



## Cap Off Parkinson's Awareness Month

*by Katie Sigman, Special Programs Coordinator*

It's time to enjoy some BBQ for a good cause at the 16<sup>th</sup> annual Pig Out for Parkinson's! Pig Out for Parkinson's is held every April in conjunction with Parkinson's disease Awareness Month. Other awareness opportunities this month include the Meadowlark Parkinson's Program Monthly Education Meeting which focused on small group discussions about non-motor symptoms of PD and Pump It for Parkinson's, an all-day exercise event on Thursday, April 9, in the Kansas Room at Meadowlark. Our largest awareness event, Pig Out for Parkinson's will cap off the month on Thursday, April 30, at Rockin K's restaurant. Presented by CenterPointe Physicians, the event will feature food specials, including a lunch and dinner buffet, and appearances by K-State celebrities including Hall of Fame Coach Bill Snyder. Coach Snyder continues his tireless support of the Meadowlark Parkinson's Program by attending Pig Out 15 out of the event's 16 years! There also will be

opportunities to learn about resources and treatment for Parkinson's disease from Meadowlark Parkinson's Program representatives and vendors.

The goal of Pig Out for Parkinson's is to educate the community about Parkinson's and opportunities offered by the Meadowlark Parkinson's Program. All activities offered by the Parkinson's Program are free of charge thanks to the generosity of program participants, local businesses, and community members. Attending Pig Out for Parkinson's is one way to show support, as 10% of Rockin K's proceeds for the day will go to the Parkinson's Program. Transportation from Meadowlark will be provided for both lunch and dinner; see the Blue Book for details.

In addition to eating in person, residents are welcome to place to-go orders by completing forms that will be available with a future edition of the Messenger or at the Hospitality Desk. This year, we are also excited to offer limited-edition Pig Out

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baseball caps for sale for the first time. You can tip your cap as we cap off an important month of raising awareness for Parkinson's disease!

Parkinson's disease affects nearly 10 million people worldwide, with symptoms ranging from tremors and stiffness to cognitive challenges and swallowing difficulties. Despite advances in treatment, there is still no cure, making awareness and support services even more critical. Meadowlark Parkinson's Program empowers individuals by connecting them with opportunities to exercise, educate, and engage. ALL services offered by the Meadowlark Parkinson's Program are FREE, including consultations to help participants learn more about treatment options and opportunities to get involved in the FREE services offered.

For additional awareness, Steve Bietau, a VIPd (Very Important Person with Parkinson's disease) is going to complete a 71-mile bike ride! Steve celebrates his 71<sup>st</sup> birthday on Thursday, April 23, and will start accumulating miles. Over the week, he will ride 71 miles to raise awareness about Parkinson's disease and raise money for the Meadowlark Parkinson's Program. Guest riders will join him on various legs of the race, and all are invited to celebrate as he crosses the finish line at approximately 6 p.m. at Rockin K's on Thursday, April 30 during Pig Out for Parkinson's.

We hope you will join us on April 30, to support our friends living with Parkinson's disease and cap off an important month of awareness. Please contact Michelle Haub at [mhaub@meadowlark.org](mailto:mhaub@meadowlark.org) or Katie Sigman at [ksigman@meadowlark.org](mailto:ksigman@meadowlark.org) or call (785) 323-3899 to learn more.

## EVENTS & OPPORTUNITIES

### Volunteer Needed—Flower Care

Bob Crawford is ready to pass the garden tools to a willing volunteer! If you are interested in planting and watering the flower pots at the main entrance, in the Courtyard, and on the Lyle Patio this season, please contact Monte Spiller at (785) 323-3801.

### Ladies Luncheon, speaker update

*Thursday, April 9, at 11:30 a.m.*

The speaker for April will be **Denise Johnson from Sunflower Skin Studio**. Denise will speak on "Skincare for Aging Faces." Next month, the group will hear from Katie Sigman, who is the Special Programs Coordinator at Meadowlark.

### Joshua Lightfoot Band

*Friday, April 10, at 7 p.m.*

Meadowlark is pleased to welcome the Joshua Lightfoot Band on Friday, April 10, at 7 p.m. in the Event Center.

The group features Joshua Lightfoot and his wife, Tove Thunell, whose musical roots span from Oklahoma to Gothenburg, Sweden. Tove discovered American folk music at a young age and began playing banjo as a teenager, inspired by artists such as Woody Guthrie and The Carter Family. Joshua, raised in a musical family, learned guitar from his father and went on to master multiple instruments, including banjo, mandolin, and fiddle. He often plays a banjo that once belonged to his grandfather.

### Worship Services

*Sunday, April 12, at 10 & 11 a.m.*

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10 a.m. or 11 a.m. on Sunday, April 12, in the Community Room/Chapel. This day's sermon title is "Love." All are welcome to enjoy coffee and fellowship before or after worship in the lobby between 9:30 a.m. and 12 p.m.

### Fellowship with First Assembly of God

*Monday, April 13, at 10:00 a.m.*

Stewart Mowry and Scott Taylor are two of Meadowlark's newest volunteers who are eager to connect with residents and build meaningful community.

They will host a non-denominational Bible study on the 2nd and 4th Monday of the month at 10 a.m. in the Flint Hills Room. The gathering will offer a welcoming space for reflection, conversation, and fellowship.

Stewart, a classically trained violinist and pastor, also will share his musical talents during the study, giving participants the opportunity to enjoy live violin selections and join in singing a few familiar tunes. Both Stewart and Scott are members of

## EVENTS & OPPORTUNITIES

First Assembly of God and are looking forward to getting to know residents while engaging in thoughtful discussion and spiritual encouragement.

### **Adapting to Life Changes Program**

**Tuesday, April 14, at 1 p.m.**

Join us for a supportive and educational group focused on navigating life changes related to aging, health, and loss. This weekly series explores different forms of grief while offering practical tools to build resilience and emotional well-being. Sessions include discussion, simple activities, and connection with others experiencing similar transitions, with topics ranging from identity and health-related changes to coping skills, relationships, and finding meaning. The group meets on Tuesdays through May 26, from 1 to 2 p.m. in the Flint Hills Room. To learn more or sign up, contact Linda Montgomery at (785) 320-7299 or [lmontgomery@meadowlark.org](mailto:lmontgomery@meadowlark.org).

### **UFM Class: Look, Learn, & Make**

**Wednesday, April 15, at 10 a.m.**

UFM is offering a class titled "Look, Learn, & Make: Collagraphs, Collage, & Linotype." Join the final session on Wednesday, April 15, from 10 to 11:30 a.m. The class is led by Kathrine Schlageck, former Curator of Education at the Beach Mesum of Art.

This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount.

### **The American Revolution: The British Perspective, 1775 to 1783**

**Wednesday, April 15, at 6:30 p.m.**

UFM is offering a three-session class titled "The American Revolution: The British Perspective, 1775 to 1783." Join for the second session of this class in the Community Room on Wednesday, April 15, from 6:30 to 8 p.m. The final session will meet the following Wednesday, April 22.

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.

### **IT Training from Manhattan Public Library**

**Thursday, April 16, 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 Fred Darkow 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, April 16, at 10 a.m.**

Veterans and their spouses are invited for coffee and conversation at 10 a.m. Thursday, April 16, in the Manhattan Room. This group meets every third Thursday.

### **FUMC Communion**

**Thursday, April 16, at 11 a.m.**

Join the pastors from the First United Methodist Church on Thursday, April 16, at 11 a.m. in the Flint Hills Room to receive communion. This opportunity is open to anyone wanting to invite Christ into his or her heart.

### **Lettuce Ketchup with Parkinson's Lunch**

**Thursday, April 16 at 11:30 a.m.**

Individuals living with Parkinson's, along with their care partners and support networks, are invited to gather for lunch and fellowship on the third Thursday of each month. This is a meaningful opportunity to share conversation and connect with others on a similar journey.

The group meets in the KSU Classroom at Meadowlark, where a single meal option will be available; attendees are also welcome to bring their own food. The cost of food and drinks is the responsibility of each participant.

To learn more or RSVP, please call (785) 323-3899. This gathering is conveniently scheduled just before the PD Exercise Class, and Michelle and/or Katie will join the group each month.

### **Card Making with Michelle Lehmer**

**Thursday, April 16, at 2:30 p.m.**

Join Card Making with Michelle Lehmer at 2 :30 p.m. Thursday, April 16, in the Flint Hills Room. She provides card making supplies for FREE!

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### **Heart Strings Band**

*Friday, April 17, at 7 p.m.*

On Friday, April 17, at 7 p.m., in the Event Center, Meadowlark welcomes back the Heart Strings Band! Joe and Kathy Hopeck are a husband/wife duo who have been performing in Topeka, KC, Manhattan, and Wichita areas for the last 10+ years. They play a variety of songs from the 1950s, '60s, and '70s, including favorites from the Beatles, Elvis, Eagles, Jimmy Buffet, and others.

### **Shopping at Target & Dollar Tree**

*Saturday, April 18, at 10:30 a.m.*

The next scheduled trip is Saturday, April 18, with transportation going to Target and Dollar Tree West. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m.

Next month's trip will travel to Hobby Lobby and Dollar Tree East on Saturday, May 16. Please sign up in the Blue Book to participate.

### **Life, Death, & What's Left 2.0 Course**

*Wednesdays, April 22, at 1:30 p.m.*

Join Spiritual Life Leader, Melanie Nord, as we take a practical look at end-of-life preparations and concepts of the afterlife to assist in caring for others and preparing for our own future. Our 2.0 session includes a new lesson on prognosis. We will meet in the Community Room on Wednesdays April 22 through May 20, from 1:30 p.m. to 2:30 p.m.

### **Rock Springs 4-H Camp Trip**

*Thursday, April 23, at 11 a.m.*

On Thursday, April 23, you are invited to visit the Rock Springs 4-H Center. Enjoy lunch and a guided van tour of Rock Springs Ranch, the state 4-H center. We will stop along the way to revisit camp traditions, favorite spots, and memories that have lasted a lifetime. The cost for the trip is \$20 per person which includes the tour, lunch, and transportation. A sign-up sheet is in the Blue Book by the Hospitality Desk. We will depart from the village entrance at 11 a.m., and plan to leave the ranch at 2:30 p.m.

## **Volunteer Spotlight**

Did you know Meadowlark is supported by 121 volunteers ranging in age from 14 to 97? This remarkable group brings together generations of individuals who generously share their time and talents to enrich our community.



Many of our volunteers serve weekly, assisting with fitness classes, fine arts programs, household activities, special events, fundraisers, and more. Their dedication makes a meaningful difference in the lives of residents, and we are deeply grateful for all they do.

This week, we're pleased to introduce one of our newest volunteers—Tanya. Originally from Kentucky, Tanya enjoys spending time with family, working out, and traveling. She also has a special interest in coin collecting, having inherited a large collection from her father. Tanya is outgoing and eager to build connections with residents.

You can find Tanya every other Tuesday at Coffee Corner—be sure to stop by and say hello! If you share an interest in coin collecting or would simply enjoy some friendly conversation, she would love to meet you.

If you are interested in meeting Tanya or have a need for a volunteer for a special project or activity, please contact Jana Armfield, Engagement Specialist, at 785-323-3890. Please note that, for safety and liability reasons, volunteers are unable to assist with personal care or physically demanding tasks.

Thank you for helping us continue to build a vibrant and connected community at Meadowlark.

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

Any activity that stimulates the conscious and unconscious brain will optimize cognitive function. Comparing two artworks is an entertaining way to create that stimulation. Take a moment to observe what is the same, or different, in the prints shown here. You may want to consider the setting each artist created for their composition. How did they treat space, texture, and perspective? Carefully compare the backgrounds in each scene. What details about both pieces did you notice during this activity that might have been overlooked before this exercise? Bonus question, have you ever played in a treehouse? Share with a friend your treehouse stories.



Gesine Janzen  
*Homemade Treehouse*, 2002  
Woodcut on paper  
KSU, Marianna Kistler Beach Museum of Art, Friends of the  
Beach Museum of Art purchase, 2003.234



Herschel C. Logan  
*House in Assam*, 1927  
Woodcut on paper  
KSU, Marianna Kistler Beach Museum  
of Art, gift of Peggy L. Sondergard &  
Samuel H. Logan, 2002.37

### Associated Audiologists

**Tuesday, April 14  
1 to 4 p.m. at Meadowlark**

*Appointments only.*

Call (785) 539-7361 to  
schedule your appointment.

*Hearing Aid consultations, cleaning,  
and maintenance; assistive device  
recommendations*

### Caregiver Support Circle

Hosted by Accord Hospice and Meadowlark Community Programs

**2<sup>nd</sup> Monday at 6:00 p.m.  
Flint Hills Room at Meadowlark**

2121 Meadowlark Road, Manhattan, Kan.

This group is intended for family and friend caregivers, not professional caregivers.  
Zoom option is available. Contact (785) 323-3899 for the link.

# RESTAURANT **SPECIALS**

<p><b>Sunday, April 12</b></p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p><b>\$13</b> Dinner Philly Cheesesteak French Fries</p>
<p><b>Monday, April 13</b></p>	<p><b>\$11</b> Lunch Indian Taco Refried Beans</p>	<p><b>\$14</b> Dinner Bourbon-Glazed Ham Sweet Potatoes <i>with Brown Sugar &amp; Cinnamon</i> Peas &amp; Onions</p>
<p><b>Tuesday, April 14</b></p>	<p><b>\$11</b> Lunch Catfish Po'Boy Fried Okra</p>	<p><b>\$14</b> Dinner Chicken Burrito Bowl <i>(Grilled chicken, cilantro lime rice, black beans, corn, Pico de Gallo, cheddar cheese, lettuce, guacamole, &amp; sour cream)</i></p>
<p><b>Wednesday, April 15</b></p>	<p><b>\$10</b> Lunch Chicken Fajita Quesadilla Corn Salad</p>	<p><b>\$13</b> Dinner Spaghetti &amp; Meat Sauce Garlic Toast Green Beans</p>
<p><b>Thursday, April 16</b></p>	<p><b>\$11</b> Lunch Meatloaf Sandwich French Fries</p>	<p><b>\$16</b> Dinner Pecan-Crusted Salmon Roasted Red Potatoes Broccoli</p>
<p><b>Friday, April 17</b></p>	<p><b>\$11</b> Lunch Pizza Bar</p>	<p><b>\$14</b> Dinner Chicken Piccata Lemon-Parmesan Pasta Crostiti</p>
<p><b>Saturday, April 18</b></p>	<p><b>\$11</b> Lunch Fried Pork Cutlet Sandwich Fruit Salad</p>	<p><b>\$25</b> Dinner 10-oz. Ribeye Baked Potato Jack Daniels Green Beans &amp; Bacon</p>

# Weekly Opportunities Calendar April 12 to April 18

## Sunday • April 12 *Put your trash at the curb!*

8:45 a.m. ~ Transport to College Ave UMC, ME  
 9:30 a.m. ~ Sunday Morning Fellowship, ME  
 10:00 a.m. ~ Transport to College Ave UMC, ME  
 10:00 a.m. ~ Worship Service, CR/**1960**  
 10:30 a.m. ~ Transportation to FUMC, ME  
 11:00 a.m. ~ Worship Service, CR/**1960**

## Monday • April 13 *Trash & Recycle pick-up*

9:30 a.m. ~ Seated Strength, CR/**1960**  
 9:30 a.m. ~ Memory Care Partner Group, **STM**  
 10:00 a.m. ~ Fellowship with First Assembly of God Church, FHR  
 10:30 a.m. ~ Weights 101, CR/**1960**  
 11:00 a.m. ~ Rock Steady Boxing, **PF**  
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**  
 11:30 a.m. ~ Meadowlark Valley Luncheon, BR  
 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  
 6:00 p.m. ~ Care Partner Support Circle, FHR  
 7:00 p.m. ~ Community Bingo, CR

## Tuesday • April 14

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. ~ 4th Floor Luncheon, MR  
 1:00 p.m. ~ Adapting Life Change, FHR  
 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  
 6:00 p.m. ~ KSU Gerontology Class, CR

## Wednesday • April 15

9:30 a.m. ~ Seated Strength, CR/**1960**  
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, ME  
 10:00 a.m. ~ Memory Care Partners Group, FHR  
 10:00 a.m. ~ Memory Café, KSU CL  
 10:00 a.m. ~ UFM Class: Look, Learn, & Make, EC  
 10:30 a.m. ~ Weights 101, CR/**1960**  
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**  
 11:30 a.m. ~ West Monarch, BR  
 3:00 p.m. ~ Rock Steady Boxing, CR  
 3:00 p.m. ~ Sing-Along, FHR  
 4:00 p.m. ~ 4th Floor Social, FHR  
 6:00 p.m. ~ UFM: Class American Revolution, CR

## Thursday • April 16

9:00 a.m. ~ Messenger Team, VBL  
 9:00 a.m. ~ Library Tech Help, FHR  
 10:00 a.m. ~ Mat Yoga, KSU CL  
 10:00 a.m. ~ Veterans' Group, MR  
 10:00 a.m. ~ Wamego Memory Care Partners, **WPL**  
 10:30 a.m. ~ Steady Yourself, CR/**1960**  
 11:00 a.m. ~ FUMC Communion, FHR  
 11:15 a.m. ~ Chair Yoga, CR/**1960**  
 11:30 a.m. ~ Lettuce Ketchup, KSU CL  
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**  
 2:00 p.m. ~ Water Media Painting, KSU CL  
 2:30 p.m. ~ Card Making with Michelle, FHR  
 4:15 p.m. ~ Meadowlark Singers Practice, CR  
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

## Friday • April 17

7:30 a.m. ~ Rock Steady Boxing, **PF**  
 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. ~ Fanny & Furby, KR  
 3:00 p.m. ~ Catholic Rosary, CR  
 7:00 p.m. ~ Heart Strings Band, EC

## Saturday • April 18

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

<b>1960</b> , TV Channel 1960	ME, Main Entrance
BR, Bison Room	<b>MM</b> , 120 N. Scenic Drive
CR, Community Room	MR, Manhattan Room
CY, Courtyard	<b>PF</b> , Peakform Wellness Center
EC, Event Center	PR, Patriot Room
FHR, Flint Hills Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	<b>STM</b> , St. Thomas More Church
KR, Kansas Room	VBL, Verna Belle's Lounge
KSU CL, KSU Classroom	<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: April 12

***20,000 LEAGUES UNDER THE SEA*** (1954) G, 2 hr. 7 min. *Adventure, Drama*

Cast: Kirk Douglas, James Mason, & Paul Lukas

A ship sent to investigate a wave of mysterious sinkings encounters the advanced submarine, the Nautilus, commanded by Captain Nemo.

### MONDAY: April 13

***LABYRINTH*** (1986) PG, 1 hr. 41 min. *Adventure, Fantasy*

Cast: David Bowie, Jennifer Connelly, & Toby Froud

Teenage Sarah journeys through a maze to save her baby brother from the Goblin King.

### TUESDAY: April 14

***STRANGERS IN THE PARK*** (2026) TV-MA, 1 hr. 55 min. *Drama, Comedy, Spanish*

Cast: Luis Brandoni, Eduardo Blanco, & Veronica Pelaccini

A former communist activist and a laid-back man who embraces a "live and let live" philosophy strike up an unlikely friendship while meeting regularly on a park bench, discovering common ground despite their contrasting worldviews.

### WEDNESDAY: April 15

**RESIDENT REQUEST**

***PAINT YOUR WAGON*** (1969) PG-13, 2 hr. 44 min. *Classic Western, Comedy, Musical*

Cast: Lee Marvin, Clint Eastwood, & Jean Seberg

Two unlikely prospector partners share the same wife in a California gold rush mining town.

### THURSDAY: April 16

***JURASSIC WORLD: REBIRTH*** (2025) PG-13, 2 hr. 13 min. *Action, Adventure, Sci-Fi*

Cast: Scarlett Johansson, Mahershala Ali, & Jonathon Bailey

Five years post-Jurassic World: Dominion (2022), an expedition braves isolated equatorial regions to extract DNA from three massive prehistoric creatures for a groundbreaking medical breakthrough.

### FRIDAY: April 17

***HARRY & THE HENDERSONS*** (1987) PG, 1 hr. 50 min. *Comedy, Family*

Cast: John Lithgow, Melinda Dillon, & Margaret Langrick

The Henderson family adopt a friendly Sasquatch but have a hard time trying to keep the legend of 'Bigfoot' a secret.

### SATURDAY: April 18

***THE SECRET: DARE TO DREAM*** (2020) PG, 1 hr. 47 min. *Drama, Romance*

Cast: Katie Holmes, Josh Lucas, & Celia Weston

A feature film adaptation of the self-help book, 'The Secret', which focuses on the power of positive thinking.