



# Supporting Communication

## *Tips for Communicating with Adults Facing Speech Challenges*

Speech and language disorders are common in adults. Some people have difficulties **understanding language**, whereas other people have trouble **expressing themselves**. Some people have difficulties with both. **Be a good communication partner!**

To help someone **understand you better**, do the following:

- **Get the person's attention first.**
- **Keep your voice at a comfortable level.** You don't need to talk louder unless you are asked to do so.
- **Keep the words you use simple but adult.** Don't "talk down" to the person.
- **Slow down** as you speak.
- **Use short sentences.** Repeat key words that you want the person to understand.
- **Break down directions into small steps.** Repeat directions as needed.
- **Use pictures, gestures, writing, and facial expressions.** Someone with communication

difficulty may understand those better than words.

To help someone **express his or herself better**, do the following:

- **Give the person time** to communicate the message.
- **Watch body language and gestures.** These visual cues may provide additional information and context.
- **Let the person know when you have trouble understanding.** Don't pretend to understand.
- **If you don't understand the whole message, then repeat the part** that you understand. This way, they won't have to start all over again.
- **Ask someone to draw, write, point, or gesture** if he/she is having trouble communicating—or if you're having trouble understanding.
- **Use "yes" and "no" questions** to offer simple options and to make sure that you understand the

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## EVENTS & OPPORTUNITIES

### Window Cleaning in June

Window cleaning is scheduled for the first three weeks in June. Duplexes will be completed first from June 2 through June 4. The Monarch building will be June 5. Bramlage House and the outer perimeter of the main tower will be June 9 through June 12. The main tower, courtyards, and patio doors will be June 16 through June 19. Of course, the schedule is weather-dependent.

### Friday Night Program: The Curious Case Friday, May 16, at 7 p.m.

"The Curious Case of Seldon B. Lard: The Open and Shut Murder Case Re-Opened 126 Years Later" will be presented by Melanie Highsmith from the Riley County Historical Society at 7 p.m. Friday, May 16, in the Event Center. This presentation provides details of the 1897 murder of former Riley County Sherriff Seldon Burke Lard, highlights inconsistencies in the historical record, and describes the search for the weapon. All are encouraged to attend.

### Shopping at Hobby Lobby & Dollar Tree Saturday, May 17, at 10:30 a.m.

The next scheduled trip is Saturday, May 17, with transportation going to Hobby Lobby and Dollar Tree East. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m.

### Worship Services

**Sunday, May 18, at 10 a.m. and 11 a.m.**

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10 a.m. or 11 a.m. on Sunday, May 18, in the Community Room/Chapel. This week, Melanie will explore the book of Colossians.

### The Piano Studio of Sibylle Kuder Recital Sunday, May 18, at 3:30 p.m.

All are welcome to attend a recital by students from Sibyllle Kuder studio at 3:30 p.m. Sunday, May 18, in the Community Room. This is a private piano studio in Manhattan, Kan., offering piano lessons to dedicated and passionate students.

### Prairie Star Writing Group

**Tuesday, May 20, at 1 p.m.**

Interested in joining the writing group at Meadowlark? Prairie Star Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays. The next meeting is set for 1 p.m. Tuesday, May 20, in the Patriot Room. The May 20 session is titled, "Let's Go Back, Waaaaay Back."

### FUMC Communion

**Wednesday, May 21, at 9 a.m.**

Join Pastor Donna and Pastor Courtney from First United Methodist Church at 9 a.m., Wednesday, May 21, in the Bison Room to receive communion.

### Museum of Art & Light

**Wednesday, May 21, at 9:45 a.m.**

We will take a day trip to the Museum of Art & Light on Wednesday, May 21. The Museum of Art and Light, a space designed to showcase the bridge between modern and traditional art, opened in Manhattan, Kan., on Nov. 8, 2024.

Currently, exhibits on display include a fine art room, where, mounted on the walls, hang works by Pablo Picasso and Salvador Dali among others. The first floor displays the Mezmereyz exhibit, and the second floor showcases the De Coded and the Byrnic & Gordon Hurt Galleries.



## You're invited!

Please join us for a happy hour  
sponsored by your friends, WTC Fiber.

**Date: May 20<sup>th</sup>, 2025**  
**Time: 3:00pm**  
**Location: The Courtyard**

We appreciate your business  
and look forward to seeing  
you there! Food and drinks  
will be provided.



## EVENTS & OPPORTUNITIES

We will depart from the Village Entrance at 9:45 a.m., and will have lunch at Café Azul located at the museum. The cost of admission and transportation is \$19, and residents are responsible for their own lunch at the café. There is a sign-up sheet in the Blue Book.

### Page Turners Book Club

**Wednesday, May 21, at 11:30 a.m.**

Join the Page Turners at 11:30 a.m. Wednesday, May 21, in the Patriot Room to begin our discussion of *This Is Where I Leave You* by Jonathon Tropper. This novel is described as a riotously funny, emotionally raw story about love, marriage, divorce, family, and the ties that bind — whether we like it or not. 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](mailto:ksigman@meadowlark.org) or (785) 323-3899. You do not have to come to every discussion to participate; come as you are able!

### Life, Death, & What's Next Discussion

**Wednesday, May 21, at 1:30 p.m.**

Join Melanie Nord for the last session of “Life, Death, & What's Next” at 1:30 p.m. Wednesday, May 21, in the Community Room.

### College Avenue UMC Luncheon

**Thursday, May 22, at 12 p.m.**

College Avenue United Methodist Church friends are invited to join in fellowship and lunch with Rev. John Collins at 12 p.m. Thursday, May 22, in the Bison Room.

### Mann Magic Show

**Friday, May 23, at 7 p.m.**

Meadowlark welcomes Glenda and Mike Mann at 7 p.m. Friday, May 23, in the Event Center! They are a husband-and-wife team with a unique profession. They combine illusions, ventriloquism, and comedy to entertain and inform. The Manns have appeared throughout the United States at State fairs, community festivals, school assemblies, libraries, churches, and business meetings.

Glenda is the magician. She is a member of the International Brotherhood of Magicians and has studied under some of the greatest magicians. Mike, the ventriloquist, humorously converses with different puppets. All are invited to join!

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message. Say a person's messages back, as needed, so he/she can tell that you understood correctly.

- **Give choices** instead of asking an open-ended question. For example, “Do you want to watch TV or go to the movies?” instead of “What should we do this afternoon?”
- **Allow for mistakes.** A person may not be able to say everything perfectly all the time. What's important is that the message gets across.

To help people **better understand AND express themselves**, do the following:

- **Ask the person how he prefers to communicate** or what you can do to support him.
- **Be patient.** It may take an extra moment for someone to get her words out or to understand your message. Extend courtesy and kindness.
- **Eliminate distractions** (e.g., turn off the TV or the radio).
- **Don't make assumptions.** This includes assumptions about a person's intelligence or capabilities to perform certain tasks as well as his preferences and/or life choices (e.g., whether he wants to participate in a certain activity, pursue a new job or responsibility, etc.).
- **Educate yourself.** Speech and language difficulties can occur for a variety of reasons, and they show up in many different ways. Learn more from trusted sources such as the American Speech-Language-Hearing Association (ASHA) so you can best support your communication partner.

You may not remember to do all of these things all of the time, but you can vastly improve a person's communication success by trying your best. If you want to help someone connect with treatment, search for a certified speech-language pathologist in your area through the [ASHA ProFind](#) national database.

from [asha.org](http://asha.org), May 2025



# Trash to Treasure

*by Becky Fitzgerald, Development Director*

Thanks to the craftsmanship and ingenuity of Meadowlark resident Steve Hall, Meadowlark Foundation is receiving a boost. The proceeds from the sale of two items Hall made to be sold at Meadowlark Market will benefit the Good Samaritan Fund.

Hall found a discarded antique Singer sewing machine cabinet and immediately saw the potential. Because of a similar item at his home, Hall knew the iron legs and treadle would make a sturdy and interesting base for a table. He said his wife, Linda, displays plants on their treadle table, and asked if something similar would appeal to Market shoppers. The answer? An enthusiastic YES! He made a tabletop from cedar, added several coats of protective varnish, and oh la la, an eye-catching home for plants or decor items was created. *(See picture below on the left)*

Before Hall could deliver the table to the Market, it attracted attention from his Meadowlark Valley neighbors, Jim and Terry Carpenter. They, too, agreed that the table would make an excellent

plant stand, so Hall contacted Becky Fitzgerald, Development Director, to meet with him and Jim to set a purchase price. Terry, an accomplished sewer and quilter, appreciates that the table's base was manufactured to operate a sewing machine.

Hall's second upcycle project, a cute side table/nightstand, was created from three furniture items: drawers from the left-behind early 1900s oak sewing cabinet, legs from a broken drop-leaf table, and a walnut footboard. The broken table and footboard had been donated previously to the Foundation to be sold at the Market, but it was determined that both items would be put to better use in Hall's hands. Because small side tables are popular items at Meadowlark Market, Fitzgerald is confident this truly one-of-a-kind piece will find a new home soon. It's been added to the Market's current inventory and will be offered to the public at the May sale on May 30 and 31. *(See picture below on the right)*

Thank you, Steve, for sharing your talents with your Meadowlark family!





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

Many printmakers work in black and white, making the use of contrast and texture significant. The natural light on a tabletop, a shadowed corner, or the details of trees outside a window are the result of contrast and exposes dimensions that might be missed in an artwork with color. The texture becomes important to encourage the viewer to touch the image with their eyes. The smoothness of a plate or the soft warmth of a tablecloth come to life with texture in the absence of color. A black and white image appears universal, not necessarily evoking a certain place or time. Allowing the viewer to enter with their own reflections. As you experience this woodcut, how many different textures do you notice? Where does the artist apply contrast? What musings does this composition suggest for you?



Clara Anna Hatton (United States, 1901 - 1991), *Shambles Restaurant*, 20th century, Woodcut on paper, KSU, Marianna Kistler Beach Museum of Art, gift of John, Susan, and Johnny Watt, in memory of Sarah Katherine Watt, 2009.54

# RESTAURANT **SPECIALS**

<b>Sunday, May 18</b>	<b>Sunday Brunch</b> Brunch Menu available from 9 a.m. to 2 p.m.	<b>\$14</b> <b>Dinner</b> Homemade Chicken Tenders Herb-Roasted Potatoes Honey-Garlic Carrots
<b>Monday, May 19</b>	<b>\$11</b> <b>Lunch</b> Roasted Pork Sandwich Sweet Potato Fries	<b>\$15</b> <b>Dinner</b> Chicken Parmesan <i>served over Linguine</i> Garlic Bread Side Caesar Salad
<b>Tuesday, May 20</b>	<b>\$10</b> <b>Lunch</b> Chicken Fried Rice Egg Roll	<b>\$15</b> <b>Dinner</b> Bacon -Wrapped Cheese-Stuffed Meatloaf Cheesy Potatoes Peas & Onions
<b>Wednesday, May 21</b>	<b>\$11</b> <b>Lunch</b> Cowboy Burger French Fries	<b>\$14</b> <b>Dinner</b> Swiss Steak Mashed Potatoes Honey-Glazed Carrots
<b>Thursday, May 22</b>	<b>\$11</b> <b>Lunch</b> Fried Chicken Sandwich French Fries	<b>\$17</b> <b>Dinner</b> Chicken & Sausage Cajun Pasta Garlic Bread House Side Salad
<b>Friday, May 23</b>	<b>\$11</b> <b>Lunch</b> Taco Bar	<b>\$16</b> <b>Dinner</b> Fried Catfish Cornbread Pudding Coleslaw
<b>Saturday, May 24</b>	<b>\$11</b> <b>Lunch</b> Sloppy Joe Tator Tots	<b>\$15</b> <b>Dinner</b> Chicken-Fried Steak Mashed Potatoes and Gravy Corn

# Weekly Opportunities Calendar May 18 to May 24

**Sunday • May 18** *Put your trash at the curb!*  
8:45 a.m. ~ Transport to College Ave UMC, VE  
10:00 a.m. ~ Transport to College Ave UMC, VE  
10:00 a.m. ~ Worship Service, CR  
10:30 a.m. ~ Transportation to FUMC, VE  
11:00 a.m. ~ Worship Service, CR  
3:30 p.m. ~ Sibylle Kuder Piano Recital, CR

**Monday • May 19** *Trash & Recycle pick-up*  
9:30 a.m. ~ Seated Strength, CR/**1960**  
9:30 a.m. ~ Memory Care Partners Group, **STM**  
10:00 a.m. ~ Tuttle Creek Ladies Group, BR  
10:00 a.m. ~ Tuttle Creek Men's Group, 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  
2:00 p.m. ~ Tai Chi, EC/**1960**  
5:30 p.m. ~ 5th Floor Supper, MR  
7:00 p.m. ~ Community Bingo, CR

**Tuesday • May 20**  
10:00 a.m. ~ Memory Activities, EC  
10:15 a.m. ~ Mat Yoga, KSU CL  
10:30 a.m. ~ Steady Yourself, CR/**1960**  
11:15 a.m. ~ Chair Yoga, EC/**1960**  
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  
2:00 p.m. ~ Water Media Painting, KSU CL  
3:00 p.m. ~ WTC Happy Hour, CY  
5:30 p.m. ~ 2nd Floor Supper, BR

**Change & Loss Support Group, on hold**  
Our Change & Loss Support Group will be on hold throughout the summer. We will be using this time to restructure this type of support. Please reach out to Linda Montgomery at (785) 320-7299, or at [lmontgomery@meadowlark.org](mailto:lmontgomery@meadowlark.org) for any questions or for more information.

**Diabetic Wellness Group, no meeting**  
The Diabetic Wellness Group will not meet during the month of May.

**Volunteer & Tech Helper**  
Deborah Goins will not be available to help with technology questions Tuesday, May 20.

**Wednesday • May 21, continued**  
9:00 a.m. ~ FUMC Communion, BR  
9:30 a.m. ~ Seated Strength, CR/**1960**  
9:45 a.m. ~ Depart for Museum of Art & Light, VE  
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE  
10:00 a.m. ~ Memory Care Partners Group, 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  
11:30 a.m. ~ West Monarch Luncheon, BR  
1:30 p.m. ~ Life, Death, & What's Next Class, CR  
2:00 p.m. ~ Tai Chi, **1960 only**  
3:00 p.m. ~ Rock Steady Boxing, CR  
3:00 p.m. ~ Sing-A-Long, FHR

**Thursday • May 22**  
9:00 a.m. ~ Messenger Team, KSU CL  
10:15 a.m. ~ Mat Yoga, KSU CL  
10:30 a.m. ~ Steady Yourself, CR/**1960**  
11:15 a.m. ~ Chair Yoga, CR/**1960**  
11:30 a.m. ~ Caring Conv. For People w/PD, FHR  
11:30 a.m. ~ PD Care Partner Social, PS  
12:00 p.m. ~ College Avenue UMC Luncheon, BR  
1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**  
1:00 p.m. ~ PD Care Partners Group, FHR  
2:00 p.m. ~ Water Media Painting, KSU CL  
2:30 p.m. ~ Knitting & Crocheting, BR

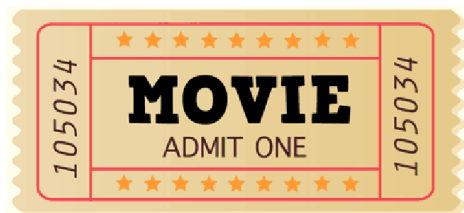
**Friday • May 23**  
7:30 a.m. ~ Rock Steady Boxing, **BF**  
9:30 a.m. ~ Seated Strength, CR/**1960**  
10:30 a.m. ~ Weights 101, CR/**1960**  
11:30 a.m. ~ Sit & Be Fit, CR/**1960**  
2:30 p.m. ~ Fanny & Furby, KR  
7:00 p.m. ~ Mann Magic Show, EC

**Saturday • May 24**  
9:00 a.m. ~ Tai Chi, **1960 only**  
9:30 a.m. ~ Band Bust Exercise Class, **1960 only**

## Room Abbreviations

<b>1960</b> , TV Channel 1960	KR, Kansas Room
<b>BF</b> , 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	<b>STM</b> , St. Thomas More Church
FHR, Flint Hills Room	VE, Village Entrance





## 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 18

***SIGNS*** (2002) PG-13, 1 hr. 46 min. *Horror, Sci-Fi*

Cast: Mel Gibson, Joaquin Phoenix, & Rory Culkin

A widowed former reverend living with his children and brother on a Pennsylvania farm finds mysterious crop circles in their fields, which suggests something more frightening to come.

*DVD generously donated by the family of Bob Weber.*

### MONDAY: May 19

***MEMOIRS OF A GEISHA*** (2005) PG-13, 2 hr. 25 min. *Romance, Drama*

Cast: Ziyi Zhang, Ken Watanabe, & Michelle Yeoh

The heartwarming tale of Nitta Sayuri, a young Japanese woman who transcended from her fishing-village roots and became one of Japan's most celebrated geisha. *DVD generously donated by the family of Bob Weber.*

### TUESDAY: May 20

***SPACE COWBOYS*** (2000) PG-13, 2 hr. 10 min. *Action, Adventure, Thriller*

Cast: Clint Eastwood, Tommy Lee Jones, & Donald Sutherland

When retired engineer Frank Corvin is called upon to rescue a failing satellite, he insists that his equally old teammates accompany him into space. *DVD generously donated by the family of Bob Weber.*

### WEDNESDAY: May 21

*No movie showing today.*

### THURSDAY: May 22

***CLOSER*** (2004) R *for graphic sexual dialogue, nudity, and language*, 1 hr. 44 min. *Drama, Romance*

Cast: Natalie Portman, Jude Law, & Julia Roberts

The relationships of two couples become complicated and deceitful when the man from one couple meets the woman of the other.

### FRIDAY: May 23

***500 DAYS OF SUMMER*** (2009) PG-13, 1 hr. 36 min. *Comedy, Drama*

Cast: Joseph Gordon-Levitt, Zooey Deschanel, & Geoffrey Arend

A romantic comedy about a woman who doesn't believe true love exists and the man who falls for her.

### SATURDAY: May 24

***THE WATERHORSE: LEGEND OF THE DEEP*** (2007) PG, 1 hr. 52 min. *Adventure, Family, Fantasy*

Cast: Emily Watson, David Morrissey, & Alex Etel

A lonely boy discovers a mysterious egg that hatches a sea creature of Scottish legend.

*DVD generously donated by the family of Bob Weber.*