



by Michelle Haub, Special Programs Leader

April is National Parkinson's Awareness month, and April 11 is Parkinson's Awareness Day. It is estimated that more than 10 million people worldwide live with Parkinson's disease (PD). Ninety-thousand Americans are diagnosed with PD each year; this is up from the previous data of 60,000.

Although PD is a complicated disease, a skilled neurologist and/or movement disorder specialist (MDS) can use clinical assessment and may use testing to make a diagnosis. The testing is most often a means of ruling out other diseases, such is the case with a DaTscan, a scan that looks at the dopamine producing cells.

The exact cause of PD is still unknown, but evidence suggests there are genetic and environmental components involved. This means that the disease may not become active unless an individual who has the genetic predisposition for the disease is exposed to a toxin (i.e. pesticides). Other lifestyle issues may play a role in expression/repression of symptoms such as TBI (traumatic brain injury), exercise, and

diet. Much research continues in these and other areas, such as sleep.

The hallmark symptoms of Parkinson's disease include:

- ~ Rigidity (stiff muscles)
- ~ Resting tremor
- ~ Postural instability, and bradykinesia (slow movements)

Other common features present in PD:

- ~ Depression
- ~ Quiet voice
- ~ Constipation
- ~ Vision changes
- ~ Sleep disturbances

Although PD is a progressive neurological degenerative disease, it typically progresses slowly and people live with the disease for many years. Multiple System Atrophy (MSA) and Progressive Supranuclear Palsy (PSP) are other diseases that are in the Parkinson's family and are often referred to as "Parkinson-like" or "atypical Parkinson's." These diseases present with similar features, but often

See PD AWARENESS, page 4

EVENTS & OPPORTUNITIES

Manhattan Arts Center Classes

Manhattan Arts Center (MAC) has opportunities for art classes, workshops, and theater! The gallery is currently hosting the Wamego Columbian Artists Group through April 5. View this beautiful exhibit Tuesday through Friday from 12 to 5:30 p.m.

Two *free* special event will be offered in the month of April! Listen to music from 1937 to 1946 performed by the Thundering Cats Big Band. You're invited to enjoy the show at 7 p.m. Sunday, April 7, at the MAC. Then come back for the MAC and Cheese Arts and Music Festival from 11 a.m. to 4 p.m. Saturday, April 13. This event is free and open to all.

Upcoming classes and workshops include Mixed Level Wheel Throwing Class, Metalsmithing, Fused Glass Workshop (Suncatchers), Print'n'Sip Happy Hour (Printing with Stencils); and Soft Pastels in Landscape.

Tickets are available for the Roger & Hammerstein classic musical about love and conquering prejudices, "South Pacific," on April 19-21, 26-28, and May 3-5.

For show tickets and class registrations, please visit www.manhattanarts.org or call (785) 537-4420 on weekday afternoons to learn more.

Good Friday Worship

Friday, March 29, at 7 p.m.

Some argue that you can't have Easter joy without Good Friday grief. This worship service reflects on the death of Christ and what it means for our life and human nature. Pastor Melanie Nord will lead a journey through Jesus' last words in an attitude of humility, embracing any grief that lies without our hearts. Good Friday Worship is Friday, March 29, at 7 p.m. in the Community Room/Chapel.

Easter Sunday Worship

Sunday, March 31, at 10:30 a.m.

Come celebrate the joy of Easter! Through scripture, song, and message we'll let the hope of eternal life enrich our life and bless our soul! How can we capture a lasting Easter joy? We've taken the challenge of giving up something bad for lent. Join Pastor Melanie Nord in worship at 10:30 a.m. Sunday, March 31, in the Community Room/Chapel as we embrace the good in our lives.

Page 2

April First Palooza

Monday, April 1, depart at 9 a.m.

Meadowlark is hitting the road to Lucas, Kan. on Monday, April 1, for the community's annual *April First Palooza!* Lucas is gearing up to host a vibrant local art festival, where the town's artists and organizations will showcase their work.

The event will feature open houses where visitors can meet and interact with artists in their studios. In addition, the Lucas Area Chamber of Commerce will host vendor booths at the spacious Lucas Community Center, where visitors can browse and buy. The cost of transportation is \$15 per person, and travelers are responsible for their own lunch and any attractions they may visit. We plan to stop at K-18 Café for lunch located east of Lucas. Sign up in the Blue Book if you plan to attend. Monte Spiller, Resident Services Leader, will be your host. The bus departs from the Village Entrance at 9 a.m., and the group plans to return by 5:30 p.m.

Town Meeting

Monday, April 1, at 9:30 a.m.

You're invited to attend the monthly Town Meeting at 9:30 a.m. Monday, April 1, in the Event Center. Hear updates from Meadowlark leaders about the upcoming events and campus news.

Prairie Star Writers

Tuesday, April 2, at 2 p.m.

Interested in joining the writing group at Meadowlark? Prairie Star Writers, led by Cathy Hedge, invites you to attend the next meeting at 2 p.m. Tuesday, April 2, in the Patriot Room.

The April 2 session is titled, "The Academy Awards of My Lifetime." If you were asked to pick your favorites of all movies, actors, and actresses you have ever seen or a list of those you *never* want to see again, what would you choose?

Social Circles

Tuesday, April 2, at 2 p.m.

Meadowlark is excited to extend an invitation for residents to attend Social Circles on the Landing in Prairie Star Restaurant from 2 to 3 p.m. every Tuesday. 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

EVENTS & OPPORTUNITIES

will provide get-to-know-you topics to facilitate discussion.

Social Circles 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.

PD Melodies in Motion

Wednesday, April 3, at 1:45 p.m.

Join Heather in the Community Room each Wednesday at 1:45 p.m. for PD Melodies in Motion. This class offers a unique opportunity for people with PD *and* care partners to engage in vocal exercises, breathing techniques, and familiar songs.

Participants will work on improving vocal strength, breath control, and overall communication skills, while addressing common challenges associated with Parkinson's, such as voice tremors and reduced vocal volume. These classes will be designed to be fun, interactive, and empowering, providing a sense of community and camaraderie.

Meadowlark Men's Social Supper

Wednesday, April 3, at 5:30 p.m.

Prairie Star Restaurant invites Meadowlark's men to attend a Social Supper at 5:30 p.m. Wednesday, April 3. 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. All Meadowlark men are invited to join.

PD Education Group

Thursday, April 4, at 2 p.m.

You're invited to the monthly meeting of the PD Education Group at 2 p.m. Thursday, April 4, in the Community Room.

This month's program is titled, "Your Home: Safe, Functional, Beautiful." According to AARP, nearly 90% of adults over 65 want to stay in their current homes as they grow older. No matter where you reside, we all need a place to call home. This session will help you make the most of your home. Migette Kaup, Interior Design Program Director at Kansas State University, specializes in long-term care, assisted living, and independent living environments. We will explore lighting, flooring, equipment, and adaptations to increase safety and independence with PD and age.

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

Piano Music

Thursday, April 4, at 3 p.m.

You're invited to listen to piano music from the 1930s, '40s, and '50s at 3 p.m. Thursday, April 4, in the Flint Hills Room. The music will be performed by Barbara Rees.

Dinner with the League

Thursday, April 4, at 6 p.m.

You're invited to join Dinner with the League of Women Voters at 6 p.m. Thursday, April 4, at Prairie Star Restaurant's Event Center. The program is titled, "Abolishing the Death Penalty," and will be presented by Steven Becker, former Kansas State Representative (Buhler, Kan.) and retired judge from the Kansas Coalition Against the Death Penalty.

Residents are invited to attend the program and/or meal. Dinner will include a chicken hummus naan wrap and fresh fruit for \$15 per person. 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, April 1, to attend dinner.

Tandem Moons

Meadowlark is excited to welcome Tandem Moons at 7 p.m. Friday, April 5, in the Courtyard (weather permitting), Tandem Moons! The smooth sounds of Samantha Williams and Colton Jones are delightful. All are welcome.

Study Group: The Quest for a Moral & Meaningful Life

Monday, April 8, at 6 p.m.

This study group will use the works of writer and commentator David Brooks to discuss what it takes to live a life of character, social connection, and meaning.

Brooks experiences a mid-life "crisis" where he realizes his life isn't what he thought it would or should be, which sends him on a quest for deeper meaning and understanding. Are you searching for meaning and the opportunity to discuss life deeply with others? Join Melanie Nord and others at 6 p.m. every Monday from April 8 to May 20 in the Classroom!

PD AWARENESS, from page 1

progress more rapidly. Whether one has the symptoms of typical or atypical Parkinson's, it is critical that one works closely with an MDS, neurologist, or a primary physician who has training in Parkinson's.

Optimal medication management is imperative for individuals with PD and can help decrease the symptoms of the disease. With the right medications, therapy, and exercise, individuals often regain some control and confidence in their daily living skills and improve their quality of life. Exercise can slow the progression of the disease and is a key component of Meadowlark Parkinson's Program offerings.

Meadowlark Parkinson's Program strives to help those affected by the disease in our region to live well with PD. We provide **free** education, exercise, and outreach opportunities to people in every stage of the disease and their care partners. Our services are currently benefiting people from age 27 to 98 as they navigate the journey of living with Parkinson's or another movement disorder. If you or someone you know is affected by PD, please reach out to us so we can support them with education, resources, and community.

During this month of April we have special events on tap to help people learn more about PD and the Parkinson's Program. On April 11, we will

have our first ever World Parkinson's Day event in Verna Belle's Lounge. Watch for more information on this from Jeff Heidbreder, Fitness Leader. The 14th annual Pig Out for Parkinson's is from 11 a.m. to 10 p.m. Thursday, April 25, at Rockin K's. This is a great time to learn even more about Parkinson's disease, visit with people affected by PD, talk with medical representatives about different treatments, and, of course, eat great food. We are honored to have CenterPointe Physicians continue as our Prime Sponsor this year. They also will be present for you to learn more about their practice.

Come to Rockin K's at the K-State Foundation Building, 1880 Kimball Ave., during Pig Out for Parkinson's. The restaurant will donate 10% of the sales from this day to the program, and all sales qualify (dine-in, carry-out, and buffet). The lunch buffet is served from 11 a.m. to 2 p.m., and the dinner buffet will be available from 5 to 8 p.m. Special guests K-State football coach Chris Klieman and his wife, Rhonda, will be present around 6 p.m. for autographs, photos, and conversations.

If you have questions about Meadowlark Parkinson's Program please contact Michelle Haub, Special Programs Leader, or Katie Sigman, Special Programs Coordinator, at (785) 323-3899 or email parkinsoncoreteam@meadowlark.org.



Skilled Nursing

4/9 Virginia Snodgrass
4/11 Bob Speer
4/18 **Stephanie Upson**
4/20 **Kathleen Ward**
4/20 Judy Jensen

Assisted Living

4/9 Katie Smith

Independent Living

4/1 Myra Toomajian

April Birthdays

4/8 Michael Shilling
4/9 Janet Anders
4/9 Cam Beatty
4/13 Larry Parsons
4/14 Bernard Girard
4/14 Gisela Pauley
4/17 Lois Lundin
4/17 Bob Johnson
4/19 Warren Prawl
4/19 **Arlen Dettmer**
4/20 Nancy Bowen
4/20 James Beck

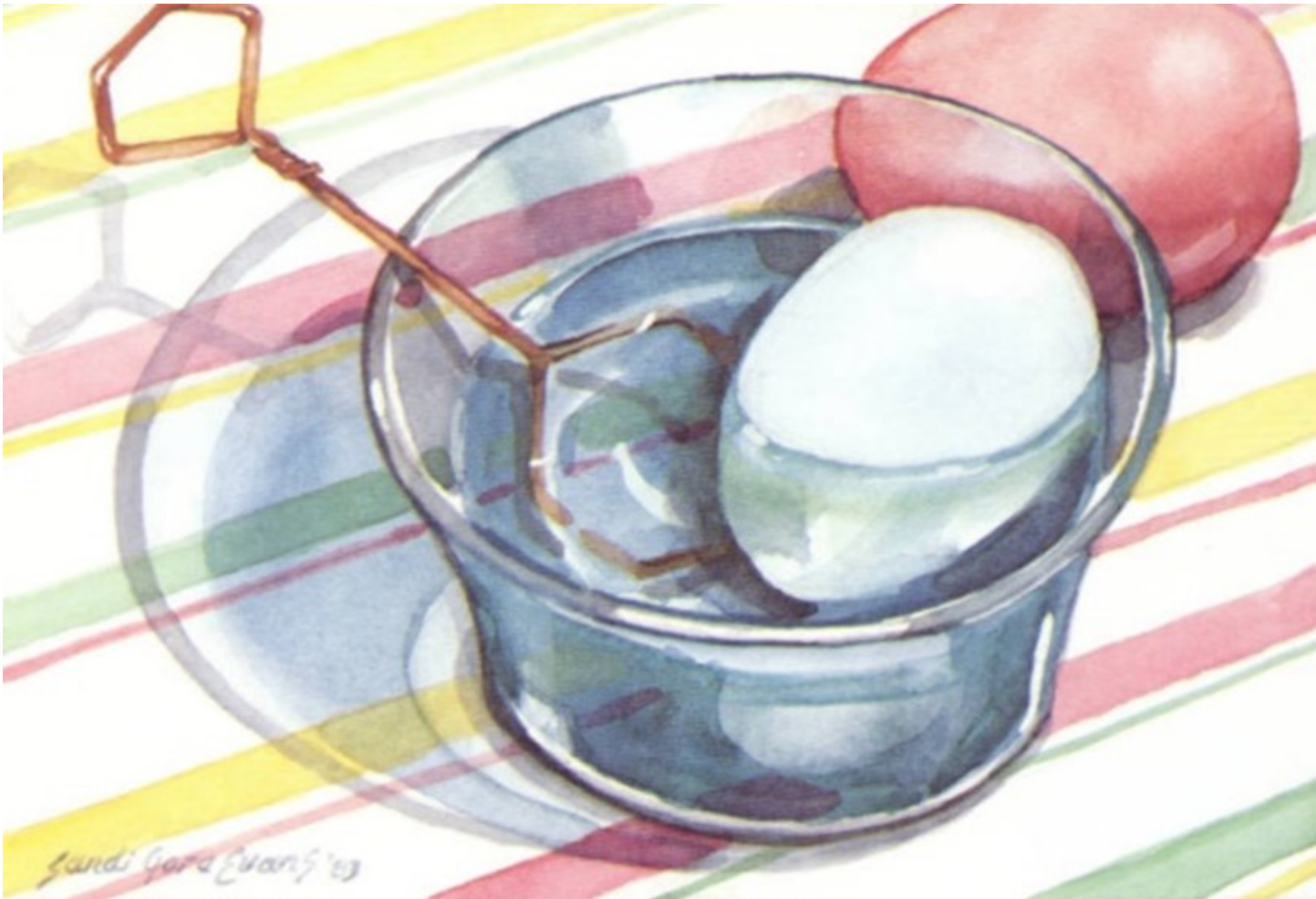


4/20 Donald Ely
4/22 Carole Fager
4/23 Jim Reed
4/25 **Jim Sharp**
4/25 George Dickerhoof
4/26 Patsy Henderson
4/27 Dorothy Bitler
4/28 Deanna Killen
4/29 Karen Matthews

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

Art Engagement *from the* Beach Museum of Art

The tradition of coloring eggs dates to at least the 13th century with pagan and religious origins. Color was achieved by boiling the egg with natural materials, such as onion skin, oak or alder bark, tea, spinach, leaves, or beetroot juice. Today, we use artificial coloring. When artists create an artwork, they can achieve the colors they want by working with the pure hue and then creating a tint, tone, or shade. Adding white to any hue will lighten it and create a tint. Add gray to a color to produce a tone, and the addition of black to a hue will make a shade. As you look at the image shown here, which do you perceive the artist using a pure hue, a tint, a tone, or a shade? What color do you think the egg in the bowl will become?



Sandi Gore Evans (United States, 1945 - 202)

Tradition, 1983

Kansas Artists' Postcard Series

Photomechanical reproduction on paper

KSU, Marianna Kistler Beach Museum of Art, CM12p.2022

RESTAURANT **SPECIALS**

Sunday, March 31	\$28 Easter Brunch Buffet <i>Reservations required.</i> <i>Please confirm your reservation time by calling Prairie Star Restaurant at (785) 323-3820 or visit the host stand.</i>	Dinner <i>Full restaurant menu available.</i>
Monday, April 1	\$9 Lunch Ham & Beans Cornbread	\$15 Dinner Maple-Roasted Pork Tenderloin Sweet Potato Mash Roasted Broccoli
Tuesday, April 2	\$11 Lunch Cuban Sliders Macaroni Salad	\$13 Dinner Beef Enchiladas Mexican Rice Black Beans
Wednesday, April 3	\$11 Lunch Vegetable Lasagna Garlic Bread	\$15 Dinner Creamy Garlic Chicken <i>served over Ravioli</i> Caesar Salad
Thursday, April 4	\$13 Lunch Fish & Chips Coleslaw	\$14 Dinner Salisbury Steak Mashed Potatoes Green Beans
Friday, April 5	\$11 Lunch Pasta Bar	\$17 Dinner Grilled Salmon <i>with Sundried Tomato Sauce</i> Roasted Fingerling Potatoes Asparagus
Saturday, April 6	\$10 Lunch Chili Dogs Pub Chips Fried Pickle Spear	\$23 Dinner 4-oz. Filet & Garlic Shrimp Baked Potato Fresh Green Beans

Weekly Opportunities Calendar *March 31 to April 6*

Sunday • March 31 *Put your trash at the curb!*
10:30 a.m. ~ Easter Worship Service, CR
10:30 a.m. ~ Transportation to FUMC, VE
11:00 a.m. ~ Easter Brunch Buffet, PS *Reservations required. Please confirm your reservation time by calling Prairie Star Restaurant at (785) 323-3820 or visit the host stand.*

Monday • April 1 *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/**1960**
10:30 a.m. ~ Weights 101, CR/**1960**
11:00 a.m. ~ Rock Steady Boxing, **BF**
11:30 a.m. ~ Sit & Be Fit, CR/**1960**
1:00 p.m. ~ Parkinson's Exercise Class, CR/**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
7:00 p.m. ~ Community Bingo, CR

Tuesday • April 2
9:45 a.m. ~ Target & Great Clips Trip, VE
10:00 a.m. ~ Memory Activities Class, EC
10:00 a.m. ~ Mat Yoga, KSU CL
10:30 a.m. ~ Steady Yourself, CR/**1960**
11:15 a.m. ~ Seated Stretch & Stability, CR/**1960**
12:00 p.m. ~ Kimball Luncheon, BR
2:00 p.m. ~ Prairie Star Writers, PR
2:00 p.m. ~ 10-Point Pitch Group, GR
2:00 p.m. ~ Social Circles, PS
3:00 p.m. ~ Coffee Corner, EC
3:00 p.m. ~ Ambassador Meeting, BR
5:30 p.m. ~ 3rd Floor Supper, BR

Wednesday • April 3
9:30 a.m. ~ Seated Strength, CR/**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/**1960**
11:30 a.m. ~ Sit & Be Fit, CR/**1960**
1:45 p.m. ~ PD Melodies in Motion, CR
3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Sing-Along, FHR
5:30 p.m. ~ Meadowlark Men's Social Supper, MR

Thursday • April 4
9:00 a.m. ~ Messenger Team, KSU CL
10:00 a.m. ~ Mat Yoga, KSU CL
10:30 a.m. ~ Steady Yourself, CR/**1960**
11:15 a.m. ~ Seated Stretch & Stability, CR/**1960**
1:00 p.m. ~ Parkinson's Exercise Class, CR
2:00 p.m. ~ Parkinson's Education Group, CR
3:00 p.m. ~ Piano Music, FHR
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
7:30 p.m. ~ KSU Clarinet Chorus, CR

Friday • April 5
7:30 a.m. ~ Rock Steady Boxing, **BF**
9:30 a.m. ~ Seated Strength, CR/**1960**
10:30 a.m. ~ Weights 101, CR/**1960**
11:30 a.m. ~ Sit & Be Fit, CR/**1960**
3:00 p.m. ~ Catholic Mass, CR
7:00 p.m. ~ Tandem Moons, EC

Saturday • April 6
9:30 a.m. ~ Band Bust Exercise Class, **1960 only**

Room Abbreviations

1960 , TV Channel 1960	KSU CL, KSU Classroom
BF , Body First	MM , 120 Scenic Drive
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
GR, Game Room	WUMC , Wamego UM Church

Gifts to Meadowlark Foundation

Gifts benefiting Bramlage House, Good Samaritan Fund, Helping Hands Fund, Meadowlark Clean Air, and Meadowlark Parkinson's Program were received by Meadowlark Foundation during the month of February.

Memory of

Bob Cranmer Velma Skidmore
William "Bill" Sheehan John Trail

Contact Becky Fitzgerald at (785) 323-3843 to learn more about Meadowlark Foundation.



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 31

EASTER PARADE (1948) G, 1 hr. 43 min. *Musical, Romance*

Cast: Judy Garland, Fred Astaire, & Peter Law

A nightclub performer hires a naïve chorus girl to become his new dance partner to make his former partner jealous and to prove he can make any partner a star.

MONDAY: April 1

RESIDENT REQUEST

OUT OF AFRICA (1985) PG, 2 hr. 40 min. *Sentimental, Nostalgic, Emotional*

Cast: Meryl Streep, Robert Redford, & Klaus Maria

A wealthy Danish woman moves to Nairobi to marry a baron but soon falls for a dashing big-game hunter who won't be tied down.

TUESDAY: April 2

RESIDENT REQUEST

MONA LISA SMILE (2003) PG-13, 1 hr. 57 min. *Drama*

Cast: Julia Roberts, Kirsten Dunst, & Julia Stiles

A free-thinking art professor teaches conservative 1950s Wellesley girls to question their traditional social roles.

WEDNESDAY: April 3

SERAPHIM FALLS (2007) R *for violence & language*, 1 hr. 51 min. *Western, Action, Adventure*

Cast: Liam Neeson, Pierce Brosnan, & Michael Wincott

A former Confederate colonel leads a posse into the mountainous American West on a hunt for an ex-Union officer who committed a wartime atrocity.

THURSDAY: April 4

WARRIOR (2011) PG-13, 2 hr. 19 min. *Heartfelt, Gritty, Drama*

Cast: Joel Edgerton, Tom Hardy, & Nick Nolte

An ex-Marine trains under his father for an MMA tournament as his estranged brother fights his way into the event. Their biggest opponent: each other.

FRIDAY: April 5

MRS. DOUBTFIRE (1993) PG-13, 2 hr. 6 min. *Drama, Comedy*

Cast: Robin Williams, Sally Field, & Pierce Brosnan

An eccentric dad dresses as a British nanny so he can care for his kids at the home of his ex-wife.

SATURDAY: April 6

TYSON'S RUN (2022) PG, 1 hr. 42 min. *Sentimental, Heartfelt, Inspiring*

Cast: Major Dodson, Rory Cochrane, & Amy Smart

While navigating struggles at home and his high school, a teen with autism befriends a champion runner and trains for a marathon. Based on true story.