

Sept. 11, 2025 Manhattan, Kansas Messenger Editor: Sarah Duggan

A local not-for-profit focused on supporting people in living their best lives



# Cheers to the 17th Annual Speedy PD Race for Parkinson's Disease

#### by Katie Sigman, Parkinson's Program

While the K-State football team and many supporters traveled across the pond to Dublin, Ireland, for the Aer Lingus Classic, we had the best craic (that's Irish for party or good time) stateside at the 17th Annual Speedy PD Race for Parkinson's Disease. The weekend kicked off on Friday evening at the Holiday Inn at the Campus for *Empowered Live*! An Evening to Celebrate Living Well with Parkinson's. Guests enjoyed a delicious dinner buffet and viewed the creative talents of our VIPDs (Very Important People with Parkinson's Disease) before hearing an inspiring message from motivational speaker Troy Cook. Diagnosed with Parkinson's disease at the age of 48, Troy turned adversity into opportunity and shares his message of resilience and fulfillment across the country. We were honored to have him share his powerful message with us during the weekend, as he encouraged us to dance the dance of our lives, whatever it may be.

Dancing shoes were traded for running shoes the

morning of Saturday, Aug. 23, at Tuttle Creek State Park as runners and revelers alike prepared for the Speedy PD race. Even the weather had an Irish tone as the morning started out damp and cool. We received a record-breaking 1,068 entries for the Half-Mile Memorial Walk/Run, Don Rasmussen 5K, and the 10K race! This total surpassed the previous record of 932 entries last year. Team spirit was stronger this year than ever with 52 teams registered! The largest corporate team, Ascension Via Christi Hospital, had 66 members, and the largest social team, Straub Squad, was 58 members strong. Along with those in person at Tuttle Creek State Park many people participated virtually throughout the country and new friends in Ireland completed the virtual 5K! A big "go raibh maith agat" or thank you to all, wherever and however you participated with us!

We are excited that this year's race allowed us the opportunity to make international connections, but it is our local community and its support that

See RACE, page 5

# EVENTS & OPPORTUNITIES

#### Final call for artists!

This is the **final call** for artist participants to register for the Craft and Art Fair scheduled for Saturday, Oct. 18. Residents, Passport members and employee artists can sign up at the Hospitality Desk if they would like to set up a booth for this event.

#### 2nd Floor IL signage replacement

New signs will be installed Wednesday, Sept. 17. Apartment signage will still feature resident names. Please contact Sarah at (785) 323-3878 with questions.

### **Meadowlark Singers**

Come sing with us! Hello! My name is Heather Augustine, and I am the director of the choir at Meadowlark. We are always looking for more people to join the choir. Whether you can carry a tune or just carry the joy of music in your heart, we'd love to have you in Meadowlark Singers! Singing is about more than hitting the right notes. It's about connection, laughter, and lifting each other's spirits. No auditions, no pressure, no experience needed, just a welcoming group of neighbors coming together to make joyful noise. Come sing with us! Rehearsals are every Thursday from 4:15 to 5:15 p.m. Feel free to reach out with any questions!

#### **KSU Football Watch Party!**

Friday, Sept. 12, at 6 p.m.

Join us on Friday, Sept. 12, in the Kansas Room and Prairie Star Restaurant Bar, at 8 p.m., as our K-State Wildcats take on the Arizona Wildcats under the Friday night lights! Light refreshments will be served. Go Cats!

#### **Worship Services**

Sunday, Sept. 14, at 10 & 11 a.m.

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10 a.m. or 11 a.m. on Sunday, Sept. 14, in the Community Room/Chapel. This week, Melanie will explore the lessons of faith from the Lego company's culture.

All are welcome to enjoy coffee and fellowship before or after worship in the lobby between 9:30 a.m. and 12 p.m.

## **Prairie Star Writing Group**

Tuesday, Sept. 16, at 1 p.m.

Interested in writing and sharing stories? Prairie Star Writers, led by Cathy Hedge, meets the first and third Tuesdays of each month. The next session is Tuesday, Sept. 16, at 1 p.m. in the Patriot Room.

This session's theme is "First Days I Will Never Forget." From first pets or first loves to first jobs or first car accidents, everyone has memorable "firsts" worth writing about. We all have good tales to tell!

## **Volunteer & Tech Helper**

Tuesday, Sept. 16, at 4 p.m.

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Tuesday, Sept. 16, in the Kansas Room. Deborah looks forward to building connections through this opportunity and meeting others.

#### **UFM Class: Intro to Feldenkrais**

Tuesday, Sept. 16, at 1 p.m.

UFM is offering a three-part class titled "Introduction to Feldenkrais." Join the session in the Community Room on Tuesdays, Sept. 16 through Sept. 30, from 1 to 2 p.m.

The Feldenkrais Method of somatic exercise uses gentle movement and directed attention to help people learn new and more effective ways of living the life they want. You can increase your ease and range of motion, improve your flexibility and coordination, and rediscover your innate capacity for graceful, efficient movement.

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. Please note, you will be seated on the floor during the class.

#### **FUMC Communion**

Wednesday, Sept. 17, at 9 a.m.

Join Pastor Donna and Pastor Courtney from the First United Methodist Church at 9 a.m., Wednesday, Sept. 17, in the Bison Room to receive communion. This opportunity is open to anyone wanting to invite Christ into his or her heart.

# **EVENTS & OPPORTUNITIES**

## **Technology Help Drop In**

Thursday, Sept. 18, at 9 a.m.

Are you new to technology or need help with existing computer questions? Take advantage of one-on-one help with tablets, laptops, and phones. This opportunity is offered by Wandean Rivers with Manhattan Public Library every third Thursday from 9 to 11 a.m. in the Kansas Room. Registration is not required to attend.

## **Veterans Group**

Thursday, Sept. 18, at 10 a.m.

Veterans and their spouses are invited for coffee and conversation at 10 a.m. Thursday, Sept. 18, in the Manhattan Room. This group meets every third Thursday.

# Wareham Hall Renovation Showcase

Thursday, Sept. 18, at 4 to 8 p.m.

Wareham Hall is offering a never-before-seen look at the renovation plans, alongside historical artifacts and other exhibits showcasing the theatre's history. Guests can enjoy a complimentary beverage and appetizers while exploring the exhibits from 4 to 8 p.m. Thursday, Sept. 18, in the event space above Manhattan Brewing, Company.

#### Prairie Rose DJ

Friday, Sept. 19, at 7 p.m.

On Friday, Sept. 19, at 7 p.m., Meadowlark is thrilled to welcome Johnny Cyrene, better known as the "Prairie Rose DJ," to the Event Center for the very first time!

Johnny began spinning tunes in 2006 as part of a fundraising effort for the American Legion, and what started as a cause quickly turned into a passion. He loves sharing classic country favorites alongside hits from the '50s and '60s, and he always encourages requests from the audience.

As Johnny celebrates his 79th birthday on Oct. 1, he's especially excited to play for those from his generation and beyond. In his words, he "looks forward to coming to Meadowlark and entertaining for your enjoyment."

# Shopping at Hobby Lobby & Dollar Tree Saturday, Sept. 20, at 10:30 a.m.

Sign up in the Blue Book to join the next scheduled shopping trip to Hobby Lobby and

Dollar Tree East on Saturday, Sept. 20. The bus will depart from the Village Entrance at 10:30 a.m. and return by 11:45 a.m.

## Special Meal Hosted by Prairie Star

Thursday, Sept. 25, at 5:30 p.m.

You're invited to participate in a special meal hosted by Prairie Star Restaurant at 5:30 p.m. Thursday, Sept. 25. The cost to attend is \$35 per person and includes a three-course pre-fixe menu. Limited seating available! To reserve your spot, call (785) 323-3821.

# An Evening of Jazz at Meadowlark Saturday, Sept. 26, at 7:00 p.m.

Join us on Friday, Sept. 26, at 7 p.m. in the Event Center as Meadowlark welcomes Dr. G's Jazz Masters, presented by the Bell Family Foundation, for a night of smooth and swinging sounds!

Led by guitarist Wayne Goins, University
Distinguished Professor of Music at Kansas State
University, the group features the soulful vocals of
guest artist Susan Hancock. Rounding out the
ensemble are talented members of the Bell
Family: saxophonist Andy Bell, Sr., pianist Alan
Bell, and guitarist Andrew Bell.

Together, this accomplished lineup brings a rich mix of jazz styles—from blues and ballads to bebop and bossa novas—sure to delight music lovers of all kinds.

## Medicare Open Enrollment

Oct. 15 to Dec. 7, 2025

It's time to review your Medicare coverage and make changes if needed. This year, several insurance companies are dropping Medicare Advantage plans because of cuts in deductibles, co-pays, and cost shares. If your plan is ending, you'll receive a notice, so please watch for mailings in the coming weeks.

Dropped coverage will automatically roll into original Medicare, but you'll still need to enroll in Part D (prescription coverage) and possibly a Supplemental Plan.

The Meadowlark Finance Team is here to help. Resident James Beck, a trained SHICK (Senior Health Insurance Counselor) volunteer, is available for one-on-one guidance. His availability is listed in the Blue Book at the Hospitality Desk. Please sign up for a time that works for you.

Page 3

# Orchids We Have Known, Grown, or Killed

### submitted by Richard Vanderlip

Last month, I submitted pictures of orchid hybrids. We soon found we were more interested in species than hybrids. Before we got a greenhouse, we could get more small plants in the some of our favorites. One was taken last week in space we had, and there was no way we could keep up the production of hybrids. All native orchids are protected by CITES the Convention on International Trade in Endangered Species of Wild Fauna and Flora. This means wild collected plants cannot be shipped from one country to another; they must be raised from seed first. I'll

write more about this at another time. I have taken the pictures shown below. They may be from our plants, other growers, orchid shows or even from where they are in the wild. Below are my apartment.

Incidentally, if you would like to see many orchids in bloom, the Kansas Orchid Society has a show at Botanica in Wichita on Saturday Oct. 4. The show is from 8 a.m. to 5 p.m., and you will need to pay the \$14 entry fee to Botanica.









Page 4







RACE, from page 1

contributes year after year to the success of this event. Approximately 85 volunteers, led by Janae Wollenberg and Michelle Geering, donated their time to make sure the weekend ran as smooth as Irish butter. Months before registration was even open, the planning committee put in countless hours of thoughtful decision-making and labors of love as the big day drew near.

Little Apple Cars, this year's presenting sponsor, 55 additional sponsors and vendors, participants, people with Parkinson's, family members, and friends, all invested in the Meadowlark Parkinson's Program in the form of cash and gift-in-kind contributions. We continue to receive generous gifts and, as of now, Becky Fitzgerald, Development Director, reports that supporters have provided more than \$85,000 in cash and gift-in-kind support. In addition, contributors to the annual Parkinson's Patron campaign have more than doubled last year's donations with nearly \$27,000! We truly found our pot of gold at the end of the rainbow, and we could not do what we do without

[top left] KoBracers, a race team representing Kohlmeier Orthodontics, won the Best Corporate Costume award for their Super Mario Bros theme.

**[top right]** The Papa's People team walk together along the race course.

[left] Willie Wildcat led the VIPDs (Very Important People with Parkinson's Disease) in singing the National Anthem to kick off the race on Saturday, Aug. 23, 2025.

ALL the amazing support in its many forms.

This generosity enables ALL the Meadowlark Parkinson's Program's classes, education, and outreach opportunities to be offered FREE of charge! The program continues to connect, serving those affected by Parkinson's at Meadowlark, in the greater Manhattan community, neighboring counties, and throughout the state, whether diagnosed, a care partner, or family or friend. The program helps people better understand Parkinson's Disease, combat the physical and emotional symptoms of the disease, and engage with others to foster hope and provide encouragement so they can live well with Parkinson's.

If you, a family member, friend, or coworker have questions about PD, the Meadowlark Parkinson's Program is here to help. You can reach Michelle or Katie by calling (785) 323-3899 or email parkinson@meadowlark.org. As the Irish blessing says, "May the road rise to meet you. May the wind be always at your back." May you find the connections and support you need to live well.



# Meadowlark Travelers' next getaway features several live performances

#### by Becky Fitzgerald, Development Director

What started as a sketch on a napkin and became an iconic performance hub, the Kauffman Center for the Performing Arts in Kansas City, Mo., draws world-class performers, internationally acclaimed artists, and one-of-a-kind shows. This venue also has drawn the interest of our Meadowlark Travelers, with a show and tour of the Kauffman Center planned for a three-day/two-night adventure this December. Christmas-themed fun—and more!—begins Wednesday, Dec. 17, and continues through the afternoon of Friday, Dec. 19.

At the Kauffman, the Travelers will celebrate the magic of the season with the Kansas City Symphony and Symphony Chorus in a dazzling holiday tradition called "Christmas Festival." Enticing symphonic arrangements, fresh takes on beloved carols by vocalist Melinda Doolittle, and heartwarming surprises are sure to fill us with festive cheer. We may be tempted to sing along as special guests light up the stage, including a special early visit by everyone's favorite jolly old elf.

The itinerary includes "Christmas Festival" (ABOVE) at the Kauffman Center for the Performing Arts in Kansas City, Mo. (TOP).

Seeing a performance at Kauffman Center is sure to be anticipated, but do you know that Crown Center, often thought of as a shopping destination, also offers entertainment venues? Tickets are reserved at The Coterie Theatre, a family and young audience performing arts experience, and at Musical Theater Heritage at Crown Center, a professional theatre company. We are set to see a 60-minute version of Elf – The Musical at The Coterie and enjoy a holiday concert at MTH's Ruby Room, featuring glorious arrangements of Christmas classics as well as contemporary holiday tunes. There may or may not be a hot chocolate bar, too!

Before we arrive in Kansas City, we'll enjoy lunch and a matinee performance at New Theatre & Restaurant in Overland Park. We're seeing "Nobody's Perfect," described as a fast-paced comedy packed with big laughs and an unforgettable finale.

Other expected attractions are a tour at the Museum of Barbecue at Crown Center, and the annual Holiday Reflections display at nearby Union Station.

Keeping us close to the action, we've reserved

rooms at The Westin Hotel at Crown Center, and have built leisure time into the itinerary in case travelers would like to visit a Crown Center shop, see an exhibit at Union Station, or relax at the hotel. An elevated, lighted pedestrian walkway connects the Westin to Union Station.

Pricing for this getaway is based on 25 paid participants. Residents, Passport members, and their guests are welcome to join the group. Not all details are firm as this story is being written, but the double occupancy price per person is expected to be about \$798; the price for single occupancy is expected to be about \$1,022. The price may change slightly as details are finalized, and will decrease if 30 or more register.

The trip fee includes transportation by motor coach, two nights accommodation at The Westin, luggage service, four live performances, two attractions, two lunches, at least one breakfast, and one dinner. Please find registration forms at the Hospitality Desk. A deposit of \$150 is required at the time of registration.

Questions? Please contact Monte Spiller at (785) 323-3801 or Becky Fitzgerald at (785) 323-3843.

# Art Engagement from the Beach Museum of Art

We often view images and make interpretations quickly. As you look at the two images shown here, do they appear more similar or different from each other? If you find them similar, look closer and identify five differences. If you find them in contrast, engage in slow looking and find five similarities. Keep the elements of art in mind as you look. (Line, shape, color, texture, form, space, and value.)



Patricia Brutchin

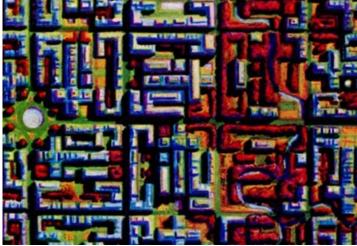
Land From Above,1979

Kansas Artists' Postcard Series II

Photomechanical reproduction on paper

KSU, Marianna Kistler Beach Museum of Art

CM3i.2023



Paul Daniel Zehr City, 1988 Kansas Artists' Postcard Series XI Photomechanical reproduction on paper KSU, Marianna Kistler Beach Museum of Art CM10g.2023

Page 7

# RESTAURANT **SPECIALS**

Sunday, Sept. 14	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$12 Dinner Philly Cheesesteak French Fries
Monday, Sept. 15	<b>\$11</b> Lunch Beef & Cheddar Sandwich Fried Pickle Spear Coleslaw	\$16 Dinner Turkey Mashed Potatoes & Gravy Green Bean Casserole
Tuesday, Sept. 16	<b>\$11</b> Lunch Catfish Po' Boy Fried Okra	\$13 Dinner Spaghetti & Meatballs Garlic Toast Green Beans
Wednesday, Sept. 17	<b>\$10</b> Lunch Chicken Fajita Quesadilla Corn Salad	\$15 Dinner Cornflake Chicken Wild Rice Sweet Fried Brussel Sprouts
Thursday, Sept. 18	<b>\$11 Lunch</b> Tuna Melt Potato Salad	\$15  Dinner  Pork Tenderloin  with Red Pepper Pesto Sauce  Hashbrown Casserole  Honey-Glazed Carrots
Friday, Sept. 19	<b>\$11</b> Lunch Soup & Salad Bar	\$17 Dinner Coconut Shrimp Coconut Rice Grilled Pineapple
Saturday, Sept. 20	<b>\$11</b> Lunch Fried Pork Cutlet Sandwich Pub Chips	<b>\$24 Dinner</b> 10-oz Ribeye  Baked Potato  Jack Daniels Green Beans & Bacon

# Weekly Opportunities Calendar Sept. 14 to Sept. 20

Sunday ● Sept. 14 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 • Sept. 15 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, MR 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. ~ Tai Chi, EC/1960 5:30 p.m. ~ Catbackers, EC

5:30 p.m. ~ 5th Floor Supper, MR 7:00 p.m. ~ Community Bingo, CR

Tuesday ● Sept. 16

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

1:00 p.m. ~ Prairie Star Writers Group, PR

1:00 p.m. ~ UFM Class: Intro to Feldenkrais, CR 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, FH

5:30 p.m. ~ 2nd Floor Supper, BR

Wednesday ● Sept. 17

9:00 a.m. ~ FUMC Communion, BR 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. ~ West Monarch Luncheon, BR

2:00 p.m. ~ Tai Chi, EC/1960

Wednesday ● Sept. 17, continued

3:00 p.m. ~ Rock Steady Boxing, KSU CL

3:00 p.m. ~ Sing-a-long, FHR

6:30 p.m. ~ UFM: Growth & Evolution of the

American Military Power, CR

Thursday • Sept. 18

9:00 a.m. ~ Messenger Team, KSU CL 9:00 a.m. ~ Tech Help Drop In, KR

10:00 a.m. ~ Mat Yoga, KSU CL 10:00 a.m. ~ Veterans Group, MR

10:00 a.m. ~ Memory Care Partner Group, WPL

10:30 a.m.. ~ Steady Yourself, CR/1960

11:15 a.m. ~ Chair Yoga, CR/1960

11:30 a.m. ~ Lettuce Ketchup with PD, KSU CL 1:00 p.m. ~ Parkinson's Exercise Class, CR/1960 2:00 p.m. ~ Water Media Painting, KSU CL

5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday ● Sept. 19

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

3:00 p.m. ~ Catholic Rosary, CR

7:00 p.m. ~ Prairie Rose DJ, EC

Saturday • Sept. 20

9:00 a.m. ~ Tai Chi, 1960 only

9:30 a.m. ~ Band Bust Exercise Class, 1960 only

10:30 a.m. ~ Depart for Shopping Trip, VE

## **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 PS, Prairie Star Restaurant CY, Courtyard **EC. Event Center** STM. St. Thomas More Church FHR, Flint Hills Room VBL, Verna Belle's Lounge GC, Grosh Cinema VE, Village Entrance KR, Kansas Room WPL, 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: Sept. 14

**RESIDENT REQUEST** 

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

Cast: Lin-Manuel Miranda, Phillipa Soo, & Leslie Odom Jr.

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.

MONDAY: Sept. 15

**RESIDENT REQUEST** 

# WICKED (2024) PG, 2 hr. 40 min. Musical, Fantasy

Cast: Cynthia Erivo, Ariana Grande, & Jeff Goldblum

Elphaba, a young woman ridiculed for her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads.

TUESDAY: Sept. 16

**RESIDENT REQUEST** 

## CHARIOTS OF FIRE (1981) PG, 2 hr. 5 min. Period Drama, Sports

Cast: Ben cross, Ian Charleson, & Nicholas Farrell

Two British track athletes, one a determined Jew and the other a devout Christian, are driven to win in the 1924 Olympics as they wrestle with issues of pride and conscience.

WEDNESDAY: Sept. 17

# HACKSAW (1971) TV-PG, 1 hr. 29 min. Western, Nature

Cast: Tab Hunter, Victor Millan, & Ray Teal

A girl captures a black stallion to compete in a contest.

THURSDAY: Sept. 18

**RESIDENT REQUEST** 

# RABBIT HOLE (2010) PG-13, 1 hr. 31 min. Drama, Tragedy

Cast: Nicole Kidman, Aaron Eckhart, & Dianne Wiest

Life for a happy couple is turned upside down after their young son dies in an accident.

FRIDAY: Sept. 19

# DIRTY ROTTEN SCOUNDRELS (1988) PG, 1 hr. 50 min. Comedy, Caper

Cast: Steve Martin, Michael Caine, & Glenne Headly

Two con men try to settle their rivalry by betting on who can first swindle a young American heiress out of 50 thousand dollars.

**SATURDAY:** Sept. 20

**RESIDENT REQUEST** 

# KEEPING THE FAITH (2000) PG-13, 2 hr. 8 min. Drama, Romantic Comedy

Cast: Ben Stiller, Edward Norton, & Jenna Elfman

Two friends, a priest and a rabbi, fall in love with the same woman they knew in their youth, but the religious position of both men denies them romance.