

Crystal Clear

Speedy Pd Race for Parkinson's is Almost Here!



by Michelle Haub, Special Programs Leader

The 15th Annual Speedy Pd Race for Parkinson's disease, presented by Community First National Bank, begins at 8 a.m. Saturday, Aug. 26, at Tuttle Creek State Park. The common gift for a 15th anniversary is crystal, which represents the purity and fragile nature of love and relationships. Even after 15 years, our event still requires our love, attention, and nurturing to continue its success to provide funds to support Parkinson's disease (Pd) programming.

Individuals affected by Parkinson's, whether the individual with the diagnosis or his/her care partner, quickly learn that life is fragile. Hallmark symptoms of Parkinson's include slowness of movements, tremor, balance difficulties, and rigidity. All symptoms can make activities of daily living and quality of life activities more challenging and even dangerous. This is where nurturing becomes essential. People with Pd need to consistently participate in therapies, exercise, social activities, counseling, and manage medication in order to give themselves the best outcomes. Care partners, provide

essential support to help the person with Parkinson's nurture this lifestyle.

Meadowlark Parkinson's Program also provides nurturing through FREE education, exercise, engagement, and support opportunities to those in the Flint Hills and beyond. Also, since 2021, we are providing nearly all activities in a hybrid format, which means our meetings held in person also are offered in a virtual option. This allows us to help nurture people statewide -- Marysville, Hays, and Olathe. We are able to offer these opportunities without financial obligations mostly because of the funds we raise at the Speedy Pd Race for Parkinson's Disease. We are gearing up to set records this year for the largest attendance, and our event needs YOU and your nurturing support to get us there!

One does not need to be a fast walker/runner to participate in this event! Part of the beauty of Speedy Pd is the encouragement one feels while participating. We have the best volunteers to cheer for you. This is the third year for the Half-Mile event to be a

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EVENTS & OPPORTUNITIES

Grocery carts

Please remember to return the grocery carts after use to the Hospitality Desk or the west stairwell to ensure easy access for the next individual.

KSU Research Participation Opportunity

The Memory and Aging Psychology Lab at K-State is in search of volunteers for new student-led research aimed at improving learning and memory for everyday experiences. The lab conducts a wide range of experiments, so you may participate once or as many times as you'd like. Free parking is provided, and you will be compensated for your time. For more information visit ksu.edu/memory. If you'd like to begin the eligibility screening process, please call (785) 532-6819 or email memoryresearch@ksu.edu.

UFM Class: Military Campaigns

Thursday, July 27, at 6:30 p.m.

UFM Lifetime Learning presents *Three Significant American Military Campaigns* taught by Robert Smith, Ph.D., Director of the Fort Riley Museums Complex. This three-session course will begin Thursday, July 27, from 6:30 to 8 p.m. in the Community Room. The second and third sessions will meet Aug. 3 and Aug. 10.

This class will examine three significant campaigns fought by the United States Army. 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. Reminder: Meadowlark does not have a partnership agreement with Osher Lifetime Learning; therefore, Osher classes are not available at a discount to Meadowlark affiliates.

Stacy Harris and the Jazz Masters

Friday, July 28, at 7 p.m.

Meadowlark welcomes Stacy Harris and the Jazz Masters for the first time! Join us at 7 p.m. Friday, July 28, in the Event Center for an evening of jazz with Stacy Harris, aka Pink Science Diva, and the Jazz Masters. Stacy is science teacher at Anthony Middle School, and Fred Burrack works in the KSU

Music Department. They will be playing a variety of traditional jazz hits as well as some newer ones mixed in. All are welcome!

Worship Service

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

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, July 30, in the Community Room/Chapel. This week's sermon is titled, "1 John." All are welcome to attend.

Speedy Pd Training Walks

Tuesday, Aug. 1, & Thursday, Aug. 3, at 9:30 a.m.

Everyone is invited to participate in the twice-weekly training walks as we prepare for the Half-Mile or 5k courses at this year's Speedy Pd Race for Parkinson's Disease. This week, Meadowlark Parkinson's Program began a collaboration with Girls on the Run (GOTR). Participants will have a unique opportunity to embrace their differences and find strength in their connectedness during the weekly training walks and crossing the finish line at Speedy Pd on Aug. 26.

Training walks will meet Tuesdays and Thursdays at 9:30 a.m. Meet in the lobby for a guided walk outside, weather permitting, otherwise we will walk indoors.

Food Show with Sysco

Tuesday, Aug. 1, at 1 p.m.

One of our main food suppliers, Sysco, is hosting a Food Show from 1 to 3 p.m. Tuesday, Aug. 1, in Prairie Star's Event Center. Residents are invited to attend and sample products during this come-and-go event.

Prairie Star Writers Group

Tuesday, Aug. 1, 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, Aug. 1, in the Patriot Room.

The Aug. 1 session is titled "So Far, Far Away, My Great Journey." As Dorothy discovered on her trip to Oz, there really is no place like home. However, stepping outside and seeing new horizons can transform us. In your long and eventful life, what has been the greatest or most memorable

EVENTS & OPPORTUNITIES

journey? Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays.

Exploring the Old Testament

Tuesday, Aug. 1, at 3:30 p.m.

Pastor Melanie Nord is offering an opportunity each Tuesday through Aug. 8 titled "The Writings: Exploring the Stories of the Old Testament."

Scholars often compare our Old Testament books of Jonah, Esther, and Ruth to children's stories. Each has suspense, heroes, foreshadowing, and other popular literary techniques ... and yet each is found in our Holy Scriptures. Come learn the power and life-meaning that can be found in these wonderful stories of our faith at 3:30 p.m. Tuesday, Aug. 1, in the Flint Hills Room.

Meadowlark Men's Social Supper

Wednesday, Aug. 2, at 5:30 p.m.

Prairie Star Restaurant invites Meadowlark's men to attend a Social Supper at 5:30 p.m. Wednesday, Aug. 2, at Prairie Star Restaurant. 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, Aug. 3, at 2 p.m.

You're invited to the monthly meeting of the Pd Education Group at 2 p.m. Thursday, Aug. 3, in the Community Room.

This month's program is titled, "Tips and Tricks for Better Handwriting, Fine Motor Skills, and More!" presented by Erin Wright, occupational therapist.

Erin will discuss ways to support your fine motor skills, handwriting, activities of daily living, and enjoyment. She also will share about PWR! Moves, a program that focuses on key skills to improve mobility in people with Parkinson's disease.

No registration is required to attend. If you have questions, please call Michelle at (785) 323-3899.

WTC Service Expert Hour

Tuesday, Aug. 8, at 10 a.m.

Join WTC for a Service Expert Hour Tuesday, Aug. 8, from 10 to 11 a.m. in the Game Room. During this timeframe, a WTC representative will be on site at Meadowlark to provide personalized assistance and support.

Do you have any burning questions about your service? WTC experts are here to provide answers and help you understand all the features and functionalities available to you. Discover helpful tips and tricks to optimize your WTC service experience. Team members also are available to troubleshoot and resolve issues.

Meadowlark Ladies Luncheon

Thursday, Aug. 10, at 11:30 a.m.

The Aug. 10 Ladies Luncheon will begin at 11:30 a.m. and feature a program and PowerPoint presentation about all the ways to experience the outdoors. The menu will include chicken salad, fruit, and a cookie for \$10.50 per person. Please register to attend in the Blue Book at the Hospitality Desk.

Dinner with the League

Thursday, Aug. 10 at 6 p.m.

You're invited to join Dinner with the League of Women Voters at 6 p.m. Thursday, Aug. 10, in Prairie Star Restaurant's Event Center. The guest speaker will be Renee Gassman, the current Treasurer and previous Secretary for Common Table. She will speak about Common Table, including how it started, where it is now, and where it is going.

Residents are invited to attend the program and/or meal. Dinner will cost \$15 per person and will include an avocado BLT sandwich, fruit salad, pub chips, 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, Aug. 7, to attend dinner.

Hable Espanol

Monday, Aug. 14, at 4 p.m.

Hable Espanol Group will meet Lunes el catorce

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de Agosot (Monday, Aug. 14) as las cuatro en las tardes (at 4 p.m.).

El grupo quiere leer el Libro de Juan Rulfo, su titulo "Pedro P'aramo." Vamos a leer el libro en la clase.

Assignment for the August meeting is to read the introduction. Look forward to seeing you in August.

Walk to End Alzheimer's

Saturday, Sept. 30, at 9 a.m.

The Alzheimer's Association Walk to End Alzheimer's for Manhattan, Kan., will be at Manhattan City Park on Saturday, Sept. 30.

The Alzheimer's Association Walk to End Alzheimer's is the world's largest fundraiser for

Alzheimer's care, support, and research. There is no fee to register for the Walk. However, all participants are encouraged to raise funds that allow the Alzheimer's Association advance research toward methods of prevention, treatment, and ultimately, a cure.

To participate, visit www.act.alz.org and click "Find a Walk Near You." Meadowlark has a team already started, and all residents, family members, Passport members, staff, and volunteers are invited to join the team. Once registered, you can start fundraising and spread the word, then on Sept. 30, you're invited to join the Walk Day event.

Registration on Walk Day will begin at 9 a.m. The Opening and Promise Garden Ceremony will start at 10 a.m. and the Walk will begin around 10:15 a.m. The Walk route is one mile long.



August Birthdays



Skilled Nursing

8/2 Dale Rowley
8/6 Joseph Merklin
8/10 Josephine White
8/19 Sherry Schooley
8/22 Frank Miller
8/28 Wayne Bailie
8/31 Michael Troy

Assisted Living & Riley House

8/6 Leona Rogers
8/12 Clara Bach
8/14 Ernestine Hamel
8/18 Jo Lindly

Independent Living

8/1 Ron Williams
8/2 Fred Freeman
8/7 Norman Schlesener
8/7 Candace Pannbacker
8/8 Carolyn Thompson
8/9 Susan Shultis
8/11 Diane Gaede
8/13 Marjorie Hughey
8/14 Ronald Hargett
8/17 Marilyn Whitley

8/19 Lawrence Girard
8/19 Rhonda Mullin
8/21 Tom Fryer
8/22 John Shultis
8/22 **Mary-Rita Spooner**
8/25 Eleanor Cox
8/26 Judith Willingham

Employees

8/1 Lisa Schwarz
8/3 Aina Olujoke
8/4 Veronica Gallegos
8/6 Marian Darnell
8/6 Reece Keller
8/7 J.R. Montanez
8/8 Angela Gerena
8/8 Brigitte Monroe
8/9 Sarah Duggan
8/9 Grace Ruder
8/9 Chris Vaughan
8/11 Bryana Alfred
8/11 Trisha Montgomery
8/11 Kim Perales
8/12 Liz Elsasser
8/13 Torrey Lonker
8/12 Annie Peace
8/12 Elizabeth Satchel

8/13 Brianna Affolter
8/15 Krystal Wyche
8/16 Laurie Willette
8/17 Dustin Price
8/18 Irene Awuah
8/18 Danielle Medina
8/19 Kierstin Baker
8/19 Emanuel Tolliver
8/20 Tati'Yana Holder
8/20 Jayla Rush
8/21 Julian Rosine
8/22 Troy Lower
8/22 Jenna Neyhard
8/23 Cecilia Reiser
8/25 Jessica Caraway
8/26 LaTisha Conder
8/26 Daniel Thomas
8/27 John Stephens
8/29 Aiden Springer
8/30 Pamala Mann
8/30 Claire Steeves
8/31 Rhonda Lund
8/31 Deanna Romine

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

Art Engagement *from the Beach Museum of Art*

Abstract comparison: Let us compare and contrast the two artworks shown here. What do you observe the same or different within the two pieces? Consider the elements of art: color, line, shape, texture, value, space and form. Bonus: Notice the title for both is *Blue Window*, how would you compare each artist's interpretation of this title?



[above] Bernard Joseph Steffen (United States, 1907 - 1980) *Blue Window*, ca. 1970, Color screenprint on paper, KSU, Marianna Kistler Beach Museum of Art, gift of R. E. Hochberg, 2021.35



[right] Kathleen Kuchar (United States, born 1942), *Blue Window*, 1994, Kansas Artists' Postcard Series XVII Photomechanical reproduction on paper, KSU, Marianna Kistler Beach Museum of Art, CM15o.2023

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memorial walk/run, which pays tribute to those who have passed away. Family and friends of those who have lost a loved one with Parkinson's will be able to have a sign posted alongside the road where this walk occurs. Please contact Michelle or Katie for more information about these memorial signs.

Like the Half-Mile walk/run, the 5K and 10K courses are flat and on paved roads. Participants will enjoy a festive atmosphere, support along the way, and an awesome post-race celebration with massages by Body First, and nurturing food/beverages from Smoothie King, The DoughBro, ET Sweets, chocolate milk, Pepsi products, Budweiser beer, and much more!

To help continue these services and add new

opportunities and resources, one may make a generous donation to Meadowlark Foundation and note Parkinson's Program in the memo line. Register for the Speedy Pd Half-Mile, 5K, or 10K by going to www.runspeedypd.org, or stop by the Hospitality Desk to pick up a paper registration form. You may turn in your registration and payment to the box at the Hospitality Desk or to Body First Wellness Center. The Half-Mile Memorial Walk/Run starts at 8 a.m., and the 5K/10K races will start shortly after. Each registered participant receives a Speedy Pd t-shirt (guaranteed until 8/11/23), a finisher's medal, and wonderful post-race food, drink, and massages provided by our sponsors. If you have any questions about the event, please contact Michelle at (785) 323-3899 or e-mail mhaub@meadowlark.org.

RESTAURANT **SPECIALS**

| | | |
|-------------------------------------|--|---|
| <p>Sunday, July 30</p> | <p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p> | <p>Dinner \$15 Beef Tips Mashed Potatoes & Gravy Broccoli</p> |
| <p>Monday, July 31</p> | <p>\$11 Lunch Cheeseburger Sliders French Fries</p> | <p>\$17 Dinner Coconut Shrimp Coconut Rice Grilled Pineapple</p> |
| <p>Tuesday, Aug. 1</p> | <p>\$10 Lunch Bacon-Cheddar Egg Salad <i>on Croissant</i> Watermelon Salad</p> | <p>\$17 Dinner BBQ Ribs Cheesy Potatoes Baked Beans</p> |
| <p>Wednesday, Aug. 2</p> | <p>\$12 Lunch Balsamic Chicken Skewers Side Salad</p> | <p>\$14 Dinner Fried Pork Cutlet Mashed Potatoes & Gravy Green Beans</p> |
| <p>Thursday, Aug. 3</p> | <p>\$11 Lunch Italian Beef Sandwich Pasta Salad</p> | <p>\$16 Dinner Meatloaf Roasted Garlic Red Skin Potatoes Buttered Carrots</p> |
| <p>Friday, Aug. 4</p> | <p>\$11 Lunch Pizza Bar</p> | <p>\$15 Dinner Brown Sugar Ham Mashed Sweet Potatoes Brussel Sprouts</p> |
| <p>Saturday, Aug. 5</p> | <p>\$11 Lunch BBQ Chicken Sandwich Broccoli Salad</p> | <p>\$15 Dinner Fried Chicken Mashed Potatoes & Gravy Corn</p> |

Weekly Opportunities Calendar July 30 to Aug. 5

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

Monday • July 31 *Trash & recycling pick-up*
 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
 2:00 p.m. ~ Change & Loss Support Group, FHR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Aug. 1
 9:30 a.m. ~ Speedy Pd Training Walk, GR
 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. ~ Sysco Food Show, EC
 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, KSU CL
 3:30 p.m. ~ Exploring the Old Testament, FHR

Wednesday • Aug. 2
 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*
 12:00 p.m. ~ Rock Steady Boxing, BF
 3:00 p.m. ~ Sing-a-Long, FHR
 3:00 p.m. ~ Rock Steady Boxing, CR
 5:30 p.m. ~ Meadowlark Men's Supper, PS

Thursday • Aug. 3
 9:00 a.m. ~ Messenger Team, KSU CL
 9:30 a.m. ~ Speedy Pd Training Walk, GR
 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

Thursday • Aug. 3
 2:00 p.m. ~ Parkinson's Education Group, CR
 5:30 p.m. ~ Meadowlark Circle Dinner, MR
 6:30 p.m. ~ UFM Class: Three Significant American Military Campaigns, CR

Friday • Aug. 4
 7:00 a.m. ~ Rock Steady Boxing, BF
 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*
 3:00 p.m. ~ Catholic Mass, CR

Saturday • Aug. 5
 9:30 a.m. ~ Band Bust Exercise Class, *1960 only*

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 |

Solution from 7/20

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| C | O | N | S | O | R | T | I | U | M | | T | H | O | R | |
| O | N | E | | C | R | E | A | M | | B | L | E | N | D | |
| A | E | R | A | T | O | R | | B | U | Y | E | R | | | |
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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: July 30

FORREST GUMP (1994) PG-13, 2 hr. 22 min. *Drama, Sentimental, Romantic*

Cast: Tom Hanks, Robin Wright, & Gary Sinise

Forrest Gump, a simpleminded man, finds himself in the middle of nearly every major event of the 1960s and '70s. Along the way, he makes friends, changes lives, and yearns for his childhood sweetheart, Jenny.

MUSICAL MONDAY: July 31

THE WIZ (1978) G, 2 hr. 14 min. *Feel-Good, Comedy, Musical*

Cast: Diana Ross, Michael Jackson, & Nipsey Russell

A shy Harlem schoolteacher makes an epic journey through a magical version of New York City in this musical inspired by "The Wonderful Wizard of Oz."

TRUE TUESDAY: Aug. 1

WHAT WE LEAVE BEHIND (2022) TV-PG, 1 hr. 10 min. *Documentary, Understated, Intimate*

Director Iliana Sosa recounts her grandpa's final trips between Mexico and Texas as he overcame hardships to provide for his family.

WESTERN WEDNESDAY: Aug. 2

THE BISCUIT EATER (1972) G, 1 hr. 32 min. *Drama, Family, Animals & Nature*

Cast: Earl Holliman, Patricia Crowley, & Lew Ayres

Lonnie, the son of a topflight dog trainer, refuses to give up on a ragged old dog his dad calls "a good-for-nothing biscuit eater." With the help of his buddy Text, they take on the almost impossible task of turning him into a champion bird dog.

THEATER THURSDAY: Aug. 3

THE MULE (2018) R *for language & sexuality*, 1 hr. 56 min. *Drama, Thriller, Sentimental*

Cast: Clint Eastwood, Bradley Cooper, & Laurence Fishburne

In dire financial straits and estranged from his family, an ornery 90-year-old horticulturalist becomes a delivery driver for a Mexican drug cartel.

FUNNY FRIDAY: Aug. 4

UNCLE BUCK (1989) PG, 1 hr. 39 min. *Comedy, Heartfelt, Feel-Good*

Cast: John Candy, Jean Louisa Kelly, & Macaulay Culkin

He's clueless about kids and set in his quirky ways, but the Russells desperately need a babysitter. Can Uncle Buck run a household without causing chaos?

SWEET SATURDAY: Aug. 5

ALMOST ANGELS (1962) TV-PG, 1 hr. 29 min. *Family, Music, Drama*

Cast: Vincent Winter, Sean Scully, & Peter Weck

Despite his father's opinions, a working-class Austrian boy joins the Vienne Boys' Choir and proves to be unusually talented. However, the head chorister, Peter, becomes jealous and will do everything in his power to ruin his rival's public performance.