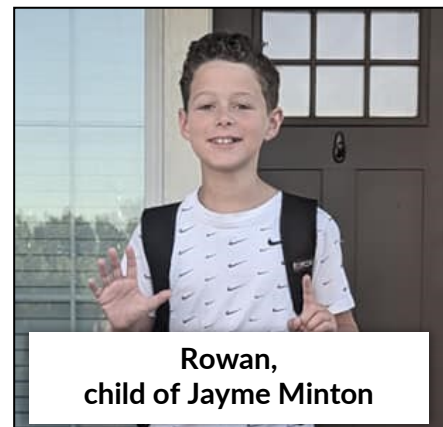


Back to School!



Be cool and stay in school! Meadowlark team members are excited to share their back-to-school pictures. Schools in the Manhattan area returned to class during the month of August. Meadowlark wishes all students, teachers, and parents a productive, enjoyable, and healthy school year. Most of all - have some fun!

EVENTS & OPPORTUNITIES

Research Study with Kansas State and Wichita State University

Meadowlark independent living and assisted living residents have had several opportunities to participate in a research study through Kansas State University and Wichita State University. Dr. Jun from K-State and Dr. Lee from Wichita State are conducting a research project to develop and test a wearable heart monitoring device among older adults, 65 years old or over, to understand their perceptions on health devices. For anyone interested, they will be here again on Friday, Aug. 25, from 8:30 a.m. to 2:30 p.m. You can sign up in the Blue Book at the Hospitality Desk to participate.

A gift card of \$30 is available for anyone willing to take the survey. The survey will last approximately 40 minutes. The research project is funded by federal dollars. Because of this, the researchers are required to ask for your social security number in order to receive the gift card. If you are uncomfortable giving your social security number, you can still participate, but unfortunately, will not qualify for the gift card. They only ask for this information to assure the federal government that the gift cards have been given to an individual participating in the survey. You will be asked to enter the social security number into a confidential and secure database, and the researchers will have no access to this information. Please contact Monte Spiller (785) 323-3801 or Linda Montgomery at (785) 320-7299 if you have any questions or concerns.

Rock Steady Boxing, canceled

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

Worship Service

Sunday, Aug. 27, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Aug. 27, in the Community Room/Chapel. This Sunday she will continue the sermon series called *Back to the Basics*. This week's sermon is titled, "Noah's Ark." All are welcome to attend.

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.

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, and these will be available for purchase at the event.

Empowered LIVE! is sponsored by Vanderbilt's and is a wonderful way to kick off the weekend. 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 may 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.

EVENTS & OPPORTUNITIES

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.

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.

The Half-Mile Memorial Walk/Run starts at 8 a.m., and the 5K/10K races will start shortly after.

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.

Hable Espanol

Thursday, Aug. 28, at 4 p.m.

submitted by Enell Foerster

We will meet on Monday, Aug. 28, at 4 p.m. Nos vemos a las cuatro en el Flint Hills Room.

Please finish reading the introduction to the book, *Pedro Paramo*, by Juan Rulfo and the following pages 3 to 16 for our discussion and translation. Looking forward to seeing you then.

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.

WTC Service Expert Hour

Tuesday, Sept. 5, at 10 a.m.

Join WTC for a Service Expert Hour every other Tuesday 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 are also available to troubleshoot and resolve issues.

Music with Taylor Kline & Mandy Kary

Friday, Sept. 8, at 7 p.m.

You're invited to listen to the music of Taylor Kline and Mandy Kary at 7 p.m. Friday, Sept. 8, in the Event Center. They have been a couple for almost 10 years and have been playing music together consistently for two years. They play a variety of popular music, as well as original material, accompanied by guitar, harmonica, and mandolin.

Taylor has an album titled "Man That's Never Alone" available on YouTube as well as Apple Music, Spotify, and Amazon.

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

See EVENTS, page 4

EVENTS, from page 3

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.



Happy Anniversary!

Harry and Elaine (Whitney) Manges of Manhattan will celebrate their 75th Wedding Anniversary next month. The couple were 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 of Manhattan, Kan.; Jim (friend Becky Yoxall) Manges of Overland Park, Kan.; and David Manges of Dayton, Ohio. Grandchildren are D.J. (Valerie) Manges of Virginia Beach, Va.; Taylor (Kirk) Provine of Manhattan, Kan.; and Tim (Kelly) Manges of Manhattan, Kan.

A 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.

Helen June (Newman) Roser

Helen Roser, age 101, of Manhattan, Kan., died Aug. 14, 2023. Helen was born in Leavenworth, Kan. to Winfred Ellis and Flora (Stiff) Newman. Her father died in 1929 when she was only 7-years-old. As a teenager, Helen worked in Kresege's department store, and after high school graduation, applied for a civil service job. She was soon on a train headed for Washington, D.C., where she worked as a typist with full security clearance during WWII. She was surprised when Clarence Eugene Roser, also from Leavenworth, appeared suddenly (AWOL) to beg her to marry him before he went overseas. Reluctantly, she agreed.

Their children were June Christine, b. 1946 and Mark Ellington Roser, b. 1950. After continuing to live in Washington D.C. for a few years, the family moved to California, where Helen worked as a paralegal. Their marriage dissolved, and Clarence eventually moved to Las Vegas, Nev.

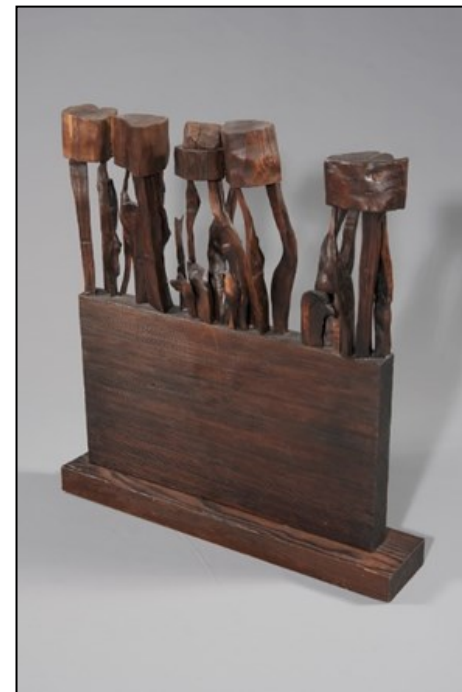
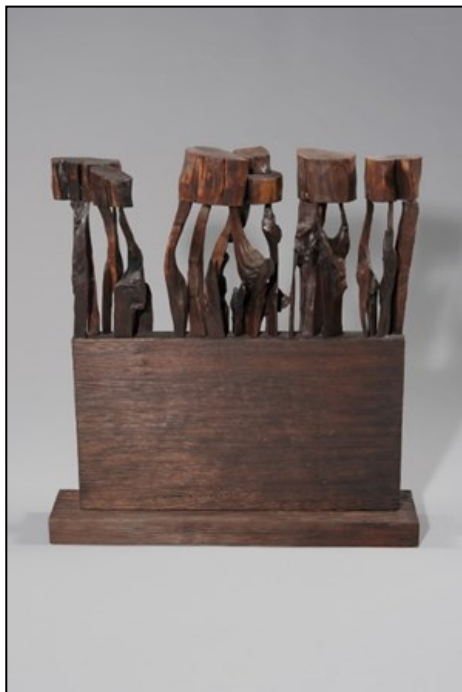
Helen chose to move to Manhattan, Kan. - since she was looking for "fresh air" and liked the local newspaper - The Manhattan Mercury. In the 1990s, she wrote many book reviews for The Mercury. She was also known for her many letters to the editor. Helen was also a frequent contributor of stories to Meadowlark's weekly newsletter, the Meadowlark Messenger. She often wrote stories of her childhood, working in the department store, and her time spent in Washington D.C. and California. Helen lived a busy and fascinating life.

Helen was preceded in death by her parents; her sisters Georgia Catherine Sloan and Virginia Glyn Callahan; her brother Winfred Loren Newman; and her children, June Christine and Mark Ellington Roser. Cremation is planned.

*Obituary submitted by Pat Hook,
Meadowlark resident*

Art Engagement *from the Beach Museum of Art*

A sculptor of 3-D objects may look at the material they plan to carve and consider how line, space, form, and texture can be revealed. These elements guide an artist through the carving process, resulting in a finished artwork. The same elements guide the viewer through the process of looking. As you consider the sculpture shown here, how do the elements move your eyes about the piece? Sometimes a title for a piece is discovered after looking at the final form. What title would you give this artwork?



Reinhold Pieper Marxhausen (United States, 1922 - 2011), *Forest Conversation*, mid 20th century
Wood, KSU, Marianna Kistler Beach Museum of Art, 2017.565

Air Conditioning

by Ron Williams

This last summer, particularly the last three weeks, my mind has been led to think about air conditioning.

The last weeks, I have become increasingly ill, then had some surgery in Ascension Via Christi Hospital, then just under a week at Bramlage, and now I am back at our apartment.

During this time the temperature has hovered at or near 100 degrees. I remember growing up in northwest Kansas. My father worked nights, and for him to get rest in the daytime, we would soak a bedsheet in a vat of water and put two fans behind the sheets and my father would lay down on the floor. I remember my job was to check the water to be sure there was enough water in the vat to keep the cool on my dad.

Among the most precious memories I have with

my father are when I laid on the floor beside him, and we would talk for a few minutes before he would drift off to sleep. Anyway, I remember the suffocating heat. There were several times we were putting up baled hay on similar days, or cleaning out the chicken house with the same amount of heat. There was always a miserable amount of heat.

These last days, there have been days when I was not comfortable. There was one thing for sure. While I heard the television newscasters talk about three-digit heat, I was comfortably cool at Via Christi, Bramlage, or our apartment. My mind went back to the days of insufferable heat. The very short times I was outside when transportation was taking me from one place to another reminded me of the great blessing I had in air conditioning. Thank the Lord for the cool air we can live in.

RESTAURANT **SPECIALS**

<p>Sunday, Aug. 27</p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p>Dinner \$14 Homemade Chicken Tenders Herb-Roasted Potatoes Honey-Garlic Carrots</p>
<p>Monday, Aug. 28</p>	<p>\$11 Lunch Meatball Sub Pub Chips</p>	<p>\$13 Dinner Carnitas Pork Tacos Cilantro Lime Rice Black Beans</p>
<p>Tuesday, Aug. 29</p>	<p>\$12 Lunch BBQ Meatballs Cheesy Potatoes Cucumber Salad</p>	<p>\$15 Dinner Chicken Marsala Angel Hair Pasta Caesar Side Salad</p>
<p>Wednesday, Aug. 30</p>	<p>\$11 Lunch Supreme Stromboli Zucchini Fries</p>	<p>\$16 Dinner Steak Fajitas Mexican Corn Salad</p>
<p>Thursday, Aug. 31</p>	<p>\$11 Lunch Fried Chicken Sandwich French Fries</p>	<p>\$16 Dinner Fried Catfish Cornbread Pudding Coleslaw</p>
<p>Friday, Sept. 1</p>	<p>\$11 Lunch Taco Bar</p>	<p>\$16 Dinner BBQ Brisket Loaded Mashed Potatoes Fresh Green Beans</p>
<p>Saturday, Sept. 2</p>	<p>\$11 Lunch Ham Salad Sandwich <i>served on a Croissant</i> Fruit Salad</p>	<p>\$15 Dinner Chicken-Fried Steak Mashed Potatoes & Gravy Corn</p>

Weekly Opportunities Calendar Aug. 27 to Sept. 2

Sunday • Aug. 27 *Put your trash at the curb!*
 10:30 a.m. ~ Worship Service, CR
 10:30 a.m. ~ Transportation to FUMC, VE

Monday • Aug. 28 *Trash 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
 4:00 p.m. ~ Hable Espanol, FHR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Aug. 29
 10:00 a.m. ~ Memory Activities Class, EC
 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

Wednesday • Aug. 30
 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

Thursday • Aug. 31
 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

Friday • Sept. 1
 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
 7:00 p.m. ~

Saturday • Sept. 2
 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

New Resident Portal

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 available at the Hospitality Desk.

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.



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. 27

10 THINGS I HATE ABOUT YOU (1999) PG-13, 1 hr. 39 min. *Romantic, Comedy*

Cast: Heath Ledger, Julia Stiles, & Joseph Gordon-Levitt

On the first day at his new school, Cameron instantly falls for Bianca, the gorgeous girl of his dreams, but she is forbidden from dating until her ill-tempered, completely un-datable older sister Kat goes out, too.

MUSICAL MONDAY: Aug. 28

SOME LIKE IT HOT (1959) NR, 2 hr. 2 min. *Musical, Witty, Romance*

Cast: Marilyn Monroe, Tony Curtis, & Jack Lemmon

When musicians Jerry and Joe accidentally witness the St. Valentine's Day Massacre, they get out of town the only way they know how—dressed like women. Things heat up on the road when they meet a curvy blonde who plays the ukulele.

TRUE TUESDAY: Aug. 29

INVINCIBLE (2005) PG, 1 hr. 45 min. *Sports, Family, Biographical*

Cast: Mark Wahlberg, Greg Kinnear, & Elizabeth Banks

Based on the true underdog story of Vince Papale, a 30-year-old bartender and Philadelphia Eagles fan who earned a spot on the team after new head coach Dick Vermeil calls an unprecedented open tryout.

WESTERN WEDNESDAY: Aug. 30

BIG JAKE (1971) PG-13, 1 hr. 49 min. *Action, Adventure, Western*

Cast: John Wayne, Richard Boone, & Patrick Wayne

In 1909, when John Fain's gang kidnaps Jacob McCandles' grandson and holds him for ransom, Big Jake sets out to rescue the boy.

RESIDENT REQUEST

THEATER THURSDAY: Aug. 31

MICHAEL COLLINS (1996) R for violence & language, 2 hr. 13 min. *Drama, Thriller, Biography*

Cast: Liam Neeson, Julia Roberts, & Stephen Rea

Neil Jordan's historical biopic of Irish revolutionary, Michael Collins, the man who led a guerilla war against the UK, helped negotiate the creation of the Irish Free State, and led the National Army during the Irish Civil War.

FUNNY FRIDAY: Sept. 1

YOUR PLACE OR MINE (2023) PG-13, 1 hr. 51 min. *Charming, Feel-Good, Comedy*

Cast: Reese Witherspoon, Ashton Kutcher, & Zoe Chao

When best friends and total opposites Debbie and Peter swap homes for a week, they get a peek into each other's lives that could open the door for love.

SWEET SATURDAY: Sept. 2

PRIDE & PREJUDICE (2005) PG, 2 hr. 8 min. *Swoonworthy, Intimate, Romantic*

Cast: Kiera Knightley, Matthew Macfadyen, & Brenda Blethyn

Headstrong Elizabeth Bennet and proud Mr. Darcy dance around their feelings in this swoony Jane Austen adaptation.