

# New Resident Portal

*A new Resident Portal to launch in September*

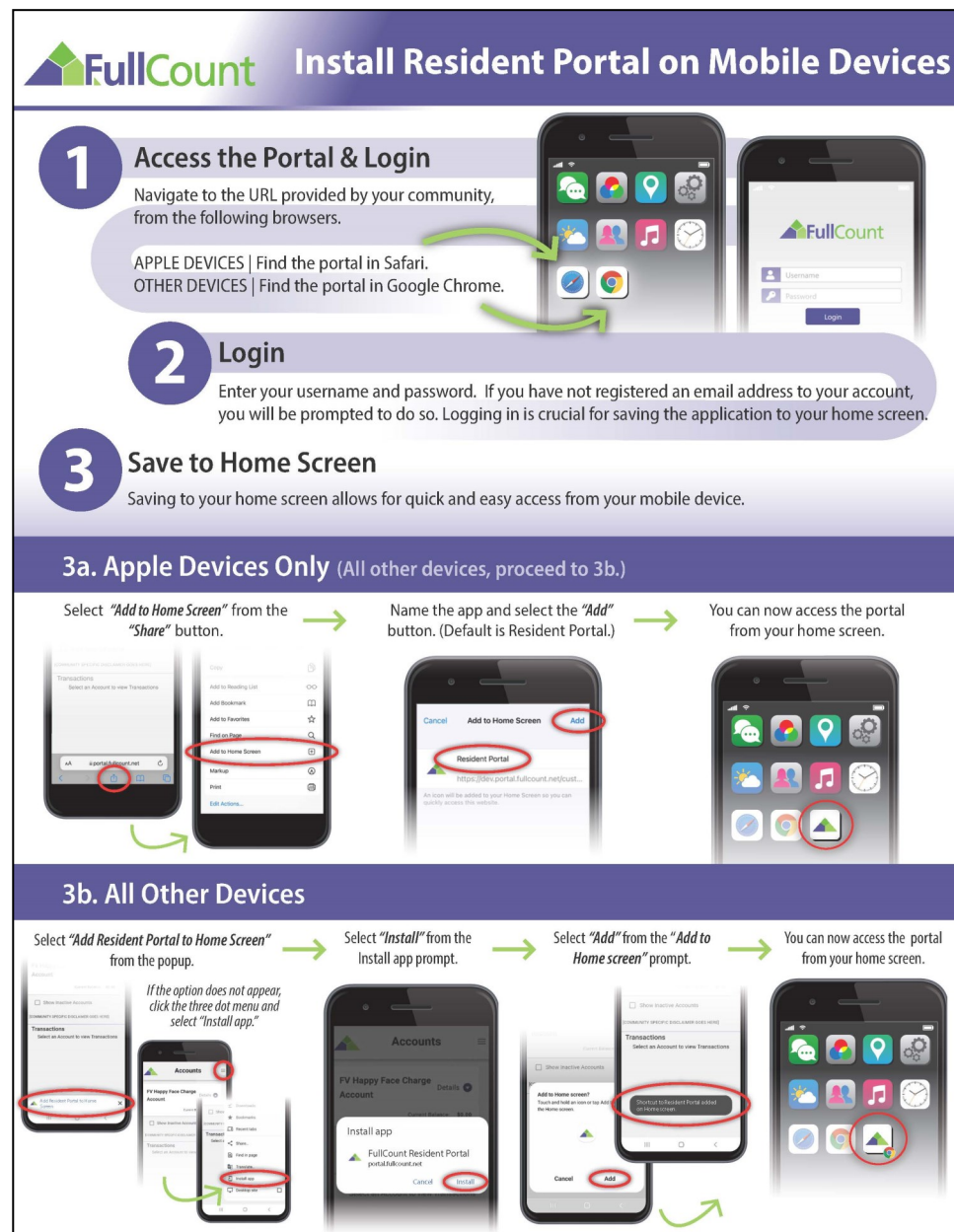
Meadowlark's Resident Portal access allows residents to place restaurant orders online and check the balance of their monthly food allowances. FullCount, our Resident Portal provider, has recently released a new version of the Resident Portal, and it is available for use now. This new version is more modern in look and behavior and is now mobile-device friendly. This means you can easily use it on your smartphones, tablets, or computers.

To access the new version, please use the following URL/web-address: <https://portal.fullcount.net/cp/meadowlarkhills>.

If you would like to install/save the new version onto your mobile device for easier access, please refer to the "Installing FullCount Portal on Mobile Devices" document at right.

Starting during the late night of Sept. 12, 2023, when a user invokes the old version of the portal, he or she will be shown a message about the existence of the new version and will be given the opportunity to navigate to it or to continue with the old version.

The old version of the FullCount Resident Portal will be turned off and no longer accessible on Nov. 14, 2023. Please replace any bookmarks, shortcuts, etc. for the old version of the Portal with this new URL.



**FullCount Install Resident Portal on Mobile Devices**

- 1 Access the Portal & Login**  
Navigate to the URL provided by your community, from the following browsers.  
APPLE DEVICES | Find the portal in Safari.  
OTHER DEVICES | Find the portal in Google Chrome.
- 2 Login**  
Enter your username and password. If you have not registered an email address to your account, you will be prompted to do so. Logging in is crucial for saving the application to your home screen.
- 3 Save to Home Screen**  
Saving to your home screen allows for quick and easy access from your mobile device.

**3a. Apple Devices Only** (All other devices, proceed to 3b.)

Select "Add to Home Screen" from the "Share" button. → Name the app and select the "Add" button. (Default is Resident Portal.) → You can now access the portal from your home screen.

**3b. All Other Devices**

Select "Add Resident Portal to Home Screen" from the popup. → Select "Install" from the Install app prompt. → Select "Add" from the "Add to Home screen" prompt. → You can now access the portal from your home screen.

*If the option does not appear, click the three dot menu and select "Install app."*

**Instructions to install the FullCount application on personal devices. If you have questions, please contact Jayme Minton at (785) 313-0454 or Chris Nelson at (785) 323-3842.**

# EVENTS & OPPORTUNITIES

## Coloring Contest

Meadowlark is having a coloring contest! Staff, residents, and their children and grandchildren are invited to enter the contest. One entry is allowed per contestant. Prizes will be awarded to the top three winners in each kid's category, and the top entry for the staff and resident category.

The winners' artwork will be displayed on Meadowlark's Facebook page, in the Meadowlark Messenger, and Meadowlark's Employee Newsletter during the month of September.

Deadline to enter is Aug. 31, 2023. Submit completed sheets to the Hospitality Desk, or the Engagement Office, across from Verna Belle's Lounge. Limit one entry per contestant.

Blank coloring sheets can be picked up in the Engagement Office or at the Hospitality desk. Packets are also available via the links below.

Kid's Contest categories include: 3 to 5 years; 6 to 8 years; and 9 to 10 years. Prizes will be awarded for first, second, and third place in each category for the Kid's Contest. Cash prizes will be \$30 for first, \$20 for second, and \$10 for third. The top entry for the Staff Category and the Resident Category will win a \$30 Cash Prize. Contact Jana Armfield with questions at [jarmfield@meadowlark.org](mailto:jarmfield@meadowlark.org).

## Rock Steady Boxing, canceled

Rock Steady Boxing at Body First is canceled for Friday, Aug. 25.

## Worship Service

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

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Aug. 20, in the Community Room/Chapel. This Sunday she will begin a new sermon series called *Back to the Basics*. This week's sermon is titled, "Adam and Eve." All are welcome to attend.

## Speedy Pd Training Walks

**Tuesday, Aug. 22, & Thursday, Aug. 24, 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. 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.

## Pastor Melanie's Bible Bonkers

**Friday, Aug. 18, at 7 p.m.**

Whether you're a fan of the Bible, good ol' fashioned trivia competitions, or looking for a Friday night activity - join Pastor Melanie for "Bible Bonkers" at 7 p.m. Friday, Aug. 18, in the Event Center. Each table will form a Bible Trivia Team and compete for the title of "Bible Bonkers Champions." Worried about your Bible smarts? Fear not - some pop culture questions will be intermixed. You won't want to miss this fun evening!

## Shopping at Hobby Lobby & Dollar Tree

**Saturday, Aug. 19, at 10:30 a.m.**

The next scheduled trip is Saturday, Aug. 19, with transportation going to Target and Dollar Tree West. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m.

Next month's trip will travel to Hobby Lobby and Dollar Tree East on Saturday, Sept. 16. Please sign up in the Blue Book to participate in these opportunities.

## Page Turners Book Club

**Wednesday, Aug. 23, at 11:30 a.m.**

Special Programs continues to work with Resident Services Leader Monte Spiller to facilitate the Page Turners Book Club. We encourage any and all to participate in this gathering to socialize, engage, and discuss a popular book that became a movie. The group is now reading *Tuesdays With Morrie* by Mitch Albom and will meet at 11:30 a.m. Wednesday, Aug. 23, in the Patriot Room.

Participants do not have to attend each week to participate; come when you are able whether you have finished the book or are just beginning! If you need help obtaining a copy of the book or if you have any questions, contact Katie at [ksigman@meadowlark.org](mailto:ksigman@meadowlark.org) or (785) 323-3899.

## Diabetic Wellness Group

**Wednesday, Aug. 23, at 1:30 p.m.**

The Diabetic Wellness Group will meet at 1:30 p.m. Wednesday, Aug. 23, in the Flint Hills Room. All who are interested are invited to attend.

## EVENTS & OPPORTUNITIES

### **You & Lou: Let's Talk Veterans & Parkinson's Disease**

*Thursday, Aug. 24, at 6 p.m.*

Meadowlark Parkinson's Program's Empowered LIVE! speaker, Lou Eisenbrandt, will be available for an informal opportunity to talk with guests about navigating life as a Veteran and a person with Parkinson's. Join her and hosts, Jan and David Vanderbilt, in the Bison Room on Thursday, Aug. 24, at 6 p.m. for light appetizers and conversation. No reservations required.

### **Empowered LIVE!**

*Friday, Aug. 25, at 5 p.m.*

You're invited to Empowered LIVE! At 5 p.m. Friday, Aug. 25, at Holiday Inn at the Campus for an evening with people living with Parkinson's, whether diagnosed, care partners, and/or friends. The event showcases people with Parkinson's, VIPds (Very Important People with Parkinson's disease), giving those who wish to display their artistic sides a great venue. Some talents include painting, needlework, model trains, carpentry, and gardening.

A celebration wouldn't be complete without great food and entertainment. Guests may purchase a meal ticket for \$20, which will include sweet and savory foods. Purchase your ticket by contacting Michelle or Katie at (785) 323-3899. You do not have to eat to attend the event. You may visit the artists and vendors, and listen to the speaker without a ticket.

Lou Eisenbrandt will speak about her experience of living with Pd and being an advocate for others. She was a nurse in Vietnam and was later diagnosed with Pd secondary to her exposure to Agent Orange. She will share her journey and help people with Pd and family members understand the benefits of staying active and engaged. Lou also is a published author of two books, one about her Vietnam experience and the other about living with Pd. These books will be available for purchase at Empowered LIVE!

Empowered LIVE! is sponsored by Vanderbilt's and is a wonderful way to kick off the weekend, and we look forward to seeing you there. It is advised that you purchase your tickets prior to Aug. 25, but tickets may still be available that

evening. Join us Friday, Aug. 25, from 5 to 6:30 p.m. for conversation, visiting with the VIPd artists, and the vendors. Lou presents from 6:30 to 7:30 p.m. If you would like to have transportation to and from Meadowlark, please sign up in the Blue Book at the Hospitality desk.

### **Vinyl Night**

*Friday, Aug. 25, at 6:45 p.m.*

You're invited to Vinyl Night at 6:45 p.m. Friday, Aug. 25, in the Event Center! Your host will be Meadowlark bartender, Domingo! He will take requests or you can bring a record to share. Feel free to get up and dance or sit back as the record spins! The bar will be open for cocktails and mocktails as we take a trip down memory lane with some great vinyl records.

### **Speedy Pd Race for Parkinson's Disease**

*Saturday, Aug. 26, at 8 a.m.*

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.

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 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, Baking with ET, 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.

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## EVENTS & OPPORTUNITIES

Register for the Speedy Pd Half-Mile, 5K, or 10K by going to [www.runspeedypd.org](http://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](mailto:mhaub@meadowlark.org).

### **College Avenue UMC Fellowship**

**Monday, Aug. 28, at 12 p.m.**

College Avenue United Methodist Church friends will join for fellowship lunch and communion with Rev. John Collins on the last Monday of each month beginning Monday, Aug. 28, at 12 p.m. in the Manhattan Room. All are welcome.

### **National Bio & Agro-Defense Facility**

**Thursday, Aug. 31, at 10:30 a.m.**

Meadowlark is excited to welcome Jason Walker, a member of the National Bio and Agro-Defense Facility (NBAF) Communications team. He will give an update on the efforts to start up the first biosafety level-four facility of its kind in the nation. The presentation will begin at 10:30 a.m. Thursday, Aug. 31, in the Event Center. All are welcome to attend.

### **Lounge Launch**

**Friday, Sept. 1, at 2 p.m.**

The Café has been transformed into Verna Belle's Lounge, and you're invited to the Lounge Launch event! Residents and staff members are welcome to attend this opening from 2 to 4 p.m. Friday, Sept. 1. Light refreshments will be served, and drinks will be available for purchase in the Courtyard, including a signature drink to match the occasion.

The new Lounge space features a pool table, vending machines, dining tables, sitting areas, televisions, and access to the Courtyard. A kitchenette includes counter space, microwaves,

fridge, freezer, ice machine, and oven. The space is open to residents, staff, and their families.

### **Harry & Elaine's Anniversary Celebration**

**Sunday, Sept. 3, at 2 p.m.**

Harry and Elaine (Whitney) Manges of Manhattan will celebrate their 75th Wedding Anniversary next month. The couple was married in Hutchinson, Kan., on Sept. 5, 1948. Harry is a retired KSU professor of agricultural engineering and Elaine is a homemaker.

Their children are Charlotte (deceased); Rod (Shelley) Manges; Jim (friend Becky Yoxall); and David Manges. Grandchildren are D.J. (Valerie) Manges; Taylor (Kirk) Provine; and Tim (Kelly) Manges.

An open reception will be held from 2 to 5 p.m. Sunday, Sept. 3, in the Event Center. All are welcome to attend. No gifts please, however, cards are welcome. Cards can also be sent to: 2121 Meadowlark Road, #213, Manhattan, KS 66502.

### **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](http://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.



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

Balance in an artwork can be achieved symmetrically, radially, or asymmetrically. Using informal visual balance, like asymmetry, will add variety to a composition. Large objects will visually outweigh small objects as textured surfaces appear visually heavier than smooth surfaces. Bright colors project more visual weight than dull colors. Keeping these techniques in mind, divide this etching in half with a vertical line do the left and right sides balance? If your answer is yes, how did the artist achieve the perception of visual balance?



Vicente Gandía (Mexico, born Spain, 1935 - 2009)

*Bodegon No.8*, ca. 1970

Color etching on paper

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

2022.76

# RESTAURANT **SPECIALS**

<p><b>Sunday, Aug. 20</b></p>	<p><b>Sunday Brunch</b> Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p><b>Dinner</b> <b>\$12</b> Philly Cheesesteak Sandwich French Fries</p>
<p><b>Monday, Aug. 21</b></p>	<p><b>\$11</b> <b>Lunch</b> Bacon, Spinach, &amp; Swiss Quiche Fruit Salad</p>	<p><b>\$14</b> <b>Dinner</b> Grilled Raspberry Chicken Rice Pilaf Broccoli</p>
<p><b>Tuesday, Aug. 22</b></p>	<p><b>\$12</b> <b>Lunch</b> Caesar Steak Wrap Garlic Parmesan Fries</p>	<p><b>\$13</b> <b>Dinner</b> Spaghetti &amp; Meatballs Garlic Toast Green Beans</p>
<p><b>Wednesday, Aug. 23</b></p>	<p><b>\$10</b> <b>Lunch</b> Chicken Fajita Quesadilla Corn Salad</p>	<p><b>\$14</b> <b>Dinner</b> Chicken Piccata Wild Rice Caprese Skewer</p>
<p><b>Thursday, Aug. 24</b></p>	<p><b>\$11</b> <b>Lunch</b> Pesto Chicken Melt Couscous Salad</p>	<p><b>\$17</b> <b>Dinner</b> Parmesan-Crusted Salmon Wild Rice Asparagus</p>
<p><b>Friday, Aug. 25</b></p>	<p><b>\$11</b> <b>Lunch</b> Soup &amp; Salad Bar</p>	<p><b>\$15</b> <b>Dinner</b> Pork Tenderloin <i>with Red Pepper Pesto Sauce</i> Hashbrown Casserole Honey-Glazed Carrots</p>
<p><b>Saturday, Aug. 26</b></p>	<p><b>\$11</b> <b>Lunch</b> Fried Pork Cutlet Sandwich Roasted Red Potatoes</p>	<p><b>\$19</b> <b>Dinner</b> 6-oz. Ribeye Baked Potato Asparagus</p>

# Weekly Opportunities Calendar Aug. 13 to Aug. 19

**Sunday • Aug. 20** *Put your trash at the curb!*  
 10:30 a.m. ~ Worship Service, CR  
 10:30 a.m. ~ Transportation to FUMC, VE

**Monday • Aug. 21** *Trash & recycling pick-up*  
 9:30 a.m. ~ Seated Strength, CR *or 1960*  
 10:00 a.m. ~ Tuttle Creek Ladies Group, BR  
 10:00 a.m. ~ Tuttle Creek Men's Group, MR  
 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  
 5:30 p.m. ~ 5th Floor Supper, MR  
 7:00 p.m. ~ Community Bingo, CR

**Tuesday • Aug. 22**  
 9:30 a.m. ~ Speedy Pd Training Walk, GR  
 10:00 a.m. ~ ARTful Memories, 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. ~ Fit 2 Fight Pd, MSC  
 2:00 p.m. ~ 10-Point Pitch, GR  
 3:00 p.m. ~ Coffee Corner, EC  
 5:30 p.m. ~ 3rd Floor Supper, BR

**Wednesday • Aug. 23**  
 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. ~ Page Turners Book Club, PR  
 11:30 a.m. ~ Sit & Be Fit, CR *or 1960*  
 12:00 p.m. ~ Rock Steady Boxing, BF  
 1:30 p.m. ~ Diabetic Wellness Group, FHR  
 3:00 p.m. ~ Sing-a-Long, FHR  
 3:00 p.m. ~ Rock Steady Boxing, CR  
 5:30 p.m. ~ 1st Floor Supper, MR

**Thursday • Aug. 24**  
 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*  
 12:00 p.m. ~ Caring Conv. for People w/ Pd, FHR  
 12:05 p.m. ~ Mat Yoga, CR  
 1:00 p.m. ~ Parkinson's Exercise Class, CR

**Thursday • Aug. 24**  
 1:00 p.m. ~ Pd Care Partner Support Group, FHR  
 6:00 p.m. ~ You & Lou: Veterans & Parkinson's, BR

**Friday • Aug. 25**  
 9:30 a.m. ~ Seated Strength, CR *or 1960*  
 10 a.m. to 3 p.m. ~ ML Market, 120 N. Scenic  
 10:30 a.m. ~ Weights 101, CR *or 1960*  
 11:30 a.m. ~ Sit & Be Fit, CR *or 1960*  
 5:30 p.m. ~ Empowered LIVE!, Holiday Inn at the Campus  
 6:45 p.m. ~ Vinyl Night, EC

**Saturday • Aug. 26**  
 8:00 a.m. ~ Speedy Pd Race for Parkinson's Disease, Tuttle Creek State Park  
 9:30 a.m. ~ Band Bust Exercise Class, *1960 only*  
 10 a.m. to 3 p.m. ~ ML Market, 120 N. Scenic

## 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 8/10.*

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



## GROSH CINEMA SHOWTIMES

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

### SEASONAL SUNDAY: Aug. 20

**MEAN GIRLS** (2004) PG-13, 1 hr. 36 min. *Witty, Comedy*

Cast: Lindsay Lohan, Rachel McAdams, & Tina Fey

After being home-schooled abroad, new student Cady gets a crash course in high school life when a popular clique of girls invites her to sit with them.

### MUSICAL MONDAY: Aug. 21

RESIDENT REQUEST

**MAMA MIA** (2008) PG-13, 1 hr. 48 min. *Musical, Romantic, Comedy*

Cast: Meryl Streep, Pierce Brosnan, & Amanda Seyfried

On the idyllic Greek isle of Kalokairi, single mom Donna Sheridan goes into a tizzy when her bride-to-be daughter, in a bid to learn her father's identity, invites three of Donna's ex-lovers to the wedding.

### TRUE TUESDAY: Aug. 22

**BOMBSHELL: THE HEDY LAMARR STORY** (2017) TV-14, 1 hr. 28 min. *Investigative, Inspiring*

Cast: Hedy Lamarr

An unearthed audio interview of Hollywood icon Hedy Lamarr reveals a woman with brains as well as beauty, who was the first to patent radio frequency hopping.

### WESTERN WEDNESDAY: Aug. 23

**LAWLESS** (2012) R *for language, violence, & sexuality*, 1 hr. 55 min. *Violent, Gritty*

Cast: Shia LaBeouf, Jessica Chastain, & Jason Clarke

This true-to-life action saga profiles Virginia's bootlegging Bondurant brothers, whose exploits during the Prohibition era made them outlaw heroes.

### THEATER THURSDAY: Aug. 24

**THE DEVIL'S OWN** (1997) R *for violence & language*, 1 hr. 51 min. *Suspenseful, Exciting*

Cast: Harrison Ford, Brad Pitt, & Margaret Colin

New York cop Tom O'Meara and his family welcome a young Irishman into their home, unaware that he's on the run—and on a mission to avenge his fathers.

### FUNNY FRIDAY: Aug. 25

**WHEN WE FIRST MET** (2018) TV-14, 1 hr. 37 min. *Quirky, Romantic, Comedy*

Cast: Adam Devine, Alexandra Daddario, & Shelley Hennig

Using a magical photo booth that sends him back in time, Noah relives the night he met Avery over and over, trying to persuade her to fall for him.

### SWEET SATURDAY: Aug. 26

**HAPPINESS FOR BEGINNERS** (2023) TV-14, 1 hr. 43 min. *Charming, Heartfelt, Feel-Good*

Cast: Ellie Kemper, Luke Grimes, & Nico Santos

At a crossroads after her divorce, a schoolteacher ventures toward a fresh start in life—and love—when she signs up for a grueling group hiking trip.