

Ask Sarah!

Keep Yourself Safe in the Scammer Era

by Sarah Duggan, Community Relations Director



As we navigate the increasingly digital landscape, it's crucial to remain vigilant against scams. Unfortunately, seniors are often prime targets for scammers due to perceived vulnerabilities. ***What are some common scams and how can we protect ourselves in the Era of Scammers?*** Armed

with awareness and caution, you can protect yourself and your loved ones from falling victim to these deceptive schemes, including:

- **Phishing Emails and Calls:** Scammers impersonate legitimate organizations, such as banks or government agencies, to trick individuals into disclosing sensitive information such as passwords or financial details.
- **Tech Support Scams:** Fraudsters pose as tech support representatives and claim that your computer has a virus or other issue, offering to fix it remotely for a fee or by gaining access to your device.
- **Grandparent Scams:** In this emotionally manipulative scheme, scammers pose as a grandchild in distress, often claiming to be in trouble and in need of urgent financial assistance.
- **Lottery or Prize Scams:** Victims are informed that they've won a lottery or sweepstakes but must pay a fee to claim their prize, which is nonexistent.
- **Romance Scams:** Predators build online relationships with older adults, gaining their trust before requesting money for various fabricated reasons.

Protect yourself from falling victim to scams several essential tips listed below.

- **Be Skeptical:** Question unexpected emails, calls, or messages, especially if they request personal

or financial information. Legitimate organizations won't ask for sensitive details via unsolicited communication.

- **Verify Identities:** Before sharing any information or sending money, independently verify the identity of the individual or organization contacting you. Look up official contact information and reach out directly to confirm legitimacy.
- **Guard Personal Information:** Never disclose sensitive information like Social Security numbers, bank account details, or passwords to unsolicited contacts, regardless of the urgency or convincing nature of their request.
- **Stay Informed:** Stay updated on common scams and tactics used by fraudsters. Knowledge is your best defense against falling victim to deceptive schemes.
- **Trust Your Instincts:** If something feels off or too good to be true, it probably is. Trust your instincts and err on the side of caution.
- **Consult Trusted Sources:** When in doubt, consult with a trusted family member, friend, or financial advisor before taking any action. A second opinion can provide valuable perspective and help you make informed decisions.
- **Secure Your Devices:** Install reputable antivirus software on your devices, keep them updated, and avoid clicking on suspicious links or downloading attachments from unknown sources.

Scams are unfortunately prevalent in today's digital age, but with awareness, caution, and informed decision-making, you can protect yourself and your loved ones from falling victim. Remember to stay skeptical, guard your personal information, and seek assistance when in doubt. By staying vigilant and informed, you can reduce the risk of becoming a victim of fraud and enjoy peace of mind in your daily interactions both online and offline.

EVENTS & OPPORTUNITIES

Courtyard Walking Challenge

The time has come to dust off your walking shoes and enjoy some fresh air, while completing laps in our courtyard! The Courtyard Walking Challenge is open to all residents, Passport members, and employees, and encourages participants to get out and walk at your convenience.

Participants will record their laps and be rewarded for achieving certain distances. The first challenge is to walk the distance from Meadowlark to Wamego, which is roughly 15 miles, or 225 laps around the courtyard. Once you start the challenge, record how many laps that you walk in the courtyard and earn a prize for reaching the destination. A binder labeled "Courtyard Walking Challenge" in the Game Room. Simply take a clean lap sheet from the front of the binder, place it behind the appropriate tab (alphabetized by last name), and begin recording your laps each day. This challenge is ongoing, so walk when you are able.

The challenge rules are as follows: walk on the perimeter of the courtyard, please be careful of any tripping hazards, walk at your own pace, and enjoy the exercise! For any walkers who previously participated in this challenge, we will be starting over and you are eligible to earn prizes. The walking destinations will be Wamego

(225 laps), Abilene (645 laps), and Lindsborg (1,380 laps).

Please contact Jeff Heidbreder, Fitness Services Leader, in the Caul Fitness Center, or at (785) 341-2995 with any questions about the Courtyard Walking Challenge.

Memorial Day schedule changes

Gold Talk, Change and Loss Group, and Community Bingo are canceled for Monday, May 27. All morning exercise classes and PD exercise are also canceled. Exercise classes can be accessed at the usual class times on Channel 1960.

Ice Cream Social

Friday, May 24, at 3 p.m.

I scream, you scream, we all scream for ICE CREAM! The monthly ice cream social is set for 3 p.m. Friday, May 24, in Verna Belle's Lounge. Enjoy a scoop (or two!) of this week's flavor, Chocolate Toffee, and fellowship with friends. This opportunity will be offered every fourth Friday.

Taylor Kline & Mandy Kary

Friday, May 24, at 7 p.m.

Another fun evening is planned for Friday, May 24, at 7 p.m. in the Event Center with the music of Taylor Kline and Mandy Kary. This duo plays a variety of cover music as well as original material, accompanied by guitar, harmonica, and mandolin. You don't want to miss!

Worship Service

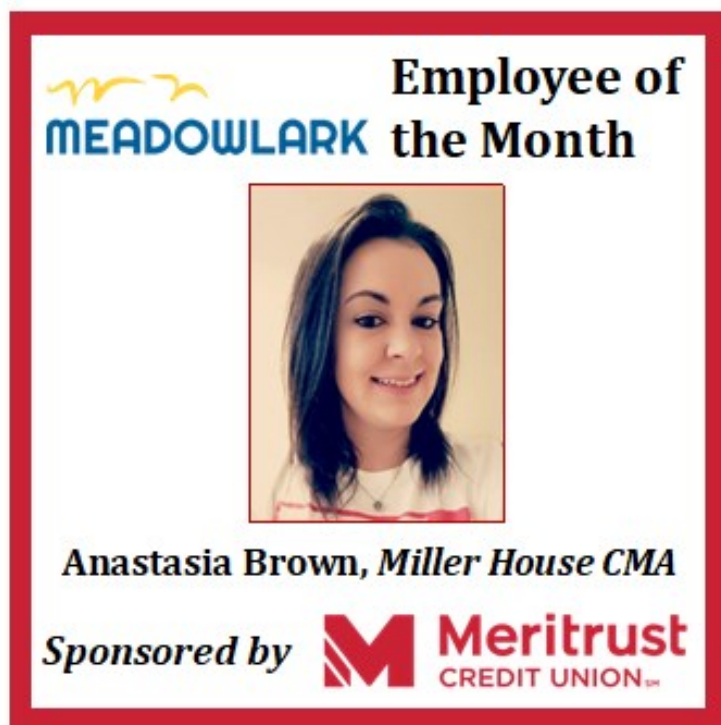
Sunday, May 26, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, May 26, in the Community Room/Chapel. For Memorial weekend, the sermon is titled "Memorial Observance." All are welcome to attend.

Memorial Day Buffet

Monday, May 27, at 11 a.m.

Join in the Game Room on Monday, May 27, at 11 a.m. for a Memorial Day Buffet! The meal, costing \$11 plus tax, will include hamburgers, hotdogs, corn on the cob, potato salad, watermelon, and cookies. Seating will be available in the courtyard, weather permitting, as well as in the restaurant. All are welcome!



EVENTS & OPPORTUNITIES

Speedy PD Art Making

Wednesday, May 29, at 1:30 p.m.

Join Meadowlark Parkinson's Program and our partners from the Beach Museum of Art in making pieces of art that will be used in August for the 16th Annual Speedy PD Race for Parkinson's Disease. These pieces of art are given as the age group awards for the 5k and 10k winners.

The Speedy PD Race helps raise awareness about Parkinson's and is the primary fundraiser for the Meadowlark Parkinson's Program. These awards are one of the things that help make the Speedy PD Race more meaningful as they are made by people affected by Parkinson's. The Beach Museum of Art provides us with the supplies needed and can also assist with some inspiration. No prior art experience is necessary. Please help us continue the tradition of being the best 5k and 10k race in the Flint Hills.

The art-making class will meet each Wednesday starting May 29 through July 31 from 1:30-2:30 p.m. in the KSU Classroom. You're invited to come and go as your schedule and attention allows.

UFM Class: Young Union Generals of the American Civil War

Wednesday, May 29, at 6:30 p.m.

The Civil War witnessed a significant expansion of America's military forces. Both the Union and the Confederacy assembled armies of unprecedented size requiring a significant number of general officers. As a result, many general officers attained high rank while being relatively young.

UFM Lifetime Learning presents *Young Union Generals of the American Civil War*. This three-part class will begin Wednesday, May 29, from 6:30 to 8 p.m. in the Community Room. The second and third session will meet Wednesday, June 5, and June 12. The sessions will focus on Union senior leaders under the age of 40 who attained high command. The first session will examine and evaluate the military careers of the young generals of the eastern theater's Army of the Potomac such as Joshua Chamberlain, George Custer, Alfred Pleasonton, and Philip Sheridan.

The June 5 class will focus on young Union leaders in the western theater such as Benjamin Grierson, Judson Kilpatrick, John Schofeld, James

Wilson, and James McPherson.

The final class will exclusively examine the military career of William T. Sherman who achieved command of the entire western theater at the age of 35.

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.

Understanding AL, Healthcare, & Advance Directive Planning

Thursday, May 30, at 2 p.m.

You're invited to attend a presentation titled "Meadowlark: Understanding Assisted Living, Healthcare, and Advanced Directive Planning," at 2 p.m. Thursday, May 30, at Prairie Star's Event Center. Kristen Martin, Care Transitions Leader, the Meadowlark Health Services Team, and other Meadowlark team members will lead the presentation on Meadowlark's levels of care and how to successfully navigate a temporary or long-term move, if ever necessary. This is a free event; however, participants are asked to sign up in the Blue Book or by contacting the Hospitality Desk at (785) 323-3847. Light refreshments will be served.

Sacred Red Rock with Pauline Sharp

Friday, May 31, at 2 p.m.

Meadowlark is excited to welcome Pauline Sharp in the Event Center at 2 p.m. Friday, May 31. Pauline will be speaking about the journey home of the Sacred Red Rock. The Rock is a 28-ton red Siouxan quartzite boulder that was moved to Robinson Park in Lawrence, Kan., in 1929 to become a monument to the early founders of the city. Prior to that, it sat at the confluence of the Shunganunga Creek and Kansas River for hundreds of thousands of years. The Kanza (Kaw) people have a centuries' long relationship with the Sacred Red Rock and value it as a sacred item of prayer. All are invited to attend!

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Winter Seasons: Meet the Winters!

by Kesiah Winter, Fin. Clerk & Messenger Contributor

Hello! Some of our readers may know me from working in the Finance office at Meadowlark. Others may have spoken with me only over the phone because I have worked from home most of the time I have been with Meadowlark. Some of you maybe haven't met me at all!

I have worked as the Accounts Receivable Clerk for Meadowlark since I graduated from K-State in 2019. A few months ago, I changed roles to Finance Clerk assisting Chris Nelson with finance tasks, as well as helping Sarah Duggan put together the weekly Meadowlark Messenger!

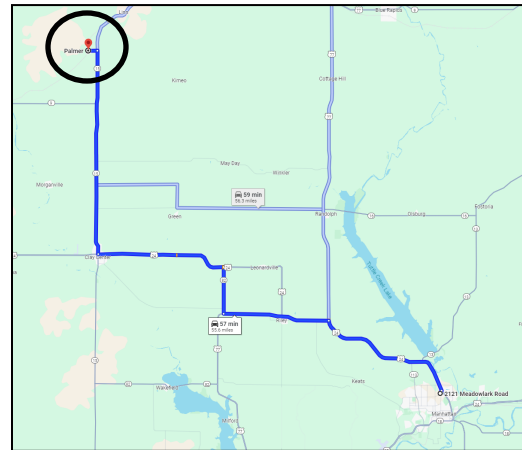
My dad, Dan Thalmann, owns the Washington County News, a weekly newspaper distributed in North Central Kansas. Taking after him, I have always been interested in writing stories. Now that I am assisting with the Messenger, I thought it would be fun to delve into writing and share some stories of my life with two kids. But before we get to those, I am excited to introduce you to my little family!

My husband, Alex, and I have two little kiddos: our daughter, Amelia, just turned two in March;

and our son, Elliot, who was born in early February! We also have a small 4-year-old Poo-Ton (mix of a mini poodle and a Coton de Tulear) named Leo which Alex and I have had since he was a puppy.

We live in the small town of Palmer, Kan., which is about an hour north of Manhattan. When I say small, I mean SMALL! The town's population is about 125 people. Both sets of parents live in Palmer, too! With them each just over a block away, we get to spend a lot of our free time with the kids' grandparents. We also like to keep busy with various projects around our house, attending local events, playing board games with family, enjoying the outdoors, and the occasional round of golf.

This column is intended to be a "diary" of sorts documenting my life as a young mother and the funny stories and lessons along the way. Maybe you would like to reminisce on your journey as a parent or maybe you will be able to relate in other ways and learn something you can use in your own life. Either way, I hope you join me every few weeks for a look into the "seasons" of the Winter family!



[left] from left to right: Alex, Elliot, Kesiah, and Amelia.

[above] Palmer, Kan. is located in Washington County approximately 55 miles north and west from Meadowlark's campus. As of the 2020 census, the city's population is 125.

Art Engagement *from the* Beach Museum of Art



Pattern and rhythm are principles of design an artist can use to create order in a composition and skillfully move a viewer's eye around the artwork. Pattern and rhythm are created by an artist repeating elements of art. As you view the print shown here, your eye may quickly identify one repeating element. Are there more? Consider line, shape, and color.

Notes

Margo Hoff (United States, 1910 - 2008)
The Baker at Harvey's, Wednesday, April 9, 1947
Eminent Artist Series
Fred Harvey Company
Color lithograph on paper
KSU, Marianna Kistler Beach Museum of Art,
bequest of Raymond & Melba Budge
CM119.2018

EVENTS, from page 3

Outdoor Cart Rides

Saturday, June 1, 8:30 a.m.

Cart rides to see Meadowlark’s campus are coming Saturday, June 1! Please sign the Blue Book for the 30-minute time slot that suits you. Times start at 8:30 a.m. and depart every half hour until 11:30 a.m. The cart seats five people at a time.

Royals Trip

Thursday, June 13, 9:30 a.m.

Summer is here and that means 2024 Royals Baseball is in full swing. This year’s trip is scheduled for Thursday, June 13, with the game starting at 1:10 p.m. against the New York Yankees. The cost of the trip is \$85, which includes a ticket to the game, transportation provided by Meadowlark, a variety of snacks for the ride to the game, and a box lunch which includes a sandwich,

chips, fruit, cookie, and bottled water. Travelers are responsible for their own food and beverage during the game. The bus will depart from the Village Entrance at 9:30 a.m. (Please arrive by 9 a.m.) A sign-up sheet is in the Blue Book located at the Hospitality Desk. Pay your trip fee at the Hospitality Desk or have it applied to your monthly statement.

Kruh Graveside Service

Friday, June 14, 1 p.m.

A graveside service and interment of ashes for Robert F. (Bob) Kruh, and his wife, Jan, both former Meadowlark residents, will be at 1 p.m. Friday, June 14, at Veterans Cemetery at Fort Riley, 5181 Wildcat Creek Road. Bob Kruh passed away on Sunday, May 12, and Jan Kruh passed away on April 6, 2020. A reception after the service will be held in Prairie Star’s Event Center.

RESTAURANT **SPECIALS**

Sunday, May 26	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$14 Dinner BBQ Meatballs Scalloped Potatoes Roasted Broccoli
Monday, May 27	\$11 Lunch Memorial Day Buffet Hot Dogs & Burgers Corn on the Cob, Potato Salad Watermelon, & Cookies	\$13 Dinner Pork Egg Rolls White Rice Stir-Fry Veggies
Tuesday, May 28	\$12 Lunch Fish Tacos Cilantro Lime Rice	\$15 Dinner Beef & Italian Sausage Lasagna Garlic Bread Caesar Salad
Wednesday, May 29	\$12 Lunch Meatloaf Sandwich Pub Chips	\$15 Dinner Chicken Cordon Bleu Rice Pilaf Roasted Broccoli
Thursday, May 30	\$9 Lunch Hot Ham and Cheese Tomato Soup	\$16 Dinner Pork Tenderloin Mac & Cheese Brussel Sprouts
Friday, May 31	\$11 Lunch Potato Bar	\$14 Dinner Ham Loaf Roasted Red Potatoes Creamed Peas
Saturday, June 1	\$11 Lunch Turkey Melt Pea Salad	\$11 Dinner Boneless Wings Tater Tots Carrots & Celery Sticks

Weekly Opportunities Calendar *May 26 to June 1*

Sunday • May 26

10:30 a.m. ~ Worship Service, CR
10:30 a.m. ~ Transportation to FUMC, VE

Monday • May 27 *Put your trash at the curb!*

9:30 a.m. ~ Seated Strength, **1960 only**
10:30 a.m. ~ Weights 101, **1960 only**
11:00 a.m. ~ Memorial Day Buffet, GR
11:30 a.m. ~ Sit & Be Fit, **1960 only**
1:00 p.m. ~ Parkinson's Exercise Class, **1960 only**
4:00 p.m. ~ Hable Espanol, FHR

Tuesday • May 28 *Trash pick-up*

10:00 a.m. ~ ARTful Memories, KSU CL
10:15 a.m. ~ Mat Yoga, FHR
10:30 a.m. ~ Steady Yourself, CR/**1960**
11:15 a.m. ~ Seated Stretch & Stability, CR/**1960**
2:00 p.m. ~ 10-Point Pitch Group, GR
2:00 p.m. ~ Social Circles, PS
3:00 p.m. ~ Coffee Corner, EC
5:30 p.m. ~ 3rd Floor Supper, BR

Wednesday • May 29

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**
1:30 p.m. ~ Speedy PD Art Making, KSU CL
3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Sing-Along, FHR
6:30 p.m. ~ UFM: Young Generals-The Union, CR

Thursday • May 30

9:00 a.m. ~ Messenger Team, KSU CL
10:15 a.m. ~ Mat Yoga, FHR
10:30 a.m. ~ Steady Yourself, CR/**1960**
11:15 a.m. ~ Seated Stretch & Stability, CR/**1960**
12:00 p.m. ~ College Avenue Luncheon, BR
1:00 p.m. ~ Parkinson's Exercise Class, CR
2:00 p.m. ~ Meadowlark: Understanding AL, HC, & Adv. Dir. Planning, EC

Friday • May 31

7:30 a.m. ~ Rock Steady Boxing, **BF**
9:30 a.m. ~ Seated Strength, CR/**1960**
10:30 a.m. ~ Weights 101, CR/**1960**

Friday • May 31

11:30 a.m. ~ Sit & Be Fit, CR/**1960**
2:00 p.m. ~ Sacred Red Rock w/ Pauline Sharp, EC

Saturday • June 1

8:30 a.m. ~ Outdoor Cart Rides, VE
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

National Prairie Day

submitted by Polly Ferrell

National Prairie Day is June 1. Living in the heart of the Flint Hills, we are surrounded by their beauty. Take a short drive through the hills and see the yearly renewed growth of the grasses and the wildflowers. Here is my tribute to the vibrant orange butterfly milkweed.

BUTTERFLY MILKWEED

Gently waving bluestem sea,
Backdrop for flowers, endlessly.
Daisy fleabane, devils claw,
Prickly pear across the draw.

Poppy mallow, spider wort,
Blooms in color of all sort.
White and yellow, pink and blue,
Still there is a missing hue.

Flower clusters soon will sway,
Center stage they cap the day.
Vibrant orange without sound
Blossoms rare, now dot the ground.

Color tossed in gently sway.
Sharing flight throughout the day.
Lifting high the tiny seed.
Prairie butterfly milkweed.



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: May 26

THE SOUND OF MUSIC (1965) G, 2 hr. 56 min. *History, Family*

Cast: Julie Andrews, Christopher Plummer, & Richard Haydn

A governess wins the hearts of many and leads the Von Trapp family to their 1938 flight to freedom.

MONDAY: May 27

MENDING THE LINE (2022) R *for language and some violent images*, 2 hr. 2 min. *Heartfelt, Emotional*

Cast: Brian Cox, Sinqua Walls, & Perry Mattfeld

A Marine wounded in Afghanistan learns to face his combat trauma through friendship with an older war veteran and the healing practice of fly-fishing.

TUESDAY: May 28

DARK WATERS (2019) PG-13, 2 hr. 7 min. *Drama, Thriller*

Cast: Mark Ruffalo, Anne Hathaway, & Tim Robbins

An attorney whose firm defends chemical companies jeopardizes his career to expose a toxic waste-dumping scheme in this drama based on a true story.

WEDNESDAY: May 29

8 SECONDS (1994) PG-13, 1 hr. 45 min. *Western, Sport*

Cast: Luke Perry, Stephen Baldwin, & James Rebhorn

This movie chronicles the life of Lane Frost, 1987 PRCA Bull Riding World Champion, his marriage, and his friendships with Tuff Hedeman (three-time World Champion) and Cody Lambert.

THURSDAY: May 30

MADAME WEB (2024) PG-13, 1 hr. 57min. *Exciting, Sci-Fi*

Cast: Dakota Johnson, Sydney Sweeney, & Isabela Merced

Cassandra Webb is a New York metropolis paramedic who begins to demonstrate signs of clairvoyance. Forced to challenge revelations about her past, she needs to safeguard three young women from a deadly adversary who wants them destroyed.

FRIDAY: May 31

UNFROSTED (2024) PG-13, 1 hr. 36 min. *Nostalgic, Goofy*

Cast: Jerry Seinfeld, Melissa McCarthy, & Jim Gaffigan

Rival cereal companies race to revolutionize breakfast in Jerry Seinfeld's star-studded Pop-Tart comedy with Hugh Grant as a disgruntled corporate mascot.

SATURDAY: June 1

PADDINGTON (2014) PG, 1 hr. 36 min. *Comedy, Family*

Cast: Hugh Bonneville, Sally Hawkins, & Julie Walters

Based on the beloved novels and featuring an all-star cast, Paddington follows a young bear who finds himself in a series of comic misadventures while trying to avoid a museum taxidermist.