

Setting New Records with Determination

15th Annual Speedy Pd Race for Parkinson's Disease



And they're off! Willie the Wildcat leads the way for the participants in the Half-Mile Memorial Walk. Record numbers of people (and pets!) enjoyed the morning at Tuttle Creek State Park, Saturday, Aug. 26.

by Michelle Haub, Special Programs Leader

Despite a light (and welcome!) rain shower during the recent Speedy Pd Race for Parkinson's Disease, nothing could wash away event organizers' excitement about the record number of registered participants for the 15th annual event, which occurred Saturday, Aug. 26, at Tuttle Creek State Park. Race directors Kimmie Koharchik, Doug Sellers, and Michelle Geering, along with event coordinator Michelle Haub knew that surpassing last year's number of runners and walkers was a real possibility in 2023. In fact, racing past 2022's participant total of 596 was accomplished the week before the event. The total number of entries received for the Half-Mile Memorial Walk/Run, Don Rasmussen 5K, and the 10K

race was 801! Thank you to all who registered to help us reach this milestone.

Additionally, sponsors, vendors, participants, people with Parkinson's, family members and friends invested in Meadowlark Parkinson's Program in the form of cash and gift-in-kind contributions. Community First National Bank led the way this year as the event's presenting sponsor. According to Becky Fitzgerald, Development Director, donations and race entry fees have continued to arrive, but as this edition of the *Messenger* went to print, that support totals \$64,437. Contributors to the annual Parkinson's Patron campaign have given an additional \$12,230.

See SPEEDY PD, page 4

EVENTS & OPPORTUNITIES

Exercise classes canceled, 9/4

All exercise classes are canceled for in-person opportunities on Monday, Sept. 4, because of the Labor Day holiday. Classes can be accessed that day from the comfort of your home at their regular times on Channel 1960.

Worship Service

Sunday, Sept. 3, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Sept. 3, in the Community Room/Chapel. This Sunday she will continue the sermon series called *Back to the Basics*. This week's sermon is titled, "David and Goliath." 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, a vending machine, 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.

KSU Football Watch Party

Saturday, Sept. 2, at 6 p.m.

You're invited to cheer on the defending Big 12 champs as they kick off their 2023 season at home against the Southeast Missouri RedHawks (SEMO). Light refreshments will be served at 5:30 p.m., with the game starting at 6 p.m. Watch Party festivities will occur in the Game Room and Verna Belle's Lounge. All are invited, and go 'Cats! The game will be broadcast on ESPN+.

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 were married in

Hutchinson, Kan., on Sept. 5, 1948. Harry is a retired KSU professor of agricultural engineering, and Elaine is a homemaker.

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 also can be sent to: 2121 Meadowlark Road, #213, Manhattan, KS 66502.

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.

Prairie Star Writers Group

Tuesday, Sept. 5, 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, Sept. 5, in the Patriot Room.

The Sept. 5 session is titled "If It Weren't For _____, I Sure Wouldn't Be Who I Am Now." As poets say, our lives are many intertwining paths, sometimes straight, but often tangled. If we are lucky, mentors, friends and loved ones come along the way to help us figure it out. Who helped you back on the path when you wandered off? Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays.

Meadowlark Men's Social Supper

Wednesday, Sept. 6, at 5:30 p.m.

Prairie Star Restaurant invites Meadowlark's men to attend a Social Supper at 5:30 p.m. Wednesday, Sept. 6, 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.

EVENTS & OPPORTUNITIES

Pd Education Group

Thursday, Sept. 7, at 2 p.m.

You're invited to the monthly meeting of the Pd Education Group at 2 p.m. Thursday, Sept. 7, in the Community Room.

This month's program is titled, "The Parkinson's Program: Who We Are & What We Do," presented by Meadowlark Parkinson's Program team leaders. They will share about the variety of FREE services the program offers. Participants will share their experiences about how these services have helped them and how they can support you in living with Parkinson's.

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

Dinner with the League

Thursday, Sept. 7, at 6 p.m.

Have you ever wondered about the implications of generative artificial intelligence (AI) tools for social media and voter activism? You're invited to join Dinner with the League of Women Voters at 6 p.m. Thursday, Sept. 7, in Prairie Star Restaurant's Event Center. The guest speakers will be K-State Libraries' (AI)brarians. They will share how AI is being used by good and bad actors. Then they'll demonstrate using AI tools to generate positive, true social media posts, and to investigate the truth and truthiness of social media posts.

Residents are invited to attend the program and/or meal. Dinner will cost \$15 per person and will include a chicken salad plate with fresh fruit, a roll, 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, Sept. 4, to attend dinner.

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.

KSU Football Watch Party

Saturday, Sept. 9, at 11 a.m.

You're invited to cheer on K-State football as they take on Troy at home Saturday, Sept. 9. Light refreshments will be served at 10:30 a.m., and the game begins at 11 a.m. Watch Party festivities will occur in the Game Room and Verna Belle's Lounge. All are invited, and go 'Cats! The game will be broadcast on Fox Sports 1.

UFM Class: Introduction to Tai Chi

Thursday, Sept. 12, at 1:30 p.m.

UFM Lifetime Learning presents *Introduction to Tai Chi* taught by Mary Reed, a registered nurse certified to teach Tai Chi. This two-session course will begin Thursday, Sept. 12, from 1:30 to 2 p.m. in the Community Room. The second session will meet Sept. 19.

Once considered a marital art, Tai Chi is now used worldwide as an effective form of exercise for health and relaxation. These two 30-minute classes will provide participants an opportunity to learn the benefits of Tai Chi and to experience the Tai Chi warm-up exercises and movements.

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.

Meadowlark Ladies Luncheon

Thursday, Sept. 14, at 11:30 a.m.

Women living at Meadowlark, as well as Passport members, are invited to attend the Ladies Luncheon at 11:30 a.m. Thursday, Sept. 14, in Prairie Star's Event Center.

"Out of the Darkness: A Story of Hope and Recovery from Severe Mental Illness," will be presented by Dantia MacDonald. Hostesses are Janice Parsons and Beth Pannbacker. The menu will include a Kentucky hot brown tart, fresh fruit, and ice cream for \$13. Please register to attend in the Blue Book at the Hospitality Desk.



September Birthdays



Skilled Nursing

- 9/1 **Carol Walker**
- 9/5 Don Rickley
- 9/13 Marlene Brooks
- 9/14 Dot Lufburrow
- 9/14 Velma Skidmore
- 9/15 Evelyn Irvine
- 9/25 Robert Weber
- 9/27 Roberta Gwinner

Assisted Living & Riley House

- 9/23 Kathleen Towse
- 9/28 **Edith Doerry**
- 9/29 Marilyn Shortt

Independent Living

- 9/3 Kent Smith
- 9/9 **Mary Alice Schlesener**
- 9/9 Nova Brooks
- 9/9 Art Chaput
- 9/11 Ken Kopp
- 9/14 **Dorothy Dickerhoof**

- 9/17 Kay Halazon
- 9/19 Kathy Wright
- 9/20 Carter Lloyd
- 9/22 Irma Sjo
- 9/22 Jim Hasler
- 9/23 Edwin Herde
- 9/24 Yvonne Crawford
- 9/26 John Walters

Employees

- 9/1 Colton Johnson
- 9/2 Lizzy Meyer
- 9/2 Ben Minus
- 9/3 Aleta Esslinger
- 9/4 Jess Leder
- 9/6 Kaitlyn Scott-Welch
- 9/7 Chuck Tannehill
- 9/9 Roschell Wilkerson
- 9/10 Sarah Roberts
- 9/10 Anna Schrader
- 9/10 Kourtney Williams
- 9/12 Brandy Schippers
- 9/13 Beccah Bromley

- 9/16 Matthew Pickering
- 9/16 Dave Prockish
- 9/17 Emily Bachelor
- 9/18 Jayme Minton
- 9/19 Hannah Wertenberger
- 9/20 Yasen Al Ani
- 9/20 Ruth Rivera
- 9/20 Ella Ruliffson
- 9/21 Christine Norris
- 9/22 Kaylin Norris
- 9/24 Austin Bradley
- 9/24 David Sosanya
- 9/25 Nyah Brandon
- 9/25 Kimberly Golbek
- 9/25 Elly Murrell
- 9/26 Devan Christensen
- 9/26 Madison Ontjes
- 9/27 Christy Ninemire
- 9/28 Judy Gladlow
- 9/28 Cassidy Graves-Welch
- 9/29 Ross Snovelle

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

SPEEDY PD, from page 1

The donations received help Meadowlark Parkinson's Program continue to provide free support to those affected by Parkinson's, whether diagnosed or a care partner, at Meadowlark, in the greater Manhattan community, and neighboring counties. The program helps people learn and understand Parkinson's, exercise to help combat the physical and emotional symptoms, engage with others to ward off the depression and apathy symptoms of the disease, and most of all, offers hope and encouragement to those with Pd and their family/care partners so that they can live well with Parkinson's.

If you, a family member, friend, or coworker have questions about Pd, please know Meadowlark Parkinson's Program is here to help. You can reach Michelle or Katie by calling (785) 323-3899 or email parkinson@meadowlark.org.

**Grandparents receive free admission with another paid admission; regular admission rates apply. Single-use coupons, passes, and FOSZ guest passes are not valid during this event.*

Art Engagement *from the* Beach Museum of Art

An artist can identify different surfaces within an image by establishing visual texture. The artist makes a surface look like it would feel when touched by using form, line, value, and color. When a printmaker is creating a black and white image, he or she must rely on form, value, and line to establish implied texture. Lines can be cross-hatched, contoured, stippled, squiggled, and patterned to aid in creating the idea of smooth, rough, soft, hard, shiny, and dull surfaces. As you observe this engraving of laborers, where do you notice visual texture? Focusing on the use of lines by the artist, how many different techniques were used to imply texture?



E. Hubert Deines (United States, 1894 - 1967)

Necessity for Bread, 1932

Wood engraving on paper

KSU, Marianna Kistler Beach Museum of Art, gift of the family of E. Hubert Deines, 1969.55

Notes

RESTAURANT **SPECIALS**

<p>Sunday, Sept. 3</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, Sept. 4</p>	<p>\$13 Labor Day Buffet Lunch Burgers & Hot Dogs Baked Beans, Broccoli Salad, Watermelon, & Brownies</p>	<p>\$15 Dinner Stuffed Pork Tenderloin <i>with Sundried Tomatoes, Spinach, & Mozzarella Cheese</i> Scalloped Potatoes Asparagus</p>
<p>Tuesday, Sept. 5</p>	<p>\$11 Lunch Cuban Sliders Macaroni Salad</p>	<p>\$14 Dinner Fish & Chips Coleslaw</p>
<p>Wednesday, Sept. 6</p>	<p>\$11 Lunch Chicken & Mushroom Crepes Roasted Broccoli</p>	<p>\$15 Dinner Creamy Garlic Chicken <i>served over Ravioli</i> Caesar Side Salad</p>
<p>Thursday, Sept. 7</p>	<p>\$12 Lunch Fiesta Chicken Salad <i>Mixed Greens, Grilled Chicken, Cheddar Cheese, Corn, Cilantro, Black Beans, Red Onion, & Tomatoes in a Fried Shell</i></p>	<p>\$14 Dinner Salisbury Steak Mashed Potatoes Green Beans</p>
<p>Friday, Sept. 8</p>	<p>\$11 Lunch Pasta Bar</p>	<p>\$14 Dinner Orange Chicken Rice Stir-Fry Vegetables</p>
<p>Saturday, Sept. 9</p>	<p>\$10 Lunch Tuna Melt Cucumber Salad</p>	<p>\$23 Dinner 4-oz. Filet & Garlic Shrimp Baked Potato Asparagus</p>

Weekly Opportunities Calendar Sept. 3 to Sept. 9

Sunday • Sept. 3

10:30 a.m. ~ Worship Service, CR
 10:30 a.m. ~ Transportation to FUMC, VE
 2:00 p.m. ~ Manges 75th Anniversary Party, EC

Monday • Sept. 4 *Put your trash at the curb!*

9:30 a.m. ~ Seated Strength, **1960 only**
 10:30 a.m. ~ Weights 101, **1960 only**
 11:30 a.m. ~ Sit & Be Fit, **1960 only**
 1:00 p.m. ~ Parkinson's Exercise Class, **1960 only**
 11:00 a.m. ~ Labor Day Buffet, GR

Tuesday • Sept. 5 *Trash & recycling pick-up*

10:00 a.m. ~ Memory Activities Class, EC
 10:00 a.m. ~ WTC Expert Hour, GR
 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

Wednesday • Sept. 6

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**
 3:00 p.m. ~ Sing-a-Long, FHR
 3:00 p.m. ~ Rock Steady Boxing, CR
 5:30 p.m. ~ Meadowlark Men's Supper, MR

Thursday • Sept. 7

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
 3:00 p.m. ~ Ambassador Meeting, BR
 5:30 p.m. ~ Meadowlark Circle Dinner, MR
 6:00 p.m. ~ Dinner with the League, EC

Friday • Sept. 8

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**
 7:00 p.m. ~ Music by Taylor Kline & Mandy Kary, EC

Saturday • Sept. 9

9:30 a.m. ~ Band Bust Exercise Class, **1960 only**
 11:00 a.m. ~ KSU Football Watch Party, GR & VBL

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	VBL, Verna Belle's Lounge
GC, Grosh Cinema	VE, Village Entrance

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.



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: Sept. 3

THE GAME PLAN (2007) PG, 1 hr. 52 min. *Sports, Family, Comedy*

Cast: Dwayne "The Rock" Johnson, Kyra Sedgwick, & Morris Chestnut

A superstar athlete, with an ego bigger than a football field, is getting ready for a run at the big championship game when the 8-year-old daughter he never knew existed shows up at his not-so-family-friendly bachelor pad.

MUSICAL MONDAY: Sept. 4

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (2008) G, 2 hr. 1 min. *Musical, Romance*

Cast: Zac Efron, Vanessa Hudgens, & Ashley Tisdale

With graduation looming, the seniors of East High need to do something they'll remember forever. Together with the rest of the Wildcats, they stage a spring musical reflecting their hopes and fears about the future ... and their unforgettable experiences growing up together.

TRUE TUESDAY: Sept. 5

THE DEEPEST BREATH (2023) PG, 1 hr. 50 min. *Emotional, Documentary*

Bonded by their love of freediving, a record-setting champion and a heroic safety diver try to make history with a remarkable feat, ready to risk it all.

WESTERN WEDNESDAY: Sept. 6

BLACKBEARD'S GHOST (1968) G, 1 hr. 47 min. *Family, Comedy, Fantasy*

Cast: Peter Ustinov, Dean Jones, & Suzanne Pleshette

Blackbeard, the once-blackhearted scoundrel, materializes in a small New England town, cursed to wander in limbo until he performs a good deed. He gets his chance when he decides to help a local college track team ... one that hasn't a ghost of a chance of winning.

THEATER THURSDAY: Sept. 7

NON-STOP (2014) PG-13, 1 hr. 46 min. *Suspenseful, Mystery, Action*

Cast: Liam Neeson, Julianne Moore, & Scoot McNairy

An air marshal receives a deadly threat during a flight: a passenger will be killed on board every 20 minutes until \$150 million lands in a bank account.

FUNNY FRIDAY: Sept. 8

MURPHY'S ROMANCE (1985) PG-13, 1 hr. 47 min. *Comedy, Feel-Good, Romantic*

Cast: Sally Field, James Garner, & Corey Haim

Trying to start over, feisty divorcee Emma Moriarty and her son, Jake, move to a small Arizona town, where widowed druggist Murphy Jones befriends the new arrivals. Things get complicated when Emma's irresponsible ex-husband shows up.

SWEET SATURDAY: Sept. 9

THE PRINCESS BRIDE (1987) PG, 1 hr. 38 min. *Romance, Family, Fantasy*

Cast: Cary Elwes, Mandy Patinkin, & Robin Wright

A bedridden boy's grandfather reads him the story of a farmboy-turned-pirate who encounters numerous obstacles, enemies, and allies in his quest to be reunited with his true love.