

The Team Behind the Scenes

One More Reason I Love Meadowlark



[above, left] Ben Smith, Maintenance team member, painting the front door of Sloan. [above, center] from left to right: Vanessa Davis, Brittany Rowlands, and Rochelle Norris, all members of the Housekeeping team. [above, right] In March, Maintenance team member Brad Olson was honored at the annual Employee Recognition Event for 40 years of service at Meadowlark.



by Nikki Strobe

I have thoroughly enjoyed living at Meadowlark for the last two and a half years! Among its many superlative services, I was struck today by one that's maybe not heralded enough: the effective responses of our Environmental Services department, including the Maintenance team. Today, a member of that team stopped me and remarked that he saw that birds had once again built a nest above my carport parking space. For over a year, he has attempted strategies to keep bird poop from the windshield of my car! He has built little fences, hung silver discs, and then added aluminum strips, all to no avail. The birds stay away for a short time, and then they grow fearless, but my maintenance friend has not given up. They have responded quickly to

each of my requests. When I couldn't open either of my bedroom windows, they came that morning to try to fix the problem, and when it was deemed unfixable, they replaced the windows. When my dryer didn't dry clothes in a reasonable time, they cleaned my vent from the inside and the outside, high up with a "cherry picker," and other residents have related similar effective service of their dryer vents. Maintenance has patiently hung "art" on my balcony, and they cleared a clogged drain in my shower. A friend of mine called maintenance to check on a poorly operating dishwasher, and they discovered the culprit was a plumbing problem, which they repaired on the spot! Every request is immediately answered.

I am a member of the Outdoor

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TEAM, from page 1

Committee, and I especially appreciate the management of our grounds. Lawns are cared for meticulously, and sidewalks and streets are immediately cleared of ice and snow, long before Manhattan awakens. New wood chips have been added to the Donner's Way portion of the walking trail, and the paved parts of the trail were even scooped this past winter. Have you noticed the tree service recently trimming limbs and removing fallen trees?

I remember the turmoil of calling appropriate services to meet my maintenance needs when I had to care for my own house. And, then the wait for those services—and the cost! WOW! Meadowlark has made my life easier! Both indoors and outdoors, KUDOS to our fine Environmental Services team!

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Author Michael Center to Speak at Meadowlark on *Breaking Serve*



Meadowlark welcomes author and former collegiate tennis coach Michael Center for a special presentation on Saturday, Aug. 1, at 7 p.m. in the Event Center. Community members are invited to attend, and those interested are encouraged to read his memoir, *Breaking Serve*, before the event.

For more than 30 years, Center was one of the nation's most respected college tennis coaches, leading successful programs at the University of Kansas, TCU, and the University of Texas. His career took an unexpected turn in 2019 when he became involved in the federal college admissions investigation known as Operation Varsity Blues. Arrested in front of his family, Center lost his position, his reputation, and ultimately served time in federal prison.

In *Breaking Serve*, Center shares his personal account of those events and the difficult journey that followed. His memoir explores the emotional impact of public failure, the challenges of rebuilding a life after tremendous loss, and the importance of faith, resilience, forgiveness, and hope. Along the way, he reflects on leadership, personal responsibility, relationships, and finding purpose after life's greatest setbacks.

Readers have described *Breaking Serve* as both heartbreaking and inspiring, praising its honest look at adversity and its message of perseverance. Many have noted the book's insights for leaders, coaches, teammates, and anyone navigating unexpected challenges or seeking a path toward redemption.

Whether you're interested in sports, leadership, or powerful stories of resilience, this special evening promises thoughtful conversation and an opportunity to hear firsthand from an author whose life changed dramatically, and who continues to share the lessons he learned along the way.

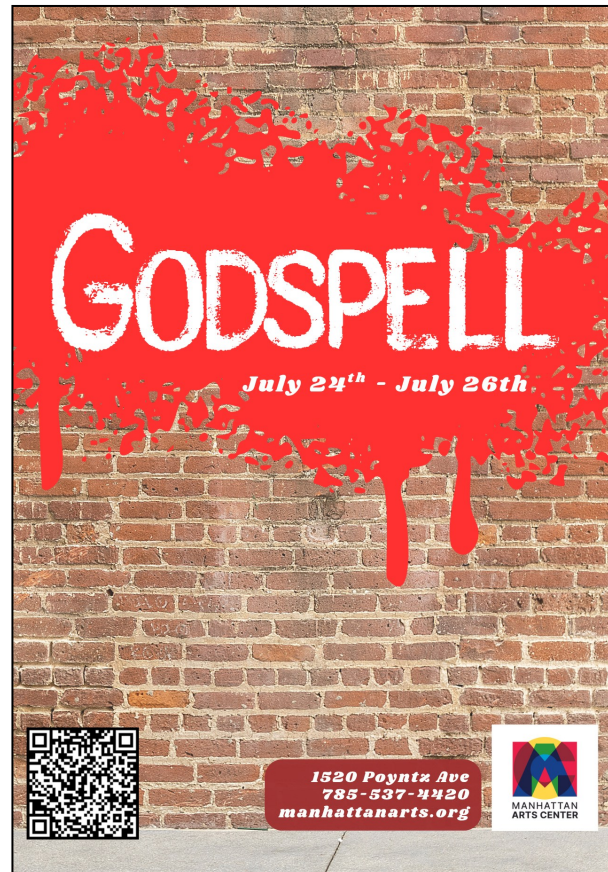


Second Annual Summer Camp a Success!

by **Melanie Nord**

If you noticed loud laughter, big energy, and determined footsteps around campus last week, chances are our Summer Camp was nearby! This camp for ages 5 to 18 years of age offers any child or youth related to a Meadowlark staff member to enjoy a week-long camp of fun and games. This year our theme was a Quest for the Meadowlark Meadowlark! We had 26 children and youth counselors completing daily challenges, culminating in a scavenger hunt around our campus with riddles leading to a treasure chest of a variety of bird prizes! Highlights were a visit from the Sunset Zoo, tour of the Aster Construction Site, and a DNA lesson with the Johnson Cancer Research Center. We had several staff

make camp extra special such as Jayme Minton, who prepared a campus art scavenger hunt, Alicyn Willich, who helped the older kids learn about job opportunities at Meadowlark, Abby Cavender led our campus tour, and Leanna Scott taught a lesson on Birds in your Backyard. A very big THANK YOU to residents Dr. James and Terry Carpenter, who returned for a second year to teach animal facts, and Sharon and Kent Smith, who generously offered their cottage garage and yard as the final stop on our quest for the Meadowlark Meadowlark! We also want to thank the Sloan, Honstead, Lyle, Miller, Tinklin Pointe, Stolzer, and Collins residents and staff who hosted our campers for charades, crafts, courtyard games, and BINGO!



Known, Grown, or Killed

by **Richard Vanderlip**

I'd like to thank all the people who told me how much they enjoyed the orchid display my daughter and I put in the library last month. A little update on the plants – the one on the left now has two new flowers. Yes, the little one in the middle is an orchid. It had a total of 21 flowers, and it is growing on cork bark much like it would grow on the side of a tree in the wild. The one on the right had four flowers, it has had two more, and now has four buds about to open. When we moved to Meadowlark in 2023, we brought 25 orchids with us. I now have 29 – I won't say how many I've killed. I nearly always have something in bloom.

EVENTS & OPPORTUNITIES

Coming Up at the MAC!

The Manhattan Arts Center invites you to experience *Godspell*, opening Friday, July 24. Featuring music and lyrics by Stephen Schwartz (*Wicked*, *Pippin*), this beloved musical brings the parables of Jesus to life through humor, storytelling, and an uplifting score that includes favorites like "Day by Day," "Prepare Ye the Way of the Lord," and "All Good Gifts."

Performances are scheduled for Friday, July 24, at 7:30 p.m.; Saturday, July 25, at 2 and 7:30 p.m.; and Sunday, July 26, at 2 p.m. Tickets are available at manhattanarts.org or by calling (785) 537-4420.

Voting: Our American Privilege

This information is primarily for residents in Independent Living, but anyone who needs it is welcome to use it.

Primary Election

Mail-in ballots were mailed beginning July 15. If you requested a mail-in ballot, watch your mailbox around that date.

Once you receive your ballot, complete it and mail it back as soon as possible.

If you need assistance, ask someone you trust. He or she may help with the mechanics of completing and mailing your ballot, but this person cannot tell you how to vote.

Sample ballots for registered Republicans, registered Democrats, and the ballot questions are available now at the Hospitality Desk or by calling (785) 770-5054.

Tech Helper: Upcoming Visits

For the next few months, Deborah will be scheduling Tech Help on days that differ from her typical schedule. Her in-home visits will occur on Aug. 19, Sept. 9, and Sept. 16. These visits must be arranged in advance by signing up for an open spot in the Blue Book.

Deborah's drop-in visits are first-come, first-serve and occur Sept. 8 and Sept. 15 in the Flint Hills Room.

Please look for another article later this month regarding future visit dates.

Become a Meadowlark Ambassador!

Do you enjoy meeting new people and helping others? Are you looking for a meaningful way to get involved in the Meadowlark community?

The Meadowlark Ambassadors invite you to learn more about their volunteer group and consider joining them!

Meadowlark Ambassadors are resident volunteers dedicated to promoting good will throughout the Meadowlark and Manhattan communities through monthly service projects and acts of kindness. They also help host special events, including the annual Watermelon Feed, Clothing Drive, Kitchenware Drive, and more.

If you're interested in learning more or becoming an Ambassador, please contact Jana Armfield, Engagement Specialist, at (785) 323-3890.

Come Sing With Us!

The Meadowlark Singers are looking for new voices, and everyone is welcome! Whether you're an experienced singer or simply enjoy making music, we'd love to have you join our choir. Singing is about more than hitting the right notes—it's about friendship, laughter, and sharing the joy of music.

No auditions or prior experience are required. Rehearsals for our December concert begin Thursday, Sept. 3, and will be held each Thursday from 4:15 to 5:15 p.m.

For more information, contact choir director Heather Augustine at mickeyksu@gmail.com. We hope you'll come make music with us!

Flint Hills Band

Friday, July 24, at 7 p.m.

Join us Friday, July 24, at 7 p.m. in the Event Center as Meadowlark welcomes the Flint Hills Band!

Blending blues with influences from R&B, jazz, rock, folk, soul, and funk, the band performs an exciting mix of original music and favorite covers spanning the 1940s to today. Don't miss this lively evening of outstanding music and entertainment!

Worship Services

Sunday, July 26, at 10 & 11 a.m.

Join Rev. Melanie Nord, Spiritual Life Leader, at 10

EVENTS & OPPORTUNITIES

a.m. or 11 a.m. on Sunday, July 26, in the Community Room/Chapel for the first session, “World Religions.” Coffee and fellowship will be available in the lobby between 9:30 a.m. and noon. All are welcome.

Trivia with College Avenue UMC

Sunday, July 26, at 4 p.m.

Put your knowledge to the test at Trivia Night, hosted by College Avenue United Methodist Church! Everyone is invited to join the fun in the Meadowlark Event Center for an evening of friendly competition, laughter, and great company.

A \$10 pizza bar will be available that evening, making it easy to enjoy dinner before the trivia begins. Gather a team or come on your own—everyone is welcome!

Fellowship with Assembly of God

Monday, July 27, at 10 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 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 First Assembly of God and are looking forward to getting to know residents while engaging in thoughtful discussion and spiritual encouragement.

Vesper Devotion Series

Tuesday, July 28, at 6:30 p.m.

Join us each Tuesday at 6:30 p.m. in the Community Room for evening Vesper Services led by Rev. Melanie Nord.

Next week, Tuesday, July 28, we're pleased to welcome Olivia and Austin Bond from the Bond Grief Collective as our guest preachers. They will share our devotion time with their testimonies

with grief and the top myths our culture can precipitate when it comes to loss. You won't want to miss the opportunity to meet and learn from these wonderful individuals. All are welcome.

Page Turners Book Group

Wednesday, July 29, at 11:30 a.m.

Join the Page Turners Book Group for its final discussion of *A Walk in the Woods: Rediscovering America on the Appalachian Trail* by Bill Bryson. Whether you read the book, watched the movie, or both, you're invited to join the conversation as we compare Bryson's humorous travel memoir with its 2015 film adaptation starring Robert Redford and Nick Nolte.

The movie will be shown in the Grosh Cinema on Tuesday, July 28, at 1, 4, and 7 p.m. Attend whichever showing fits your schedule—you don't need to participate in every session to be part of the discussion. For more information, contact Katie Sigman at (785) 323-3899.

UFM Class: A History of the United States Marine Corps (1775-1945)

Wednesday, July 29, at 6:30 p.m.

The final session of the series, A History of the United States Marine Corps (1775-1945), will take place on Wednesday, July 29, from 6:30 to 8 p.m. in the Community Room.

This class will review the history of the U.S. Marine Corps from its origins at Tun Tavern in 1775 to its notable World War II Pacific campaigns. The class is led by Robert Smith.

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

Parkinson's Lunch & Learn

A new opportunity to learn and connect with others begins this month and will occur quarterly! We are excited to share a webinar from the Michael J. Fox Foundation titled “*When Parkinson's Hurts: Treatments for Managing Pain*” and then have a discussion. Bring your own lunch and spend some time with friends learning how to recognize and treat the common, variable and invisible PD symptom of pain. We will meet

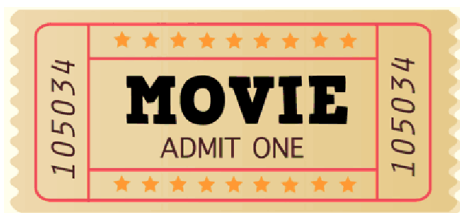
See EVENTS, page 7

RESTAURANT **SPECIALS**

Sunday, July 26	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$10 Dinner Pizza Bar
Monday, July 27	\$9 Lunch Reuben Brats French Fries	\$14 Dinner Fried Pork Cutlet Mashed Potatoes & Gravy Green Beans
Tuesday, July 28	\$10 Lunch Italian Sub Pub Chips	\$16 Dinner BBQ Brisket Twice Baked Potatoes Coleslaw
Wednesday, July 29	\$11 Lunch Chicken Caesar Wrap Sweet Potato Fries	\$15 Dinner Chicken Fajitas Refried Beans Mexican Rice
Thursday, July 30	\$10 Lunch Pork Nachos <i>(pulled pork, queso, pico de gallo, guacamole, & sour cream, served over tortilla chips)</i>	\$15 Dinner Cajun Pasta Garlic Bread
Friday, July 31	\$11 Lunch Pizza Bar	\$21 Dinner Crab Cakes Lemon-Parmesan Asparagus
Saturday, Aug. 1	\$11 Lunch Beef & Cheddar Slider Broccoli Salad	\$15 Dinner Fried Chicken Mashed Potatoes & Gravy Corn

Weekly Opportunities Calendar *July 26 to Aug. 1*

Sunday • July 26 <i>Put your trash at the curb!</i> 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 4:00 p.m. ~ College Avenue UMC Trivia Night, EC	Thursday • July 30, continued 11:15 a.m. ~ Chair Yoga, CR/ 1960 11:30 a.m. ~ PD Lunch & Learn, KSU CL 1:00 p.m. ~ Parkinson's Exercise Class, CR/ 1960 3:00 p.m. ~ Fanny & Furby, KR																		
Monday • July 27 <i>Trash pick-up</i> 9:30 a.m. ~ Seated Strength, CR/ 1960 9:30 a.m. ~ Memory Care Partners Group, STM 10:00 a.m. ~ Fellowship w/ First Assembly, 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 1:00 p.m. ~ Parkinson's Exercise Class, CR/ 1960 1:30 p.m. ~ God Talk, KSU CL 7:00 p.m. ~ Community Bingo, CR	Friday • July 31 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 7:00 p.m. ~ It's All American!, CR																		
Tuesday • July 28 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. ~ Grief & Loss, 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 6:30 p.m. ~ Vespers, CR	Saturday • Aug. 1 9:00 a.m. ~ Tai Chi, 1960 only 9:30 a.m. ~ Band Bust Exercise Class, 1960 only 7:00 p.m. ~ Breaking Serve, EC																		
Wednesday • July 29 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 11:30 a.m. ~ Page Turners Book Club, PR 3:00 p.m. ~ Rock Steady Boxing, CR 3:00 p.m. ~ Sing-Along, FHR 6:30 p.m. ~ UFM: History of US Marine Corps, CR	Room Abbreviations <table><tr><td>1960, TV Channel 1960</td><td>ME, Main Entrance</td></tr><tr><td>BR, Bison Room</td><td>MM, 120 N. Scenic Drive</td></tr><tr><td>CR, Community Room</td><td>MR, Manhattan Room</td></tr><tr><td>CY, Courtyard</td><td>PF, Peakform Wellness Center</td></tr><tr><td>EC, Event Center</td><td>PR, Patriot Room</td></tr><tr><td>FHR, Flint Hills Room</td><td>PS, Prairie Star Restaurant</td></tr><tr><td>GC, Grosh Cinema</td><td>STM, St. Thomas More Church</td></tr><tr><td>KR, Kansas Room</td><td>VBL, Verna Belle's Lounge</td></tr><tr><td>KSU CL, KSU Classroom</td><td>WPL, Wamego Public Library</td></tr></table>	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
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Thursday • July 30 9:00 a.m. ~ Messenger Team, KSU CL 10:00 a.m. ~ Mat Yoga, KSU CL 10:30 a.m. ~ Steady Yourself, CR/ 1960	EVENTS, from page 5 on Thursday, July 30, at 11:30 a.m. to 12:50 p.m. in the Meadowlark KSU Classroom. It's All American! <i>Friday, July 31, at 7 p.m.</i> Join us Friday, July 31, at 7 p.m. in the Community Room for "It's All American!" performed by the Flint Hills Masterworks Chorale's Summer Chorus. In celebration of America's 250th birthday, this special concert showcases the rich tradition of American choral music. Enjoy an evening of folk songs, gospel, jazz, and more, featuring works by renowned composers and arrangers including Moses Hogan, Stephen Foster, Dan Forrest, Randall Thompson, and Duke Ellington. All are welcome for this patriotic musical celebration!																		



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: July 26

STATE FAIR (1945) APPROVED, 1 hr. 40 min. *Comedy, Drama, Musical*

Cast: Jeanna Crain, Dana Andrews, & Dick Haymes

Each member of the Frake clan has his/her own reason for attending the annual Iowa State Fair.

MONDAY: July 27

RESIDENT REQUEST

STAYING ALIVE (1983) PG, 1 hr. 33 min. *Drama, Romance, Music*

Cast: John Travolta, Cynthia Rhodes, & Finola Hughes

Five years later, Tony Manero's Saturday Night Fever is still burning. Now he's strutting toward his biggest challenge yet: succeeding as a dancer on the Broadway stage.

TUESDAY: July 28

PAGE TURNER REQUEST

A WALK IN THE WOODS (2015) R for language and some sexual references, 1 hr. 44 min.

Adventure, Biography, Comedy

Cast: Robert Redford, Nick Nolte, & Emma Thompson

After spending two decades in England, Bill Bryson returns to the U.S., where he decides the best way to connect with his homeland is to hike the Appalachian Trail with one of his oldest friends, Stephen Katz.

WEDNESDAY: July 29

LITTLE MISS SUNSHINE (2006) R for language, some sex and drug content, 1 hr. 41 min.

Coming-of-Age, Drama, Road Trip

Cast: Steve Carell, Toni Collette, & Greg Kinnear

A family determined to get their young daughter into the finals of a beauty pageant take a cross-country trip in their VW bus.

THURSDAY: July 30

COLORS OF EVIL: BLACK (2026) TV-MA for sex and profanity, 1 hr. 50 min, *Crime, Drama*

Cast: Jakub Gierszal, Marianna Zydek, & Andrzej Chyra

When a young boy goes missing in a small town, a newly reassigned prosecutor begins to uncover unexpected links to an old missing persons case.

FRIDAY: July 31

FLOWERS IN THE ATTIC (1987) PG-13, 1 hr. 33 min. *Drama, Mystery, Thriller*

Cast: Louise Fletcher, Victoria Tennant, & Kristy Swanson

Children are hidden away in an attic by their conspiring mother and grandmother.

SATURDAY: Aug. 1

WISH UPON A STAR (1996) Not Rated, 1 hr. 30 min. *Body Swap Comedy, Family, Fantasy*

Cast: Katherine Heigl, Danielle Harris, & Donnie Jeffcoat

A young girl wishes to switch places with her popular older sister, and they awaken to find the wish has come true.