

New Community Resource for the Cancer Experience

*by Leanna Scott, Community Programs
& Communications Intern*

A cancer diagnosis changes lives in an instant. Whether someone is newly diagnosed, actively undergoing treatment, caring for a loved one, or navigating survivorship, the journey is often filled with uncertainty, challenges, and difficult decisions. While cancer care may involve endless questions, finding support and reliable resources shouldn't be another unanswered question.

That belief is the foundation of the Meadowlark Cancer Program, the newest community program offered by Meadowlark. Building upon the success of the Meadowlark Parkinson's Program and Meadowlark Memory Program, the Cancer Program reflects Meadowlark's ongoing

commitment to enhancing quality of life and fostering connection, education, and support for all members of the community.

As a not-for-profit organization, Meadowlark's mission extends beyond the walls of its senior living community. The Cancer Program is free of charge and open to anyone throughout the Flint Hills region and neighboring communities. In fact, approximately 95 percent of participants involved with the program are not Meadowlark residents, showcasing the program's role as a community resource for adults of all ages and backgrounds.

"While many people think of cancer care as something that happens in hospitals, we see it as something that affects the whole community," said Sarah Duggan,

Community Relations Director.

"This program is open to anyone impacted by cancer or interested in learning more, and it's designed to bring people together."

One of the program's defining characteristics is that it is not age-dependent. While Meadowlark serves older adults, the Cancer Program recognizes that cancer affects the lives of people of all ages. Not only those diagnosed, but also the family members, friends, and caregivers who support them. The program also welcomes individuals who are interested in learning more about cancer, supporting others, or becoming involved in a caring and informed community.

The program also is a valuable

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resource for Meadowlark's own workforce. With more than 500 employees, many of whom serve as caregivers or work closely with individuals living with chronic illnesses, the Cancer Program provides education, support, and resources that can benefit staff members both professionally and personally.

The Meadowlark Cancer Program's leadership team has created a monthly cancer education series called Understand & Empower. Each session focuses on a different topic relevant to cancer insights and health, including treatment side effects, nutrition, emotional wellness, communication strategies, caregiving, self-care, and survivorship. The program is ever evolving to help meet the needs of the participants and include new applicable information. Expert speakers are invited to share their experience and knowledge. By bringing them and community members together, these sessions help participants gain invaluable takeaways, but also a place of belonging.

In addition to educational programming, Meadowlark offers support groups tailored to enhance that feeling of belonging.

Her Cancer Collective provides a welcoming environment for women at any stage of the cancer experience, whether

someone is newly diagnosed, actively in treatment, or adjusting to life after cancer. The group offers a space to share stories, exchange resources, celebrate victories, and find encouragement at every moment. If you want to be around strong women who will have meaningful and honest conversations with you, this is the place for you.

For men, the Men's Cancer Group creates a supportive, low-pressure environment focused on

connection and understanding. Open to men at any stage of their cancer journey, the group provides a welcoming space for connection, conversation, and mutual support. Participants are welcome to listen, learn, or share as much as they choose. The group typically meets at The Cat Café at Sunflower Pet Supply in Manhattan.

An underlying aspect of the Cancer Program is Meadowlark's value that aging is a natural process of human development that begins at birth and continues throughout life. By looking beyond the medical plan to understand each person's unique goals and desires at every stage, Meadowlark supports a more complete approach to wellness that includes emotional health and community involvement.

Cancer can feel overwhelming. Finding support, education, and community shouldn't be. Through its Cancer Program, Meadowlark is helping ensure that individuals and families throughout the Flint Hills have access to resources and a community

ready to walk alongside them every step of the way. To learn more, visit meadowlark.org and click *Community Programs*.



[top] Stephanie Johnson, PT, MPT, and co-owner of Maximum Performance, presented "Cancer: A Multidisciplinary Approach to Your Cancer Care" at the first-ever Cancer Program education event in March 2025.

[above] Her Cancer Collective participants pose with cancer awareness shirts from K-State's women's basketball game in February 2026.

**UNDERSTAND & EMPOWER:
MONTHLY CANCER EDUCATION**

**CANCER
PROGRAM**
BY MEADOWLARK

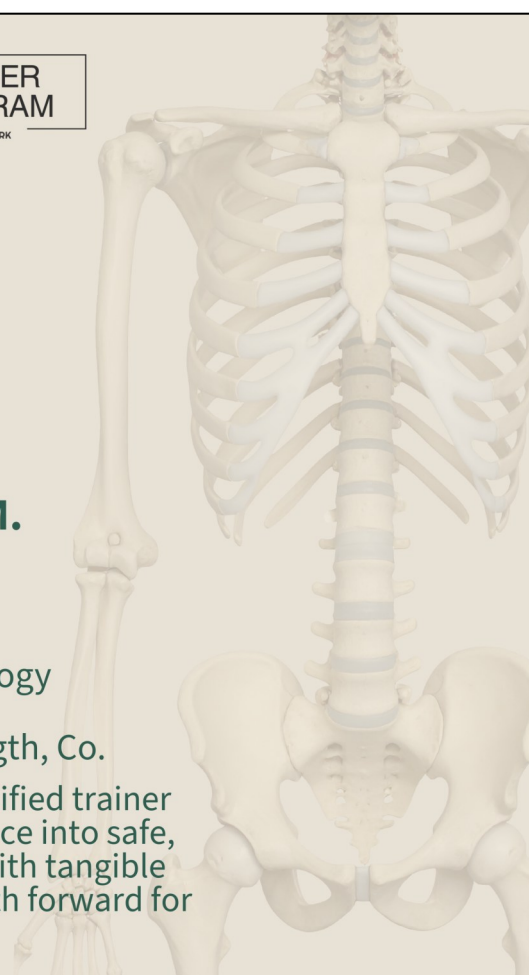
BONE HEALTH

**Empower Yourself: Bone Health
Tuesday, June 30, 2026 at 6:00 P.M.**

Auditorium at Manhattan Public Library
629 Poyntz Ave., Manhattan, Kan.

Presenters: Stephanie Johnson, P.T., Oncology
Rehabilitation, Maximum Performance
& Annie Spence, Coach, Unbreakable Strength, Co.

In this interactive session, Stephanie and certified trainer
Annie Spence will translate bone health science into safe,
practical movement strategies. You'll leave with tangible
tools, increased confidence, and a clearer path forward for
protecting your bone health.



*Gifts benefiting the Good Samaritan Fund,
Helping Hands Fund, Meadowlark Memory
Program, Meadowlark Parkinson's Program,
and the Purpose in Motion capital campaign
were received by Meadowlark Foundation
during the month of May.*

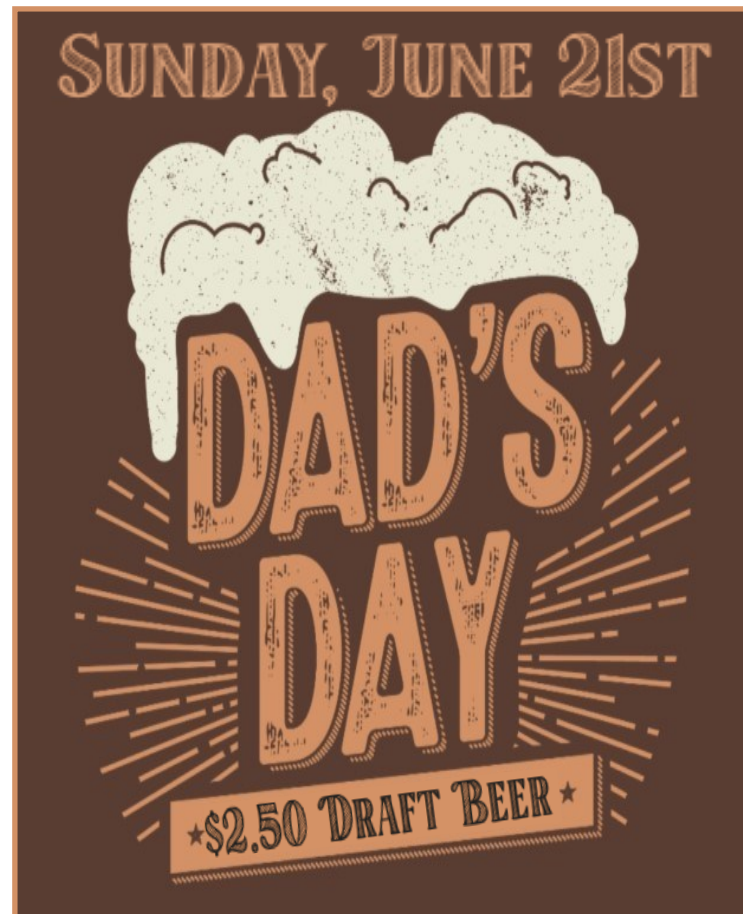
Memory of

Jean Beatty Matthew "Matt" Hinkin
John Green Ron Janasek
Ray Hightower Beth Kesinger

Harry Manges

Honor of

Steve Bietau



EVENTS & OPPORTUNITIES

Concrete work begins June 29

Beginning Monday, June 29, the concrete at the Bramlage House front entrance, including the circular drive area, will be removed and replaced. The project is expected to be completed by the end of the day Friday, weather permitting.

Residents and visitors are encouraged to avoid the area as much as possible during construction. A safe path of egress will be maintained at all times to ensure access throughout the project.

Thank you for your patience and cooperation as we make these improvements.

Transportation to Arts in the Park & Manhattan Municipal Band

Sign-up sheets for transportation to the Arts in the Park and the Manhattan Municipal Band performances are now available in the Blue Book.

Window cleaning around campus

There will be a company coming around campus through June 25 to clean windows. The Bramlage building and Monarch building, plus sliders on the main building, will be cleaned between June 22 and June 25.

Shopping at Target & Dollar Tree

Saturday, June 20, at 10:30 a.m.

The next scheduled trip is Saturday, June 20, 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, July 18. Please sign up in the Blue Book to participate.

Worship Services

Sunday, June 21, at 10 & 11 a.m.

Ever wondered what seminary is like? A seminary is a specialized educational institution where students study theology, scripture, and pastoral leadership in preparation for ministry. While a seminary degree typically requires years of coursework, Meadowlark residents can enjoy a "crash course" this summer and fall through a special Spiritual Life learning series during Sunday worship.

Join Rev. Melanie Nord, Spiritual Life Leader, at 10 a.m. or 11 a.m. on Sunday, June 21, in the Community Room/Chapel for the first session, "Intro to the New Testament." Coffee and fellowship will be available in the lobby between 9:30 a.m. and noon. All are welcome.

Fellowship with First Assembly of God

Monday, June 22, 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 be hosting 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 First Assembly of God and are looking forward to getting to know residents while engaging in thoughtful discussion and spiritual encouragement.

Summer Vesper Devotion Series

Tuesday, June 23, at 6:30 p.m.

Join us each Tuesday evening this summer for a devotional service from 6:30 to 7 p.m. in the Community Room. Spiritual Life Leader Rev. Melanie Nord leads this time of prayer, reflection, devotion, and song, offering a peaceful way to end the day.

All are welcome to attend this meaningful time of worship and fellowship.

Memory Café

Wednesday, June 24, at 10 a.m.

Memory Café meets every Wednesday from 10 to 11 a.m. in the KSU Classroom at Meadowlark and virtually via Zoom. Memory Café is led by Linda Montgomery, Licensed Social Worker, and features story sharing, reminiscing and social engagement.

EVENTS & OPPORTUNITIES

Speedy PD Art Making

Wednesday, June 24, at 1:30 p.m.

Join the Meadowlark Parkinson's Program and the Beach Museum of Art in creating artwork for the 18th annual Speedy PD Race for Parkinson's Disease. These handmade pieces will be awarded to 5K and 10K age-group winners at the August event.

The Speedy PD Race raises awareness of Parkinson's disease and serves as the primary fundraiser for the Meadowlark Parkinson's Program. Art supplies and inspiration are provided by the Beach Museum of Art, and no prior art experience is needed.

The group meets Wednesdays through July 8 from 1:30 to 2:30 p.m. in the KSU Classroom. Feel free to come and go as your schedule allows.

Caring Conversations for People with PD

Thursday, June 25, at 11:30 a.m.

Join this opportunity to share your experiences and receive support from others with a Parkinson's or Parkinsonian diagnosis. It is open to all with a diagnosis at any stage of your journey. The next meeting is at 11:30 a.m. Thursday, June 25, in the Flint Hills Room.

PD Care Partners Social

Thursday, July 25, at 11:30 a.m.

This is an informal opportunity for PD Care Partners to join one another for lunch at Prairie Star Restaurant while your loved one with PD is participating in Caring Conversations Lunch Group. The cost of food and drinks are the responsibility of each care partner. Meet other care partners on the third Thursday of each month starting at 11:30 to 1 p.m.

Knitting & Crocheting Group

Thursday, June 25, at 2:30 p.m.

Are you interested in learning how to knit or crochet? Or maybe you have ongoing projects you'd like to work on? Whether you are just beginning or have years of experience, join other yarn creatives in the Kansas Room at 2:30 p.m. Thursday, June 25, for a fun, social, creative opportunity. All skill levels are welcome!

Celebration of Life for Pat Vogt

Saturday, June 27, at 1 p.m.

Family and friends are invited to join in celebrating the life of Pat Vogt on Saturday, June 27, from 1 to 3 p.m. This gathering will be a time to share memories, honor Pat's life, and enjoy fellowship with those whose lives she touched.

The celebration will begin at 1 p.m., and light refreshments will be served. All are welcome.

Gladius: Musical Performance

Saturday, June 27, at 1 p.m.

Join us Saturday, June 27, at 1 p.m. in the Event Center as Meadowlark welcomes Gladius for an unforgettable musical performance.

Raised in Atlanta, Ga., and trained by a protégé of legendary guitarist Andrés Segovia, Gladius blends classical and flamenco influences with the energy of rock guitar. An award-winning composer and accomplished performer, he has shared the stage with Grammy-winning artists and captivated audiences across the country with his dynamic live shows since 2016.

Don't miss this exciting afternoon of exceptional musicianship and entertainment. All are welcome!

American Classics Menu

Monday, June 29

Starting Monday, June 29, Prairie Star will feature a weeklong special menu to celebrate America by featuring signature dishes from several states. Prairie Star looks forward to celebrating with you through good food and great company.

Lollipops & Lemonade

Monday, June 29, at 3 p.m.

All are welcome to attend the Lollipops and Lemonade event from 3 to 4 p.m. Monday, June 29, in the Courtyard. This opportunity, hosted by Meadowlark Ambassadors, will feature refreshing lemonade and tasty lollipops.

String Recital

Tuesday, June 30, at 7 p.m.

All are invited on Tuesday, June 30, at 7 p.m., in the Community Room to enjoy an evening of classical string music with the Chase & Crane families and members of the MHS Chamber Orchestra.

RESTAURANT **SPECIALS**

<p>Sunday, June 21</p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p>\$13 Dinner BBQ Meatballs Scalloped Potatoes Broccoli Salad</p>
<p>Monday, June 22</p>	<p>\$11 Lunch Fried Ravioli <i>served with Marinara Meat Sauce</i> Caesar Salad</p>	<p>\$15 Dinner Roast Turkey Mashed Potatoes & Gravy Green Bean Casserole Dressing</p>
<p>Tuesday, June 23</p>	<p>\$11 Lunch Cowboy Burger French Fries</p>	<p>\$18 Dinner Steak & Vegetable Kabobs Wild Rice</p>
<p>Wednesday, June 24</p>	<p>\$10 Lunch Bacon-Cheddar-Egg Salad <i>served on a Croissant</i> Breakfast Potatoes</p>	<p>\$17 Dinner BBQ Ribs Ranch-Style Corn on the Cob Baked Bean Cornbread Casserole</p>
<p>Thursday, June 25</p>	<p>\$12 Lunch BBQ Mac & Cheese Bowl <i>(mac & cheese, shredded brisket, BBQ sauce, shredded cheddar cheese, and fried onions)</i></p>	<p>\$15 Dinner Chicken Cordon Bleu <i>served with Supreme Sauce</i> Rice Pilaf Broccoli</p>
<p>Friday, June 26</p>	<p>\$11 Lunch Taco Bar</p>	<p>\$16 Dinner Fried Catfish <i>served with Tartar Sauce</i> Cornbread Pudding Coleslaw</p>
<p>Saturday, June 27</p>	<p>\$11 Lunch Avocado Turkey Melt Red Potato Salad</p>	<p>\$15 Dinner Grilled Salmon Sandwich <i>(grilled salmon, avocado bacon, lettuce, tomato, and mayo on focaccia)</i> French Fries</p>

Weekly Opportunities Calendar *June 21 to June 27*

Sunday • June 21 *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 • June 22 *Trash & Recycle pick-up*

9:30 a.m. ~ Seated Strength, CR/**1960**
 9:30 a.m. ~ Memory Care Partners Group, **STM**
 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**
 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
 7:00 p.m. ~ Community Bingo, CR

Tuesday • June 23

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**
 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
 6:30 p.m. ~ Vespers, CR

Wednesday • June 24

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
 10:30 a.m. ~ Weights 101, CR/**1960**
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**
 1:30 p.m. ~ Speedy PD Art Making, PR
 2:00 p.m. ~ Tai Chi, EC
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Sing-Along, FHR
 5:30 p.m. ~ 1st Floor Supper, MR

Thursday • June 25

9:00 a.m. ~ Messenger Team, VBL
 10:00 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
 11:00 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 Partner Group, FHR
 2:30 p.m. ~ Knitting & Crocheting, KR
 3:00 p.m. ~ Fanny & Furby, KR

Friday • June 26

7:30 a.m. ~ Rock Steady Boxing, **PF**
 9:30 a.m. ~ Seated Strength, CR/**1960**
 10 a.m. to 3 p.m. ~ Meadowlark Market, **MM**
 10:30 a.m. ~ Weights 101, CR/**1960**
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**

Saturday • June 27

9:00 a.m. ~ Tai Chi, **1960 only**
 9:30 a.m. ~ Band Bust Exercise Class, **1960 only**
 10 a.m. to 3 p.m. ~ Meadowlark Market, **MM**
 1:00 p.m. ~ Pat Vogt Celebration of Life, CR
 1:00 p.m. ~ Gladius: Musical Performance, EC

Room Abbreviations

1960 , TV Channel 1960	ME, Main Entrance
BR, Bison Room	MM , 120 N. Scenic Drive
CR, Community Room	MR, Manhattan Room
CY, Courtyard	PF , Peakform Wellness Center
EC, Event Center	PR, Patriot Room
FHR, Flint Hills Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	STM , St. Thomas More Church
KR, Kansas Room	VBL, Verna Belle's Lounge
KSU CL, KSU Classroom	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: June 21

SECONDHAND LIONS (2003) PG, 1 hr. 49 min. *Coming-of-Age, Comedy, Drama*

Cast: Haley Joel Osment, Michael Caine, & Robert Duvall

Fourteen-year-old Walter Caldwell's irresponsible mother, Mae, sends him to live with his bachelor uncles, Hub and Garth, so that she can go on yet another husband-hunting trip.

MONDAY: June 22

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.

TUESDAY: June 23

RESIDENT REQUEST

ARGO (2012) R *for language and some violent images*, 2 hr. *Period Drama, History, Political Thriller*

Cast: Ben Affleck, Bryan Cranston, & John Goodman

Acting under the cover of a Hollywood producer scouting a location for a science fiction film, a CIA agent launches a dangerous operation to rescue six Americans in Tehran during the U.S. hostage crisis in Iran in 1979.

WEDNESDAY: June 24

A RIVER RUNS THROUGH IT (1992) PG, 2 hr. 3 min. *Coming-of-Age, Drama*

Cast: Craig Sheffer, Brad Pitt, & Tom Skerritt

Two sons of a stern minister—one reserved, one rebellious—grow up in rural 1920s Montana while devoted to fly fishing.

THURSDAY: June 25

RESIDENT REQUEST

EMELIA PEREZ (2024) R *for language, some violent content and sexual material*, 2 hr. 12 min, *Pop Musical, Drama, Crime*

Cast: Zoe Saldana, Karla Sofia Gascon, & Selena Gomez

Three remarkable women in Mexico, each pursue their own happiness. Cartel leader Emilia enlists unappreciated lawyer Rita to help fake her death so that she can finally live authentically as her true self.

FRIDAY: June 19

THE HUNGER GAMES (2012) PG-13, 2 hr. 22 min. *Dystopian Sci-Fi, Survival, Teen Action Adventure*

Cast: Jennifer Lawrence, Josh Hutcherson, & Liam Hemsworth

Katniss Everdeen voluntarily takes her younger sister's place in the Hunger Games: a televised competition in which two teenagers from each of the twelve Districts of Panem are chosen at random to fight to the death.

SATURDAY: June 20

RESIDENT REQUEST

ON GOLDEN POND (1981) PG, 1 hr. 49 min. *Coming-of-Age, Psychological Drama*

Cast: Katharine Hepburn, Henry Fonda, & Jane Fonda

Curmudgeon Norman is estranged from his daughter Chelsea. Nevertheless, at Golden Pond he and his wife agree to look after Billy, the son of Chelsea's new boyfriend, and a most unexpected relationship blooms.