



Troy Cook, featured speaker for  
Empowered LIVE! 2025

## Empowered LIVE!

*An evening to celebrate living well with Parkinson's disease*

**by Katie Sigman, Special Programs Coordinator**

Living well means something different to everyone. I learn to live my own life well by watching others who live according to their own unique life and values. There is no better example of this than the Meadowlark Parkinson's Program family. The Meadowlark Parkinson's Program strives to empower those living with Parkinson's disease, through opportunities for exercise, education, and engagement. On Friday, Aug. 22, at the Holiday Inn at the Campus, the community can engage with people living with Parkinson's, whether diagnosed, care partners, and/or family and friends.

During the evening, attendees will be inspired by our VIPDs' (Very Important People with Parkinson's disease) displays of creative talent, including woodworking, model trains, lacework, writing, and

more. They will learn from companies that provide treatments or specialized therapies for PD, and they also have the option to enjoy a meal of sweet and savory foods. Tickets for the meal are \$20 and can be purchased by contacting Michelle or Katie at (785) 323-3899 or online by visiting the Speedy PD Registration page at <https://www.meadowlark.org/speedy-pd>. You do not have to eat to attend the event, you can participate in the evening free-of-charge if you do not wish to have the meal.

An important part of living well is gratitude, and we are so grateful to Vanderbilt's, western apparel and workwear retail store with nine Kansas locations, for sponsoring the keynote speaker for Empowered LIVE! Since 2018, residents David and Jan Vanderbilt have helped create a wonderful evening for people affected

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## EVENTS & OPPORTUNITIES

### **Worship Services**

*Sunday, Aug. 3, at 10 & 11 a.m.*

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10 a.m. or 11 a.m. on Sunday, Aug. 3, in the Community Room/Chapel. This week, Melanie will explore the book of 2 Peter.

### **Town Meeting**

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

All Meadowlark residents are invited to attend August's Town Meeting at 9:30 a.m. Monday, Aug. 4, in the Event Center. Town Meeting is a great opportunity to hear Meadowlark updates from leadership team members, ask questions, and learn what to expect for activities and entertainment throughout the month!

### **Prairie Star Writing Group**

*Tuesday, Aug. 5, 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 at 1 p.m. Tuesday, Aug. 5, in the Patriot Room.

The Aug. 5 session is titled, "My BFF. My Best Friend Forever!" Who is one or more of those "best friends forever" you would like to celebrate in your storytelling? It will be wonderful to see him or her through your eyes.

### **Volunteer & Tech Helper**

*Tuesday, Aug. 5, at 4 p.m.*

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Tuesday, Aug. 5, in the Kansas Room. Deborah looks forward to building connections through this opportunity and meeting others, so be sure to stop by during her visits on the first and third Tuesday of every month!

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

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

Prairie Star Restaurant invites Meadowlark's men to attend a social supper at 5:30 p.m. Wednesday, Aug. 6. 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 opportunity will not feature a program.

### **UFM: Seated Yoga**

*Wednesday, Aug. 6, at 6 p.m.*

UFM is offering an hour-long session of Seated Yoga at 6 p.m. Wednesday, Aug. 6, in the Community Room.

Seated Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction. Participants also will learn how to develop a home practice. All levels are welcome.

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.

### **Parkinson's Education Group**

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

You're invited to the August meeting for the Parkinson's Education Group from 2 to 3:30 p.m. in Meadowlark's Community Room. This month's program is presented by Kaitlynn Walker, PTR/L and SummitCare Rehab Director at Meadowlark, and is titled, "Falls Prevention: Techniques Through Therapy Interventions."

Kaitlynn offers a wealth of knowledge by supporting people as they navigate the changes of aging and/or disease. Parkinson's can impact strength, balance, and mobility and lead to falls which can range from a minor embarrassment to a life-changing event.

Learn how to incorporate exercise, therapy, and external aids to strengthen your body, increase your confidence, and continue living well with Parkinson's disease!

Questions? Contact Michelle or Katie at (785) 323-3899.

### **Dinner with The League**

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

Join in the Event Center for Dinner with The League of Women Voters. The topic will be K-12 Education in Kansas: Current Funding. Enjoy a Cobb salad and roll with butter for \$15.

Please register for the meal in the Blue Book at the Hospitality Desk.

**Pink Diva & The Jazz Masters**

**Friday, Aug. 8, at 7 p.m.**

Come swing with style with Pink Diva and the Jazz Masters at 7 p.m. Friday, Aug. 8, in the Event Center. The group will bring you a dazzling blend of classic jazz and modern flair. With their powerhouse lineup of keys, drums, bass, sax, and a captivating singer, they breathe new life into timeless tunes. From the soulful strains of "All of Me" to contemporary hits reimagined in a jazzy groove, their performances are a celebration of jazz oldies and modern marvels. Let them take you on a musical journey where every note is a masterful tribute to the genre's rich heritage.

**Ladies Luncheon**

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

The August Ladies Luncheon hostess Pat Hook will share her extensive collection of postcards and custom stamps, including unique stories of the pieces! The meal will include half Italian sub, pub chips, and Heath Bar ice cream for \$12.

Meadowlark and Passport ladies are welcome and encouraged to attend.

Please sign up in the Blue Book at the Hospitality Desk to join us for the meal.

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by Parkinson's (PD), care partners, family, friends, and others interested in learning.

This year, the speaker is Troy J. Cook, whose powerful message encourages audiences to define success and fulfillment on their own terms. Troy was diagnosed with Parkinson's Disease in 2017 at the age of 48, a moment that put his lifelong beliefs to the test. While his focus has always been on the audience, Parkinson's Disease gave Troy the opportunity to look into his own life to find strength and inspiration. He combines personal stories and professional experiences to provoke laughter, tears, take-your-breath-away moments, and belief in the future.

Troy's presentation, "Success, Fulfillment, and Parkinson's" is an inspirational, no-nonsense message that contains

valuable takeaways for audience members to reflect on and use for a lifetime of fulfillment. Troy also is a recently published author and his book, *Change is Inevitable, Growth is Optional-Learnings from Navigating Adversity* will be available to purchase at Empowered LIVE!

Empowered LIVE! is an inspirational evening! Join us Friday, Aug. 22, from 5 to 6:30 p.m. for conversation, visiting with the VIPD artists, and the vendors. Troy presents from 6:30 to 7:30 p.m. If you wish to eat at the event, it is advised that you purchase your tickets prior to Aug. 22. If not sold out prior to the event, tickets may be purchased at the door. If you would like to have transportation to and from Meadowlark, please sign up in the Blue Book at the Hospitality desk.



**August Birthdays**



**Skilled Nursing**

- 8/1 Ron Williams
- 8/6 Fred Merklin**
- 8/10 Josephine White
- 8/13 Vic Straub
- 8/14 David Benfer
- 8/18 Jo Lindly
- 8/21 Ron McCaffrey
- 8/22 Frank Miller
- 8/25 Ellie Cox
- 8/31 Michael Troy

**Bold denotes milestone birthdays!**

**Assisted Living**

- 8/4 Barbara Simons**
- 8/8 Carolyn Thompson
- 8/11 Diane Gaede
- 8/21 Nancy Haddock

**Independent Living**

- 8/2 Fred Freeman
- 8/4 Karen McGaughey
- 8/7 Norman Schlesener
- 8/7 Candace Pannbacker
- 8/8 Pat Conkwright

- 8/9 Linda Schwartzkopf
- 8/9 Connie Cusimano
- 8/13 Marjorie Hughey
- 8/15 Mark Cusimano
- 8/17 Marilyn Whitley
- 8/17 Kenny Thomas
- 8/19 Jim Girard**
- 8/21 Tom Fryer
- 8/22 Ken Shultis
- 8/22 Mary-Rita Spooner
- 8/25 David Fritchen
- 8/26 Sheila Prince
- 8/26 Judy Willingham



# Serving Pacific Crest Trail Hikers



John & Janet,  
Carson Pass,  
2009

*by John Walters*

When Janet and I were considering marriage in 2007, she wanted to see how I could handle hiking at 8,500 feet elevation in the Sierra Nevada. I thought I had better get ready for that as I had not been above 1,000 feet for more than a decade. I told her I would put 35 pounds of bricks in my backpack and do wind sprints in the Bainbridge, Ga., high school football stadium. She denied permission for that effort! She was a member of Eldorado National Forest Interpretive Association (ENFIA), and I joined as well. This allowed me to participate as a docent at Carson Pass.

Janet invited me to Vacaville, Calif., in July of that year. She met me at Sacramento airport, and we drove to Vacaville. I stayed at the home of her friends, the Atherlys. A few days later, we drove up to Carson Pass, just South of Lake Tahoe to the very nice Carson Pass Information Center (usually called the Station), which is situated on the Pacific Crest Trail at 8573 feet elevation, where it crosses CA 88. We hiked out to Lake Winnemucca, 2.3 miles to the South and back (for a total of 4.6 miles). I did just fine with no advance preparation and passed the

test. That section of trail is known as the best for alpine flowers in the entire Sierra!

When we were working at the station, we could reserve the Forest Service cabin at the nearby Silver Lake at 7000 feet elevation. The cabin is entirely on propane: lights, refrigerator, stove, water heater and has enough beds for five people. We were not yet married, so Janet slept in the cabin, and I slept out in the back yard. Janet could lean out the window for conversation, reminiscent of Romeo with Juliet on the balcony. In the following years, we would usually come up on a Wednesday, stopping at a grocery store along the way for supplies. We would also prepare meals we could heat up easily for supper on the gas stove (no microwave!). Sometimes, we would walk the 100 yards to Kit Carson Lodge, where there was a very good restaurant. Occasionally, we would drive to Sorensen's, 20 miles to the East, another very good restaurant. There was the Kirkwood Inn near the Kirkwood Ski Resort, 5 miles to the East. Most of the time, we ate our own cooking. We ate breakfast and supper in the cabin, and sack lunches at the Information Station.

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At Carson Pass the skies are unpolluted, and the temperature is 30° F, lower than in the Sacramento Valley! When it is 100 down in the valley it is 70 at the pass. Kit Carson crossed the pass in the winter of 1844, thus the name.

We had to open the Information Center by 8 a.m. and close at 4:30 p.m. It was interesting to try to eat lunch as we would have 200 visitors some days! If we had more than two docents there, we could take turns hiking during the day. We often would hike after closing the station, as the daylight persisted for a few hours after that. We would sometimes get a flood of Pacific Crest Trail through-hikers (PCTers) at the closing, as the “Station” was well known and popular.

Most of the time, we helped PCTers and day hikers. We were authorized representatives for the Eldorado National Forest Service. We had no enforcement authority but advised hikers and visitors of the trail conditions and rules. We also

assigned camping in the areas around the limited use lakes: Winnemucca, Round Top and Fourth of July, as these areas were overpopulated in the past. We also issued fire permits, which included NO wood fires above 8000 feet elevation (for environmental reasons). We assisted the PCT through-hikers in many ways. We had free water for them (no piped in water at that elevation), snacks for them (after many days of hiking the 2400-mile trail, things such as apples, grapes, Coca Cola®, Cheez-its®, etc. were very welcome). We had a nice porch for them to relax on with real chairs! We also had a PCT logbook for them to write in and to read of other through-hikers. Many of the through-hikers were trying to do 25 miles each day. We once met one who was doing two 25-mile segments per day!

***Read the rest of John and Janet's adventure in Carson Pass in next week's edition of the Meadowlark Messenger!***

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



Harry Elno Krug (United States, born 1930)  
*Shoal Creek*, ca. 1970  
Color screenprint on illustration board  
KSU, Marianna Kistler Beach Museum of Art, gift of the artist, 2012.286

Emphasis is a design principle that can be used to help the viewer put together the story of an artwork. The artist may use a focal point to attract the viewer's attention. There can be multiple focal points. The order in which the eye moves from one to the other depends on the degree in which each focal point is accentuated. An artist may contrast an object with its background or isolate it from other like items. The artist may locate the focal point in a prime location within the composition or create a sight line to the object of interest. When you look at this screenprint, take notice where your eye starts and how it moves through the scene. What techniques did the artist use to create emphasis?

# RESTAURANT **SPECIALS**

<b>Sunday, Aug. 3</b>	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	<b>\$12</b> Dinner Philly Cheesesteak French Fries
<b>Monday, Aug. 4</b>	<b>\$11</b> Lunch Beef & Cheddar Sandwich Fried Pickle Spear Coleslaw	<b>\$16</b> Dinner Turkey Mashed Potatoes & Gravy Green Bean Casserole
<b>Tuesday, Aug. 5</b>	<b>\$11</b> Lunch Catfish Po' Boy Fried Okra	<b>\$13</b> Dinner Spaghetti & Meatballs Garlic Toast Green Beans
<b>Wednesday, Aug. 6</b>	<b>\$10</b> Lunch Chicken Fajita Quesadilla Corn Salad	<b>\$15</b> Dinner Cornflake Chicken Wild Rice Sweet Fried Brussel Sprouts
<b>Thursday, Aug. 7</b>	<b>\$11</b> Lunch Tuna Melt Pasta Salad	<b>\$15</b> Dinner Pork Tenderloin <i>With Red Pepper Pesto Sauce</i> Hashbrown Casserole Honey-Glazed Carrots
<b>Friday, Aug. 8</b>	<b>\$11</b> Lunch Soup & Salad Bar	<b>\$17</b> Dinner Coconut Shrimp Coconut Rice Grilled Pineapple
<b>Saturday, Aug. 9</b>	<b>\$11</b> Lunch Fried Pork Cutlet Sandwich Pub Chips	<b>\$24</b> Dinner 10 oz Ribeye Baked Potato Asparagus



# Weekly Opportunities Calendar Aug. 3 to Aug. 9

## Sunday • Aug. 3 *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

## Monday • Aug. 4 *Trash & Recycle 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**  
 9:30 a.m. ~ Memory Care Partners Group, **STM**  
 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  
 2:00 p.m. ~ Tai Chi, EC/**1960**  
 4:15 p.m. ~ Hable Espanol, FHR  
 5:30 p.m. ~ Tuttle Creek Dinner, MR  
 7:00 p.m. ~ Community Bingo, CR

## Tuesday • Aug. 5

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. ~ Chair Yoga, 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  
 2:00 p.m. ~ Water Media Painting, KSU CL  
 3:00 p.m. ~ Coffee Corner, EC  
 4:00 p.m. ~ Tech Help, FHR  
 6:30 p.m. ~ Summer Vespers, CY

## Wednesday • Aug. 6

9:30 a.m. ~ Seated Strength, CR/**1960**  
 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. ~ North Monarch Luncheon, MR  
 2:00 p.m. ~ Tai Chi, EC/**1960**

## Wednesday • Aug. 6, continued

3:00 p.m. ~ Rock Steady Boxing, CR  
 3:00 p.m. ~ Sing-A-Long, FHR  
 5:30 p.m. ~ Meadowlark Men's Social Supper, MR  
 6:00 p.m. ~ UFM: Seated Yoga, CR

## Thursday • Aug. 7

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. ~ Chair Yoga, CR/**1960**  
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**  
 2:00 p.m. ~ Parkinson's Education Group, CR  
 2:00 p.m. ~ Water Media Painting, KSU CL  
 5:30 p.m. ~ Meadowlark Circle Dinner, MR  
 6:00 p.m. ~ Dinner with the League, EC

## Friday • Aug. 8

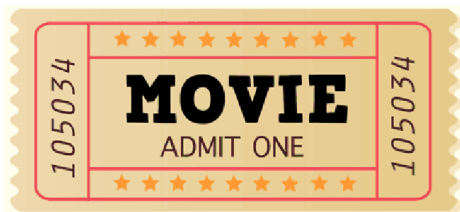
7:30 a.m. ~ Rock Steady Boxing, **BF**  
 9:30 a.m. ~ Seated Strength, CR/**1960**  
 10:30 a.m. ~ Weights 101, CR/**1960**  
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**  
 2:30 p.m. ~ Fanny & Furby, KR  
 7:00 p.m. ~ Pink Diva & Jazz Masters, EC

## Saturday • Aug. 9

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	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>STM</b> , St. Thomas More Church
FHR, Flint Hills Room	VBL, Verna Belle's Lounge
GC, Grosh Cinema	VE, Village Entrance
KR, Kansas Room	<b>WPL</b> , Wamego Public Library



## 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: Aug. 3

**MIRACLES FROM HEAVEN** (2016) PG, 1 hr. 49 min. *Biography, Drama*

Cast: Jennifer Garner, Kyle Rodgers, & Martin Henderson

Based on the incredible true story of the Beam family. Christy discovers that her 10-year-old daughter has a rare, incurable disease.

### MONDAY: Aug. 4

**HIT MAN** (2023) R *for language, sexual content and violence*, 1 hr. 55 min. *Docudrama, RomCom*

Cast: Glen Powell, Adria Arjona, & Austin Amelio

A professor moonlighting as a hit man of sorts for his city police department, descends into dangerous, dubious territory when he finds himself attracted to a woman who enlists his services.

### TUESDAY: Aug. 5

**RED TAILS** (2012) PG-13, 2 hr. 5 min. *Action, History, Docudrama*

Cast: Cuba Gooding, Jr., Gerald McRaney, & David Oyelowo

A crew of African American pilots in the Tuskegee training program, having faced segregation while kept mostly on the ground during World War II, are called into duty under the guidance of Col. A.J. Bullard.

### WEDNESDAY: Aug. 6

**OKLAHOMA!** (1955) G, 2 hr. 25 min. *Classic, Musical, Western*

Cast: Gordon MacRae, Gloria Grahame, & Gene Nelson

In Oklahoma, several farmers, cowboys and a traveling salesman compete for the romantic favors of various local ladies.

### THURSDAY: Aug. 7

**TWISTER** (1996) PG-13, 1 hr. 53 min. *Disaster, Survival, Action*

Cast: Helen Hunt, Bill Paxton, & Jami Gertz

Two storm chasers on the brink of divorce must work together to create an advanced weather alert system by putting themselves in the cross-hairs of extremely violent tornadoes.

### FRIDAY: Aug. 8

**CATCH & RELEASE** (2006) PG-13, 1 hr. 52 min. *Comedy, Drama*

Cast: Jennifer Garner, Timothy Olyphant, & Sam Jaeger

For a grieving fiancée, learning to love again requires the help of her late love's three best friends.

### SATURDAY: Aug. 9

**HAMILTON** (2020) PG-13, 2 hr. 41 min. *Musical, History, Biography*

Cast: Daveed Diggs, Renee Elise Goldsberry, & Jonathan Groff

The real life of one of America's foremost founding fathers and first Secretary of the Treasury, Alexander Hamilton. Captured live on Broadway from the Richard Rodgers Theater with the original Broadway cast.

RESIDENT REQUEST