



The Alzheimer's Association Walk to End Alzheimer's for Manhattan, Kan., will be at Manhattan City Park on Saturday, Oct. 5.

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest fundraiser for Alzheimer's care, support, and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease.

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 Oct. 5, 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.

The Promise Garden is a mission-focused experience that signifies our solidarity in the fight against the disease. The colors of the Promise Garden flowers represents the participants' connection to Alzheimer's or other dementias — their reasons to end the disease. Each person attending the walk will be able to select the flowers that represent his or her involvement.

~ Blue: Someone living with Alzheimer's or other dementia.

~ Purple: An individual who has lost someone to the disease.

~ Yellow: A person who is currently supporting or caring for someone living with Alzheimer's or other dementia.

~ Orange: A participant who supports the cause and the Association's vision of a world without Alzheimer's and other dementias.

Meadowlark Memory Program, Manhattan Senior Center, The Alzheimer's Association - Heart of America Chapter continue to collaborate to offer two

See WALK, page 7

EVENTS & OPPORTUNITIES

Prairie Star Closing Early on July 4

Prairie Star Restaurant will close early - at 7 p.m. - on the 4th of July.

Hospital Volunteers Needed

Ascension Via Christi is looking for volunteers to help in their Gift Shop. Volunteers need to understand retail customer service, the iPad, and be dependable and invested in the Gift Shop.

Urgent need for the following dates and times:

- **Mondays:** 9:45 a.m. (pre-open) 10 a.m. to 2 p.m.
- **Tuesdays:** 9:45 a.m. (pre-open) 10 a.m. to 1 p.m.
- **Wednesdays:** (fill-in)
- **Every other Friday:** 9:45 a.m. (pre-open) 10 a.m. to 1 p.m. (Potentially additional Fridays to assist existing volunteers*)

Those interested can reach out to Marisol Romero, Ascension Guest & Volunteer Services Coordinator via email at marisol.romero1@ascension.org.

Music with Dave Zervas

Friday, June 28, at 7 p.m.

Meadowlark is happy to welcome back Dave Zervas! You're invited to listen to Dave play rock ballads, acoustic songs, and country tunes at 7 p.m. Friday, June 28, in the Event Center.

Worship Service

Sunday, June 30, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, June 30, in the Community Room/Chapel. Pastor Melanie will continue the worship series titled "Understanding Our Bible." This week Pastor Melanie will explore the book of Deuteronomy with a sermon titled "The Pentateuch." All are welcome to attend.

Children's Music Recital

Sunday, June 30, at 3 p.m.

Meadowlark is pleased to host a Children's Music Recital at 3 p.m. Saturday, June 30, in the Community Room. Four musical families from Manhattan (Basslers, Cranes, Durrettts, and Thiesens) will be putting on a variety of musical numbers! The kids range from kindergarten to high school and play piano and string instruments. Their parents may also be convinced to perform a number or two! All are welcome for a fun, talent-filled afternoon.

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Prairie Star Writer's Group

Tuesday, July 2, at 1 p.m.

Interested in joining the writing group at Meadowlark? Prairie Star Writers invites you to attend the next meeting at 1 p.m. Tuesday, July 2, in the Patriot Room.

The July 2 session is titled, "In Honor of Father's Day: Fathers Biological or Chosen." Unique as each father or chosen father is, so are our experiences. Some are sweet, others bitter, like the men themselves. Perhaps you would describe your own story or that of a fine father you admire. Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays.

Page Turners Book Club

Wednesday, July 3, at 11:30 a.m.

Join the Page Turners Book Club on Wednesday, July 3, at 11:30 a.m. in the Patriot Room as we begin our discussion of *Unbroken: A World War II Story of Survival, Resilience, and Redemption* by Laura Hillenbrand. This book is the non-fiction account of Louis Zamperini, a young soldier, and star runner of the Berlin Olympics, and his journey into extremity during WWII. We have copies of the book available from the Manhattan Public Library. If you would like to borrow one, please contact Katie Sigman at ksigman@meadowlark.org or (785) 323-3899.

You do not need to attend every discussion to participate; come when you are able - whether you have finished the book, are just beginning, or are simply interested in learning more! Page Turners is facilitated by Meadowlark Special Programs and supported by Resident Services Leader, Monte Spiller.

Speedy PD Art Making

Wednesday, July 3, 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.

Speedy PD race helps raise awareness about Parkinson's and is the primary fundraiser for the Meadowlark Parkinson's Program. The Beach Museum of Art provides us with the supplies

EVENTS & OPPORTUNITIES

needed and also can assist with some inspiration. No prior art experience is necessary.

The art-making class will meet each Wednesday now 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.

Fourth of July Celebration

Thursday, July 4, at 8:30 p.m.

Join Meadowlark Hills, as we celebrate Independence Day on Thursday, July 4. There will be cold lemonade available served by the Meadowlark Ambassadors, while you enjoy a patriotic presentation from our musical guest, Colton Jones! Music will start around 8:30 p.m. on the Lyle House patio. Following the performance, stick around for the fireworks display, beginning at sundown in the West parking lot. Residents, staff, and family members are encouraged to come attend. We look forward to seeing you there.

Ladies Luncheon

Thursday, July 11, at 11:30 a.m.

All Meadowlark and Passport ladies are invited to attend the monthly Ladies Luncheon at 11:30 a.m. Thursday, July 11, in the Event Center. Monte Spiller will be our speaker, and the hostesses are sure you will learn something new. The lunch menu will include seafood bisque, a green salad, and sherbert for \$13. Please sign up in the Blue Book no later than 10:30 a.m. Wednesday, July 10

Fiesta to Remember

Friday, July 12, 11 a.m. to 10 p.m.


You're invited to the 6th annual Fiesta to Remember on Friday, July 12, from 11 a.m. to 10 p.m. at Rockin' K's. The purpose of this annual party is to help the community better understand dementia and raise awareness about the FREE local support available through the Meadowlark Memory Program. Get ready to enjoy some tasty food, toe-tapping tunes, and time well-spent with friends.


Delicious food and drink will be available all day, including a taco buffet, available from 11 a.m. to 1:30 p.m., featuring beef and chicken tacos with all the fixin's and satisfying sides. Rockin K's also will feature an all-day special taco menu and "Fiesta-Rita" drink. The regular menu will also be available to purchase your Rockin K's favorites

(cookie bake, anyone?). To-go orders will be available for residents not able to attend the party in person. Be on the lookout for additional information and order forms.


This year's Fiesta will feature exciting additions in the evening, including snazzy tunes by Andy Bell Jazz, performing at 7 p.m. Also available from 6 to 8 p.m. is a VIP experience, featuring a private room and balcony, an exclusive fajita buffet, and a private El Bandido Tequila tasting. El Bandido Tequila was founded by Jim Bob Morris, whose previous accomplishments include participating in K-State football's first bowl appearance in 1982. VIPs will have the chance to participate in a guided tasting of El Bandido's three premium tequilas. They will enjoy a fajita buffet that includes steak and chicken fajitas and a special Mexican bread pudding. VIPs may also enjoy a variety of Mexican beers and a private margarita keg. A limited number of VIP tickets are available for \$50 each.

Proceeds from the event benefit Meadowlark Memory Program. To learn more about the program or to purchase VIP tickets, please contact Michelle Haub or Katie Sigman at (785) 323-3899. We look forward to celebrating with you, our friends, on Friday, July 12!

**Employee of
the Month**



Keana Davis,
Bramlage Household Coordinator

Sponsored by 

Bee Gratitude

by Ginny Beck

If you enjoy the beautiful landscape and blooming flowers around our campus, thank a bee. Bees are responsible for pollinating most of our vegetables and flowers while they collect pollen and nectar. They feed themselves and make the honey we so enjoy. You can purchase some of that honey at our Hospitality desk.

Beekeepers have 16 hives located south of the garden at the east end of Meadowlark Valley. The hives can be seen from the cement pathway. Bees begin working as soon as the sun warms their hive. If you are adventurous, you can watch up close as bees exit and return to their hive. Our grounds staff have kindly mowed a path through the grass directly to the hives.

Each stack of hive boxes contains one queen and about 60,000 workers. While the queen lays eggs, the workers bring home the nectar and pollen and draw out the wax to contain the honey. Every bee knows exactly where to return, only to its own queen.

Some of the hive boxes have several super boxes on top. These indicate that the box below has filled with honey and more space is needed.

Our bees are cared for by Valor, an organization which trains veterans in the art of beekeeping.



Ask Sarah!

How can residents be prepared for the 2024 election?



As we gear up for the 2024 election cycle, it's crucial to stay informed about important dates, deadlines, and procedures. Here's everything you need to know to ensure your voice is heard this election season.

The Primary Election date is Tuesday, Aug. 6, and the General Election is Tuesday, Nov. 5.

To check if you are registered or confirm your registration details are up to date, visit Review Your Voter Information at <https://www.rileycountyks.gov/134/Review-Your-Voter-Information>. This site also allows you to review your ballot style before voting. Remember, if you've moved - even just to a new apartment or room number - you must update your voter registration.

Many Meadowlark residents receive their ballots by mail. It is essential to update your address promptly because the United States Postal Service will not forward your ballot if the address is incorrect. For assistance with updating your information, contact the Riley County Clerk's Office at (785) 537-6300.

New Voter Registration and/or Advance Ballot Applications also can be submitted at the Hospitality Desk. The deadline to register for the Primary Election is **Tuesday, July 16**. Advance ballots will be mailed starting **Wednesday, July 17**. You can submit your applications/registrations by email, fax, or by dropping them off.

The Riley County Clerk's office has exciting news! As of July 1, the Elections Division will be moving to a new location. Their new address is 115 N. 4th Street, 4th floor, Manhattan, KS 66502 - the same building where the Board of County Commissioners meets. The phone number remains the same, but the new fax number will be (785) 708-7083.

If you have any questions or need assistance with voter registration or advance ballot applications, don't hesitate to reach out to the Riley County Clerk's Office at (785) 537-6300.

If you have a question to submit to *Ask Sarah!*, drop it off to the Hospitality Desk or directly to Sarah via phone, e-mail, or stopping by her office! She is located across the hall from the Fitness Center. Sarah can be reached via phone at (785) 323-3878, via text at (785) 313-7020, or via e-mail at suge@meadowlark.org.

Art Engagement *from the* Beach Museum of Art

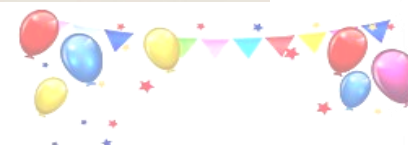
Texture is an element of art the artist can use to create interest, depth, emotion, and atmosphere. In a print, the image is transferred onto paper with ink. Any texture the viewer experiences is implied. As you look at this etching with drypoint, how many different textures do you perceive? How did the artist achieve the effect? Consider line, shape, form, and value. What kind of mood or atmosphere do you sense?



James Swann
(United States,
1905 - 1985)
Rainy Night,
1954,
Etching and
drypoint on
paper,
KSU, Marianna
Kistler Beach
Museum of
Art, gift of
Richard Olson,
2011.212



July Birthdays



Skilled Nursing

7/6 Tony Barnes
7/8 **E. Hedman Stainbrook**
7/14 Pat Harrison
7/15 Rudy Pacumbaba
7/18 Ron Janasek
7/19 Alene Clarke
7/22 Roberta Holdren

Assisted Living

7/5 Jean Reynard
7/6 Ellen Jantz
7/17 Judy Geering

Independent Living

7/1 **Karen Trail**
7/2 Forrest Chumley
7/3 Ben Brent
7/5 Charlotte Kelly
7/7 Linda Hall
7/7 Anna Gleason
7/7 Pate Willingham
7/8 Sherry Butler
7/10 Doris Brannan
7/11 DonnaDee Chastain
7/12 Nora Wark
7/12 Nyle Larson
7/16 Linda Schwulst

7/19 Hoss Hostetter
7/21 Joan Strickler
7/22 Doc Evans
7/22 Nelson Galle
7/24 Gerry Posler
7/25 Carla Cranmer
7/25 Glen Gillmore
7/26 Enell Foerster
7/26 **Paul Walker**
7/26 Wanda Fulks
7/28 Orris Kelly
7/30 Nancy Prawl
7/30 Tara Cupps

Bold denotes milestone birthdays!

RESTAURANT **SPECIALS**

Sunday, June 30	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$15 Dinner Beef Tips Mashed Potatoes & Gravy Broccoli
Monday, July 1	\$11 Lunch Italian Beef Sandwich Pasta Salad	\$17 Dinner Coconut Shrimp Coconut Rice Grilled Pineapple
Tuesday, July 2	\$10 Lunch Bacon-Cheddar-Egg Salad on Croissant Breakfast Potatoes	\$15 Dinner Bacon-Wrapped Cheese-Stuffed Meatloaf Cheesy Potatoes Peas & Onion
Wednesday, July 3	\$11 Lunch Jambalaya Fried Okra Cornbread	\$14 Dinner Fried Pork Cutlet Mashed Potatoes & Gravy Green Beans
Thursday, July 4	\$11 Lunch Red, White, & Bleu Burger (Roasted Red Pepper, Provolone, Bleu Cheese, Peppered Bacon) Steak Fries	\$8 Hot Dog Potato Chips Apple Pie
Friday, July 5	\$11 Lunch Pizza Bar	\$17 Dinner Pecan-Crusted Trout with Dijon Sauce Garlic Mashed Red Potatoes Asparagus
Saturday, July 6	\$11 Lunch BBQ Chicken Sandwich Broccoli Salad	\$15 Dinner Fried Chicken Mashed Potatoes & Gravy Corn

Weekly Opportunities Calendar *June 30 to July 6*

Sunday • June 30 10:30 a.m. ~ Worship Service, CR 10:30 a.m. ~ Transportation to FUMC, VE	Thursday • July 4 8:30 p.m. ~ Live Entertainment, Patio 9:00 p.m. ~ Fireworks Show, Patio																		
Monday • July 1 8:30 a.m. ~ Resident Council, BR 9:30 a.m. ~ Town Meeting, EC 9:30 a.m. ~ Seated Strength, CR/ 1960 10:00 a.m. ~ Art Committee, BR 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 Supper, BR 7:00 p.m. ~ Community Bingo, CR	Friday • July 5 7:00 a.m. ~ Rotary, EC 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																		
Tuesday • July 2 10:00 a.m. ~ Memories Activities Class, EC 10:15 a.m. ~ Mat Yoga, KSU CL 10:30 a.m. ~ Steady Yourself, CR/ 1960 10:30 a.m. ~ 1st Presbyterian Group, FHR 11:15 a.m. ~ Seated Stretch & Stability, CR/ 1960 12:00 p.m. ~ Kimball Luncheon, BR 1:00 p.m. ~ Prairie Star Writers Group, PR 2:00 p.m. ~ 10-Point Pitch Group, GR 2:00 p.m. ~ Social Circles, PS 3:00 p.m. ~ Coffee Corner, EC 3:30 p.m. ~ Ambassador’s Meeting, BR	Saturday • July 6 9:30 a.m. ~ Band Bust Exercise Class, 1960 only																		
Wednesday • July 3 9:00 a.m. ~ Messenger Team, KSU CL 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 11:30 a.m.~ Page Turners Book Club, PR 1:30 p.m. ~ Speedy PD Art Making, KSU CL 3:00 p.m. ~ Sing-Along, FHR 5:30 p.m. ~ Men’s Night, MR	Room Abbreviations <table><tr><td>1960, TV Channel 1960</td><td>KSU CL, KSU Classroom</td></tr><tr><td>BF, Body First</td><td>MM, 120 Scenic Drive</td></tr><tr><td>BR, Bison Room</td><td>MR, Manhattan Room</td></tr><tr><td>CR, Community Room</td><td>PR, Patriot Room</td></tr><tr><td>CY, Courtyard</td><td>PS, Prairie Star Restaurant</td></tr><tr><td>EC, Event Center</td><td>MSC, Manhattan Sr. Center</td></tr><tr><td>FHR, Flint Hills Room</td><td>VBL, Verna Belle’s Lounge</td></tr><tr><td>GC, Grosh Cinema</td><td>VE, Village Entrance</td></tr><tr><td>GR, Game Room</td><td>WUMC, Wamego UM Church</td></tr></table>	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
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Thursday • July 4 10:30 a.m. ~ Steady Yourself, 1960 only 11:15 a.m. ~ Seated Stretch & Stability, 1960 only 5:30 p.m. ~ Circle Dinner, MR	WALK, from page 1 local in-person groups off of Meadowlark’s campus. Connecting with others who have the same kinds of struggles as you do is an important part of coping with dementia. Groups are facilitated by trained professionals or former family caregivers, whose primary purpose is to provide knowledge about dementia while allowing members to receive support and encouragement from others in a similar situation. Coffee Talks meets every second and fourth Monday at 10:30 a.m. at the Manhattan Senior Center for caregivers of those with all forms of dementia. Participants have an opportunity to ask questions, connect with others, and build a peer support network over coffee provided by the Center. At the same time, in conjunction with Coffee Talks, Meadowlark Memory Program provides a social engagement opportunity for the loved one of the caregiver who is attending the support group, allowing care partners to concentrate on their group. This social engagement is called Mindful Memories. If you have questions about the Manhattan Walk to End Alzheimer’s, please contact Sarah Duggan at (785) 323-3878.																		



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: June 30

TOP GUN (1986) PG, 1 hr. 49 min. *Drama, Action*

Cast: Tom Cruise, Tim Robbins, & Kelly McGillis

As students at the United States Navy's elite fighter weapons school compete to be best in the class, one daring young pilot learns a few things from a civilian instructor that are not taught in the classroom.

MONDAY: July 1

THE GREATEST NIGHT OF POP (2024) PG-13, 1 hr. 37 min. *Nostalgic, Inspiring*

On a January night in 1985, music's biggest stars gathered to record "We Are the World." This documentary goes behind the scenes of the historic event.

TUESDAY: July 2

JIM HENSON: IDEA MAN (2024) TV-PG, 1 hr. 48 min. *Biography, Documentary*

Cast: Frank Oz, Dave Goelz, & Fran Bill

"Jim Henson Idea Man" takes us into the mind of this singular creative visionary, from his early years puppeteering on local television to the worldwide success of "Sesame Street," "The Muppet Show," and beyond.

WEDNESDAY: July 3

RATATOUILLE (2007) G, 1 hr. 51 min. *Comedy, Animation*

Cast: Brad Garrett, Lou Romano, & Patton Oswalt

A rat who can cook makes an unusual alliance with a young kitchen worker at a famous Paris restaurant.

THURSDAY: July 4

THE LIBERTY STORY (1957) TV-PG, 49 min. *Drama, History*

Cast: Walt Disney

Walt Disney presents a combination live-action and animated drama of America's historical fight for freedom.

FRIDAY: July 5

BURN AFTER READING (2008) R *for pervasive language, some sexual content, and violence*

1 hr. 35 min. *Satire, Comedy*

Cast: George Clooney, Frances McDormand, & Brad Pitt

When a pair of clueless gym employees stumble upon secret CIA documents, their clumsy attempts at blackmail land them in a dangerous world of trouble.

SATURDAY: July 6

MONEYBALL (2011) PG-13, 2 hr. 13min. *Inspiring, Heartfelt*

Cast: Brad Pitt, Jonah Hill, & Philip Seymour Hoffman

Frustrated that his baseball team can't afford big-money players, Oakland A's general manager Billy Beane bets on a bold new strategy to change the game. Based on a true story.