

# Memory Matters Symposium

*Hearing, lifestyle, engagement impact cognition*

*by Michelle Haub, M.S., CCC-SLP, & Special Programs Leader*

Pick up a newspaper. Turn on the TV. Click on YouTube. Do any of these actions and you are bound to find a current story about the rise of the aging population, the increase in the number of people diagnosed with a memory or cognitive decline, and/or the potential social-emotional and physical challenges of our world. What we need is more opportunity to learn how to impact our future!

**Memory Matters Symposium 2024**  
**Thursday, March 21, from 5:15 to 8 p.m.**  
**at Prairie Star's Event Center**

The goal of this free event, offered by the Meadowlark Memory Program, is to provide outreach and education about dementia and Alzheimer's to those in the Flint Hills region. This year, the symposium will also highlight the latest about creating a lifestyle to encourage prevention and/or delay the onset of cognitive changes while also helping to encourage engagement and understanding. A key component is to help de-stigmatize cognitive decline and changes. This year we are honored to recognize Meadowlark resident Robert Reeves, who is underwriting this event in memory of his wife, Sue.

The public is invited to this free event; reservations are not required. Brain-healthy food will be available. In addition, this year we are honored

Timothy Steele, Ph.D. is the first presenter of the evening. Steele's presentation, "*Hearing, Memory, and Living Your Best*," will help us understand how hearing, memory, and cognition are connected. Learning about prevention and/or delaying the onset of cognitive deficits through a proactive lifestyle arms us with hope. He also will discuss newer research which supports treating hearing loss to decrease



**Timothy Steele, Ph.D.**



**Alyssa M. Lanzi, Ph.D.**

people's risk for falls. Steele is President and CEO of Associated Audiologists, Inc., a private practice audiology clinic in the Kansas City area with eight clinics, including one in Manhattan, Kan. Steele received his undergraduate from Kansas State University and his master's and Ph.D. from the University of Kansas. He did doctoral research in and has co-authored chapters on hearing loss rehabilitation. Steele is engaged in state/national Audiology professional organizations, serves as ad hoc graduate faculty/supervisor at KU, sits on advisory boards for Hear2Help, The HUB Argentine, and KU School of Allied Health Professions Board of Advocates.

After his presentation, there will be a brief exercise break and opportunity to visit with members of the Meadowlark Memory Leadership Team and our speakers. We will then learn from Alyssa M. Lanzi, Ph.D., CCC-SLP about "*Brain-Healthy Strategies to Help Adults Maintain Their Independence and Slow the Onset of Dementia*." Lanzi's presentation is the perfect pair to Steele's as she will educate us about Mild

**See MEMORY, page 4**

## EVENTS & OPPORTUNITIES

### **Beware of Medicare & Insurance Fraud!**

Residents and Passport members are encouraged to pay special attention to any Explanation of Benefits (EOB) documents received regarding covered Medicare and private insurance expenses. There has been an increase in fraudulent claims being made on behalf of Medicare and insurance beneficiaries. If you receive an EOB statement that is incorrect and you believe is fraudulent, please contact the number on the EOB and report the fraud activity.

### **Exercise class cancelations**

Mat Yoga and Chair Yoga will not meet on Tuesday, March 5. Rock Steady Boxing will not meet at Meadowlark on Wednesday, March 6. Please contact Jeff Heidbreder, Fitness Leader, with questions.

### **Prairie Star Restaurant closing early**

Prairie Star Restaurant will close at 7 p.m. Friday, March 1, to allow restaurant team members the opportunity to attend the annual Meadowlark Employee Party.

### **Worship Service**

**Sunday, March 3, at 10:30 a.m.**

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, March 3, in the Community Room/Chapel. Pastor Melanie will continue the worship series in observance of the Lenten season title, "Give Up Something Bad for Lent." This week, the sermon is titled, "Give Up Enemies." All are welcome to attend.

### **Organ Dedication Recital**

**Sunday, March 3, at 4 p.m.**

First United Methodist Church invites you to attend its Organ Dedication Recital at 4 p.m. Sunday, March 3, in the FUMC sanctuary. The celebration will include an instrumental ensemble and choir. All are welcome to attend.

### **Town Meeting**

**Monday, March 4, at 9:30 a.m.**

You're invited to attend the monthly Town Meeting at 9:30 a.m. Monday, March 4, in the Event Center. Hear updates from Meadowlark leaders about the upcoming events and news for our campus.

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### **Lenten Study Group**

**Monday, March 4, at 6 p.m.**

Join Pastor Melanie on Mondays in the KSU Classroom as we continue the discussion around trying to give up something *bad* for Lent. From discouragement, negativity to apathy, we'll discuss the parts of our life and personality that are keeping us from being our best self. All are welcome.

### **Social Circles in the Star**

**Tuesday, March 5, at 2 p.m.**

Meadowlark is excited to extend an invitation for residents to join *Social Circles* on the Landing in Prairie Star Restaurant from 2 to 3 p.m. Tuesday, March 5. This is a great opportunity to meet or get to know other residents through laughter, shared experiences, and meaningful connections. We randomly assign participants to a table, and we will provide get-to-know-you topics to facilitate discussion.

Why try the Social Circles? This is a chance to embrace a melting pot of personalities, backgrounds, and interests while taking part in thoughtful conversations. Ultimately, we hope these circles allow you to engage in discussions that inspire and broaden your perspectives that lead to lasting friendships.

### **Prairie Star Writers**

**Tuesday, March 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, March 5, in the Patriot Room.

The March 5 session is titled, "The Puzzle Pieces That Make Up Me." It is often difficult to write about ourselves—not our experiences or those we love and remember, but who we are and what made us the way we are. We will take a bit of time on a writing tool that might help you remember the innate qualities, values, and influences that came together to become you.

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

### **Meadowlark Men's Social Supper**

**Wednesday, March 6, at 5:30 p.m.**

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

## EVENTS & OPPORTUNITIES

March 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.

### **Pd Education Group**

**Thursday, March 7, at 2 p.m.**

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

This month's program is titled, "But That's Not What I Meant! Communicating the Hard Things with Pd." It is possible to talk about hard things without having hard feelings. Explore some techniques which could be useful when faced with difficult conversations. David Thompson, Ph.D. in Human Ecology, facilitates several conversations between Kim Clark, Pd Warrior, and her sister, Sarah Barr, an attorney, who have been trying to effectively communicate for nearly 65 years. You might be surprised to learn that the most important skill in a conversation of any kind is listening!

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

### **Dinner with the League**

**Thursday, March 7, at 6 p.m.**

You're invited to join Dinner with the League of Women Voters at 6 p.m. Thursday, March 7, at Prairie Star Restaurant's Event Center. The program is titled, "Medicaid Expansion," and will be presented by Lacey Kennett, Director of Communications at Alliance for a Healthy Kansas.

Residents are invited to attend the program and/or meal. Dinner will cost \$15 per person and will include a chicken pesto sandwich, coleslaw, red potatoes, 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, March 4, to attend dinner.

### **Ladies Luncheon**

**Thursday, March 14, at 11:30 a.m.**

Are you tired of the long, gray winter? Let's put a little sparkle in your day. Sign up in the Blue Book for the Ladies Luncheon at 11:30 a.m. March 14, in the Event Center. The menu will feature beef stew and a salad for \$13. Join us for lots of laughter!

### **Easter Buffet at Prairie Star**

**Sunday, March 31**

Prairie Star Restaurant will offer an Easter Buffet from 11 a.m. to 1:30 p.m. Sunday, March 31, in the Event Center. **Reservations are required.** To reserve your spot, please visit the host stand or call (785) 323-3820. The cost is \$28/person.

The Easter Buffet menu will be listed in next week's edition of the Messenger. For the evening meal on Sunday, March 31, the restaurant will re-open at 4 p.m. and will serve dinner from the regular menu.

**IDES OF MARCH**  
**MARCH 15TH**  
**5:30 P.M.**  
**PRAIRIE STAR EVENT CENTER**

**1ST COURSE**  
**Caesar Salad**  
*Made fresh at your table!*

**2ND COURSE**  
**Veal Saltimbocca**  
**Saffron Couscous**  
**Carrots, Leeks, & Asparagus**

**3RD COURSE**  
**Roman Apple Cake**

**ENTERTAINMENT**  
**Readers Theatre Presented by**  
**Local Actors of *Julius Caesar***

**RESERVATIONS REQUIRED**  
**Sign up at the Host Stand**  
**or call (785) 323-3821**  
**\$32**

# Embracing the Extra

*submitted by Sarah Duggan, Comm. Relations Director*

As we journey through the calendar year, there's one special date that only graces us once every four years - Leap Day, Feb. 29. This unique occurrence is more than just an extra day on the calendar; it's an opportunity to add a touch of novelty to our lives and celebrate the extraordinary.

Leap Day, also known as Leap Year Day, serves to keep our calendars in sync with the Earth's revolutions around the sun. While its main purpose is practical, it also provides us with a chance to indulge in a day that defies the ordinary.

Let's make the most of this bonus day. Whether it's trying something new, revisiting a favorite pastime, or simply enjoying the company of friends and neighbors, Leap Day invites us to break from routine and embrace the extraordinary.

Why not use Leap Day as an opportunity to try a new hobby or activity? Take up a creative pursuit, join a fitness class, or even experiment with a new recipe. Leap Day is the perfect excuse to step outside your comfort zone.

And let's not forget the power of reflection. Take a moment to contemplate the past four years, acknowledging personal growth, accomplishments, and the joy experienced.

Let's make today, Feb. 29, a day to remember. Leap into the extraordinary, celebrate the unique, and relish the bonus day that Leap Year generously bestows upon us. Here's to embracing the leap together at Meadowlark, and I wish you all an exceptional Leap Day celebration!

## MEMORY, from page 1

Cognitive Impairment (MCI), lifestyle prevention and wellness changes, and maximizing our current abilities to remain independent as long as possible. Lanzi is an Assistant Professor in the Department of Communication Sciences and Disorders at the University of Delaware and in on the Executive Committee for the Delaware Center for Cognitive Aging Research at the College of Health Sciences. Lanzi is an academic speech-language pathologist and has dedicated her clinical research career to helping rehabilitation health professionals treat functional cognitive deficits that result from Alzheimer's disease and related disorders (ADRD).

At the conclusion of the event, Dr. Matthew Floersch, Meadowlark Memory Program Medical Advisor, members of the Meadowlark Memory Leadership Team, and the presenters will be available for questions. If you are unable to attend in person, you may join us via Zoom. Contact Michelle or Katie for the link. We look forward to another great year of learning and empowerment!

The Meadowlark Memory Program is designed to help those dealing with memory and cognitive changes, as well as their caregivers. This program is open to anyone affected by memory and/or cognitive changes in the Flint Hills Region. All classes and groups are free of charge. Please contact Michelle Haub or Katie Sigman to learn more at [mhaub@meadowlark.org](mailto:mhaub@meadowlark.org) or call (785) 323-3899.



### Skilled Nursing

3/7 Carol Barnett  
3/9 Carrol Whisnant  
3/10 Darlene Reeves  
3/12 Charlie Deyoe  
3/22 Mary Givens

### Assisted Living

3/12 Patricia Storms  
3/17 Sally Lansdowne  
3/18 Ronald Brase  
3/25 Ruth Friedmann

## March Birthdays

### Independent Living

3/1 Jean Beatty  
3/1 Vera Williams  
3/2 Dick Matthes  
3/4 Janet Walters  
3/4 Joyce Hammons  
3/4 Clay Warren  
3/5 Bill Carson  
3/6 Vicky Auman  
3/10 Beth Pannbacker  
3/12 Sherry Reed  
3/15 Charles Pauley



3/16 Howard Erickson  
3/19 Steve Owens  
3/22 Sue Bayer  
**3/24 Peter Cloutier**  
3/27 Diane Ingels  
3/28 Jan Vanderbilt

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



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

The way color is used in a composition can unify the image while adding harmony throughout. It can set forth a visual path, provide rhythm, and create emphasis. In the painting shown here, there is an abundance of cool tones unifying the scene with threads of warm tones to provide harmony. The grouping of green trees spread across the foreground provide rhythm, and they are balanced with the blue form in the background. What warm tones do you notice and where are they placed within the composition? Do you notice a visual path in the piece? If yes, how is it emphasized with color?



Charles Stroh (United States, 1943 - 2022), *Postulate: Pathway*, late 20th Century, Acrylic on paper  
KSU, Marianna Kistler Beach Museum of Art, gift of the Jonathon Stroh family on behalf of Charles Stroh  
2023.47

### Notes

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# RESTAURANT **SPECIALS**

<b>Sunday, March 3</b>	<b>Sunday Brunch</b> Brunch Menu available from 9 a.m. to 2 p.m.	<b>\$14</b> <b>Dinner</b> BBQ Meatballs Scalloped Potatoes Roasted Broccoli
<b>Monday, March 4</b>	<b>\$11</b> <b>Lunch</b> Chicken Enchiladas Mexican Rice	<b>\$13</b> <b>Dinner</b> Pork Egg Roll White Rice Stir-Fry Veggies
<b>Tuesday, March 5</b>	<b>\$11</b> <b>Lunch</b> Fish Tacos Cilantro Lime Rice	<b>\$15</b> <b>Dinner</b> Beef & Italian Sausage Lasagna Garlic Bread Caesar Salad
<b>Wednesday, March 6</b>	<b>\$11</b> <b>Lunch</b> Meatloaf Sandwich Pub Chips	<b>\$15</b> <b>Dinner</b> Chicken Cordon Bleu Rice Pilaf Roasted Broccoli
<b>Thursday, March 7</b>	<b>\$9</b> <b>Lunch</b> Hot Ham & Cheese Sandwich Tomato Soup	<b>\$16</b> <b>Dinner</b> Pork Tenderloin Mac & Cheese Brussel Sprouts
<b>Friday, March 8</b>	<b>\$11</b> <b>Lunch</b> Potato Bar	<b>\$16</b> <b>Dinner</b> Baked Catfish Cheese Grits Coleslaw
<b>Saturday, March 9</b>	<b>\$11</b> <b>Lunch</b> Hot Turkey Melt Pea Salad	<b>\$11</b> <b>Dinner</b> Boneless Wings Tater Tots Carrots & Celery Sticks

# Weekly Opportunities Calendar *March 3 to March 9*

**Sunday • March 3**      *Put your trash at the curb!*  
10:30 a.m. ~ Worship Service, CR  
10:30 a.m. ~ Transportation to FUMC, VE

**Monday • March 4**      *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. ~ Art Committee Meeting, BR  
10:30 a.m. ~ Weights 101, CR *or 1960*  
11:00 a.m. ~ Rock Steady Boxing, BF  
11:30 a.m. ~ Sit & Be Fit, CR *or 1960*  
1:00 p.m. ~ Parkinson's Exercise Class, CR *or 1960*  
1:30 p.m. ~ God Talk, KSU CL  
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  
6:00 p.m. ~ Lenten Study Group, KSU CL  
7:00 p.m. ~ Community Bingo, CR

**Tuesday • March 5**  
9:45 a.m. ~ Target & Great Clips Trip, VE  
10:00 a.m. ~ Memory Activities Class, EC  
10:30 a.m. ~ Steady Yourself, CR *or 1960*  
12:00 p.m. ~ Kimball Luncheon, BR  
2:00 p.m. ~ 10-Point Pitch Group, GR  
2:00 p.m. ~ Social Circles, PS  
2:00 p.m. ~ Prairie Star Writers Group, PR

**Wednesday • March 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. ~ Sit & Be Fit, CR *or 1960*  
3:00 p.m. ~ Sing-Along, FHR  
5:30 p.m. ~ Meadowlark Men's Supper, MR

**Thursday • March 7**  
9:00 a.m. ~ Messenger Team, KSU CL  
10:15 a.m. ~ Mat Yoga, FHR  
10:30 a.m. ~ Steady Yourself, CR *or 1960*  
11:15 a.m. ~ Chair Yoga, CR *or 1960*  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
2:00 p.m. ~ Parkinson's Education Group, CR

**Thursday • March 7**  
2:00 p.m. ~ 10-Point Pitch Group, VBL  
4:00 p.m. ~ Meadowlark Singers Practice, CR  
5:30 p.m. ~ Meadowlark Circle Dinner, MR  
6:00 p.m. ~ Dinner with the League, EC

**Friday • March 8**  
7:30 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*

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

## Room Abbreviations

<b>1960</b> , TV Channel 1960	KSU CL, KSU Classroom
<b>BF</b> , Body First	<b>MM</b> , 120 Scenic Drive
BR, Bison Room	MR, Manhattan Room
CR, Community Room	PR, Patriot Room
CY, Courtyard	PS, Prairie Star Restaurant
EC, Event Center	<b>MSC</b> , Manhattan Sr. Center
FHR, Flint Hills Room	VBL, Verna Belle's Lounge
GC, Grosh Cinema	VE, Village Entrance
GR, Game Room	

*Solution from 2/22.*

O	F	E	E	E	L	R	O	N	I	I	O	R	P
O	U	L	O	A	N	B	N	E	N	V	O	H	A
L	E	R	G	O	O	U	L	E	T	E	F	A	E
O	O	L	A	H	I	B	U	O	A	R	E	S	L
V	E	R	E	D	U	E	T	V	R	T	A	O	L
E	A	B	L	O	M	S	V	G	E	S	R	R	N
S	M	T	R	M	E	O	R	N	O	A	L	E	A
T	I	T	T	G	A	O	A	S	H	O	E	U	N
O	N	K	E	U	N	U	A	S	R	T	S	S	O
R	E	D	B	E	L	O	N	G	T	E	S	S	R
Y	R	A	E	S	R	O	H	E	T	I	H	W	R
R	U	O	S	A	E	P	I	C	T	U	R	E	O
G	T	O	G	E	T	H	E	R	O	L	A	N	N
H	G	N	O	S	R	U	O	O	E	R	R	E	O



## 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.

### SUNDAY: March 3

**BLUEBACK** (2022) PG, 1 hr. 42 min. *Intimate, Family*

Cast: Mia Wasikowska, Radha Mitchell, & Eric Bana

Inspired by her activist mother and her own special bond with a sea creature, a woman strives to protect her local marine habitat from poachers.

### MONDAY: March 4

**INDIAN HORSE** (2017) TV-MA, 1 hr. 40 min. *Heartfelt, Sports, Drama*

Cast: Sladen Peltier, Forrest Goodluck, & Ajuawak Kapashesit

Stripped of his heritage at a residential school, an indigenous student finds refuge on the rink when he discovers a passion for hockey.

### TUESDAY: March 5

**FOUR FALLS OF BUFFALO** (2015) TV-14, 1 hr. 41 min. *Nostalgic, Inspiring, Emotional*

In the early '90s, the Jim Kelly-led Buffalo Bills led four straight Super Bowls. Take a look back at the triumph and heartbreak of a legendary team.

### WEDNESDAY: March 6

**HIGH PLAINS DRIFTER** (1973) R *for violence & sexual content*, 1 hr. 45 min. *Classic, Western*

Cast: Clint Eastwood, Berna Bloom, & Marianna Hill

A gun-fighting stranger comes to the small settlement of Lago and is hired to bring the townsfolk together in an attempt to hold off three outlaws who are on their way.

### THURSDAY: March 7

RESIDENT REQUEST

**OPPENHEIMER** (2023) R *for sexuality, nudity, & language*, 3 hr. *Biography, Drama, History*

Cast: Cillian Murphy, Emily Blunt, & Matt Damon

The story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb.

### FRIDAY: March 8

**CHEAPER BY THE DOZEN** (2003) PG, 1 hr. 39 min. *Family, Comedy*

Cast: Steve Martin, Bonnie Hunt, & Hilary Duff

While raising 12 children, a middle-aged couple decides to pursue more demanding careers—only to discover that big families and big careers are a difficult mix.

### SATURDAY: March 9

**ORION AND THE DARK** (2024) TV-Y7, 1 hr. 32 min. *Imaginative, Quirky, Comedy*

Cast: Jacob Tremblay, Paul Walter Hauser, & Angela Bassett

A boy with an active imagination faces his fears on an unforgettable journey through the night with his new friend: a giant, smiling creature named Dark.