22 Lillian Rothfuss
 5/29 Sheila Casey

Assisted Living & Riley House

5/1 Marianne King
 5/10 Carol Kellett

Independent Living

5/2 Janice Goudy
 5/4 Marcia Schuley
 5/11 Betty Black
 5/14 Sharon Smith
 5/16 Nathan Bolls
 5/20 Ellen Hoover
 5/22 Elaine Manges
 5/22 Barbara Valent

5/24 Susan Wong
 5/26 Garalyn Connery
 5/29 Nancy Kopp
 5/30 Pat Hook
 5/30 Pamela Hunt

Employees

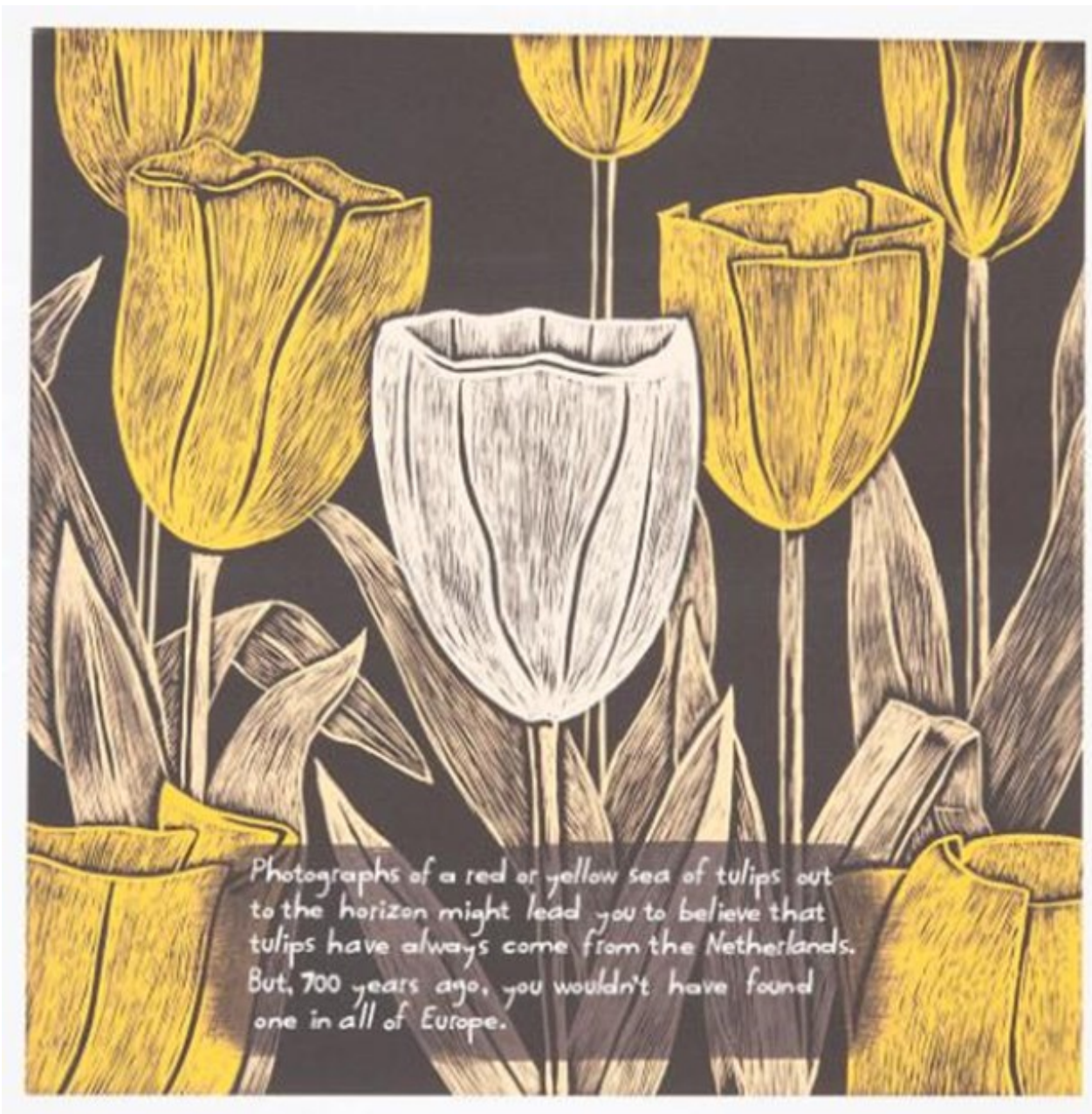
5/2 Olivia Grund
 5/2 Nicholas Ridder
 5/2 TaDeja Stewart
 5/3 Emma Wildman
 5/5 Andy Carano
 5/6 Caitlynn Lundberg
 5/6 Tanner Boggs
 5/7 Beth Ernst
 5/7 Alyssa Maya
 5/7 Peter Ridder
 5/7 Katrina Timms
 5/8 Mary Sharpnack
 5/9 Kerene George-Roberts
 5/9 Addison Moeller
 5/10 Nick Haverkamp
 5/12 Sophia Hillard
 5/13 Jeff Heidbreder
 5/14 Alley Ross
 5/15 Brandi Bojorquez
 5/15 Marsha Miller
 5/15 Giana Santana
 5/15 Melissa Zeak

5/17 LaTisha Garvin
 5/18 Sadie Selenke
 5/19 Vanessa Leach
 5/20 Brianna Binkley
 5/21 Robert Minnich
 5/21 Brad Olson
 5/21 Teresa Adams
 5/22 Ashlyn Holmes
 5/23 Megan Gordon
 5/23 Jean Lake
 5/23 Aric Sapp
 5/23 Paige Harman
 5/24 Emma McKinsey
 5/24 Amy Bise
 5/25 Koby McCubbin
 5/25 Madison Plattner
 5/25 Andria Anderson
 5/26 Braden McCune-Streit
 5/27 Katrina Leisner
 5/28 Hailey Lohmeyer
 5/29 Melody Rowland
 5/29 Katie Jones
 5/31 Hannah Jones
 5/31 Bonnie Gilligan

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

Art Engagement *from the Beach Museum of Art*

Springtime ... is bulb time: daffodils, hyacinths, and tulips! Tulips are associated with The Netherlands, which grows over 90% of the world's tulips. The regions along The Netherlands coastline are the ideal climate for growing this flower. However, the tulip is not native to The Netherlands. The bulbs were moved along the Silk Road from Central Asia to Constantinople (modern day Istanbul, Turkey) in the 1500s. By the later part of the 1500s, some bulbs were given to Carolus Clusius, the leading botanist of the time who was living in The Netherlands. There are 10 standard colors of tulips. The artist of this print chose to make one tulip a distinct color from the others creating a focal point. If you could change the colors of the tulips in this artwork, would you choose to highlight the same tulip, a different tulip, or distribute color in another way?



Geoffrey Grahn (United States, born 1961)
The Dutch Tulip, 2006, printed 2008
Inkjet print on paper
KSU, Marianna Kistler Beach Museum of Art, 2009.21

RESTAURANT **SPECIALS**

<p>Sunday, April 30</p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p>Dinner \$13 Open-Faced Turkey Sandwich Broccoli</p>
<p>Monday, May 1</p>	<p>\$11 Lunch French Dip Sandwich Broccoli Salad</p>	<p>\$15 Dinner Stuffed Pork Tenderloin <i>With Mushroom Sauce</i> Scalloped Potatoes Asparagus</p>
<p>Tuesday, May 2</p>	<p>\$11 Lunch Shrimp Wrap Zucchini Fries</p>	<p>\$14 Dinner Fish & Chips Coleslaw</p>
<p>Wednesday, May 3</p>	<p>\$11 Lunch Chicken & Mushroom Crepes Roasted Broccoli</p>	<p>\$15 Dinner Sauteed Chicken Breast <i>in Brie Sauce</i> Potato Pancakes Brussel Sprouts</p>
<p>Thursday, May 4</p>	<p>\$12 Lunch Fiesta Chicken Salad <i>mixed greens, grilled chicken, cheddar cheese, corn, cilantro, black beans, red onions, & tomatoes in a fried taco shell</i></p>	<p>\$14 Dinner Salisbury Steak Mashed Potatoes Green Beans</p>
<p>Friday, May 5</p>	<p>\$11 Lunch Taco Bar</p>	<p>\$13 Cinco de Mayo Dinner Chicken Taquitos Corn Salad Cilantro Lime Rice <i>Drink Special: Margaritas, \$5</i></p>
<p>Saturday, May 6</p>	<p>\$11 Lunch Tuna Melt Fresh Fruit</p>	<p>\$15 Kentucky Derby Dinner Kentucky Hot Brown Hush Puppies Fried Pickle Spears <i>Drink Special: Mint Juleps, \$5</i></p>

Weekly Opportunities Calendar April 30 to May 6

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

Monday • May 1 *Trash & recycling pick-up*
 8:30 a.m. ~ IL Resident Council, BR
 9:30 a.m. ~ Town Meeting, EC
 9:30 a.m. ~ Seated Strength, CR *or 1960*
 10:30 a.m. ~ Weights 101, CR *or 1960*
 11:30 a.m. ~ Sit & Be Fit, CR *or 1960*
 1:00 p.m. ~ Parkinson's Exercise Class, CR *or 1960*
 1:45 p.m. ~ Parkinson's Voice Class, CR
 2:00 p.m. ~ Change & Loss Support Group, FHR
 5:30 p.m. ~ Tuttle Creek Dinner, BR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • May 2
 7:00 a.m. ~ Rock Steady Boxing, BF
 10:00 a.m. ~ Memory Activities Class, KSU CL
 10:30 a.m. ~ Steady Yourself, CR *or 1960*
 11:15 a.m. ~ Chair Yoga, CR *or 1960*
 12:00 p.m. ~ Kimball Luncheon, BR
 12:05 p.m. ~ Mat Yoga, CR
 1:00 p.m. ~ Fit 2 Fight Pd, MSC
 2:00 p.m. ~ 10-Point Pitch, GR
 2:00 p.m. ~ Prairie Star Writers Group, PR
 3:00 p.m. ~ Ambassador Meeting, BR
 4:00 p.m. ~ Meadowlark Singers Practice, CR

Wednesday • May 3
 9:30 a.m. ~ Seated Strength, CR *or 1960*
 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 *or 1960*
 11:30 a.m. ~ Sit & Be Fit, CR *or 1960*
 11:30 a.m. ~ Page Turners Book Club, PR
 3:00 p.m. ~ Rock Steady Boxing, BF
 5:30 p.m. ~ Meadowlark Men's Supper, MR

Thursday • May 4
 9:00 a.m. ~ Messenger Team, KSU CL
 10:30 a.m. ~ Steady Yourself, CR *or 1960*
 11:15 a.m. ~ Chair Yoga, CR *or 1960*
 12:05 p.m. ~ Mat Yoga, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 2:00 p.m. ~ Parkinson's Education Group, CR
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • May 5
 9:30 a.m. ~ Seated Strength, CR *or 1960*
 10:00 a.m. ~ Art Committee Meeting, FHR
 10:30 a.m. ~ Weights 101, CR *or 1960*
 11:30 a.m. ~ Sit & Be Fit, CR *or 1960*
 1:00 p.m. ~ Rock Steady Boxing, BF
 3:00 p.m. ~ Catholic Mass, CR

Saturday • May 6
 9:30 p.m., Band Bust Exercise Class, 1960

Room Abbreviations

1960, TV Channel 1960	GR, Game Room
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

Art Mingle

Wonder & Whimsy  **2023**

Enjoy an unforgettable evening in support of
 Meadowlark Memory Program

Friday, April 28, 2023

Prairie Star Restaurant & Event Venue
 2121 Meadowlark Road, Manhattan, Kan.

\$75 | Purchase tickets & learn more by
per person | visiting www.meadowlark.org

6 p.m. Silent Auction, Live Music by Tandem
 Moons, Food & Drink / 7:15 p.m. Live Auction

Featured artists: Kristin Goering & Nancy Teague.

Proceeds benefit Meadowlark Memory Program.

Art Mingle presented by 



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 30

FIELD OF DREAMS (1989) PG, 1 hr. 47 min. *Emotional, Sentimental, Drama*

Cast: Kevin Costner, Amy Madigan, & Gaby Hoffmann

An Iowa farmer hears a mysterious voice telling him to turn his cornfield into a baseball diamond. He does, but the voice's directions don't stop—even after the spirits of deceased ballplayers turn up to play.

MUSICAL MONDAY: May 1

MA RAINEY'S BLACK BOTTOM (2020) R for language, violence & sexuality, 1 hr. 34 min. *Emotional*

Cast: Viola Davis, Chadwick Boseman, & Glynn Turman

Tensions and temperatures rise at a Chicago music studio in 1927 when fiery, fearless blues singer Ma Rainey joins her band for a recording session.

TRUE TUESDAY: May 2

THE TWO POPES (2019) PG-13, 2 hr. 5 min. *Witty, Cerebral, Heartfelt*

Cast: Anthony Hopkins, Jonathan Pryce, & Juan Minujin

At a key turning point for the Catholic Church, Pope Benedict XVI forms a surprising friendship with the future Pope Francis. Inspired by true events.

CLASSIC MOVIE WEDNESDAY: May 3

THE BIRDS (1963) PG-13, 1 hr. 59 min. *Classic, Thriller, Suspenseful*

Cast: Rod Taylor, Tippi Hedren, & Jessica Tandy

In Alfred Hitchcock's classic tale of feathered terror, a socialite's visit to a coastal town coincides with sudden attacks by flocks of homicidal birds.

THEATER THURSDAY: May 4

BATTLESHIP (2012) PG-13, 2 hr. 11 min. *Exciting, Sci-Fi, Adventure*

Cast: Taylor Kitsch, Alexander Skarsgard, & Rihanna

The classic Battleship board game moves to the big screen in this at-sea adventure about defending planet Earth from a mysterious enemy fleet.

FUNNY FRIDAY: May 5

HOW TO LOSE A GUY IN 10 DAYS (2003) PG-13, 1 hr. 56 min. *Goofy, Romantic, Comedy*

Cast: Kate Hudson, Matthew McConaughey, & Kathryn Hahn

Ben bets his coworkers that he can make a woman fall in love with him in just 10 days. But along comes Andie, a writer with her own agenda.

SWEET SATURDAY: May 6

EVER AFTER (1998) PG-13, 2 hr. 1 min. *Romance, Drama*

Cast: Drew Barrymore, Anjelica Huston, & Dougray Scott

A young woman falls in love with a prince while pretending to be a princess. She must then struggle to hide her true identity even as one of her step-sisters prepares to marry the prince.