



18 Years & Running Strong

by Katie Sigman, Community Programs Coordinator

It's hard to believe that the Speedy PD Race for Parkinson's Disease is all grown up; this marks the 18th year of the annual fundraiser for Meadowlark Parkinson's Program! The race, which takes place this year on Saturday, Aug. 29, at Tuttle Creek State Park, has grown since its inception. The first race in 2009 had 125 participants, and last year's race broke the 1,000-participant mark with 1,068 race entries! We are aiming for continued growth and expect another strong showing from the community this year.

Speedy PD, presented by Little Apple Toyota, features three race options: the Half-Mile Memorial Walk/Run, the Don Rasmussen 5K, and the 10K. All courses are flat, paved, and offer shade. Participating in any of these race options helps to support individuals and families affected by Parkinson's disease, as all race proceeds go directly toward keeping Meadowlark Parkinson's Program running strong. If you can't be there in person, there is a virtual race option available for all three races, so you, family, and friends, can participate from anywhere in the world!

Part of the event's growth has been a partnership with Manhattan Running Company, which we look forward to continuing for the second year. Their team of former collegiate runners will once again provide professional race directing, logistics, and timing services, ensuring a smooth and memorable experience for everyone on race day. Speaking of logistics, packet pick-up will take place on Friday, Aug. 28, from 3:00 to 7:00 p.m. at Holiday Inn at the Campus. If you can't pick up Friday, don't fret. You can retrieve your packet the morning of the race between 6:30 and 7:30 a.m.

The race event begins with the LOUD and STRONG voices of our VIPDs (Very Important People with Parkinson's Disease) who will sing the national anthem at 7:45 a.m. The Half Mile Memorial Walk/Run follows at 8:00 a.m., and the 5K and 10K races begin at 8:30 a.m. Every registered participant will receive a Speedy PD T-shirt (guaranteed if registered by Aug. 14, though we'll do our best to accommodate later sign-ups), a finisher's medal, and access to a

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lively, family-friendly postrace celebration. Enjoy refreshments, activities, face painting, and awards.

For 18 years, the Speedy PD race has been powering the Meadowlark Parkinson's Program, which provides FREE exercise, education, and engagement opportunities to EMPOWER those living with Parkinson's disease in the Flint Hills Region and beyond. This program helps people with Parkinson's, as well as those who care for them, live well with hope and dignity.

For those who can't attend but still want to help, donations are gratefully accepted. Checks should be written to Meadowlark Foundation with Speedy PD Donation in the memo line and can be left with Meadowlark's Hospitality Desk staff for Development Director Becky Fitzgerald. You also may call the Meadowlark Foundation office at (785) 323-3843 to learn more.

Volunteers also are needed and appreciated, sign up to help at www.meadowlark.org/speedy-pd. For race questions or details about the Parkinson's Program, contact Michelle Haub, Community Programs Leader, at mhaub@meadowlark.org or (785) 323-3899. Whether you're running, walking, donating, or volunteering, thank you for being part of what powers this community as we come together to raise awareness, empower each other, and, of course, have fun along the way.

Kansas Flint Hills Fall Wildflowers

"My heart found its home long ago in the beauty, mystery, order and disorder of the flowering earth." - Lady Bird Johnson

Celebrate the beauty of the Flint Hills during a special presentation, Kansas Flint Hills Wildflowers, on Friday, Aug. 7, at 7 p.m. in the Community Room. Retired Konza Prairie naturalist Valerie Wright will share stunning photographs of the wildflowers that brighten the prairie each fall — some of which can even be found along Meadowlark's walking trails.

Along the way, you'll learn about these native plants, their pollinators, their value in home gardens, and their important role in the Flint Hills ecosystem. Join us for a relaxing evening celebrating the beauty of the prairie.



August Birthdays



Skilled Nursing

- 8/6 Joseph Merklin
- 8/10 Josephine White
- 8/10 Karen Doering
- 8/11 Diane Gaede
- 8/13 Victor Straub
- 8/14 David Benfer
- 8/18 Gloria Lindly
- 8/22 John Schultis
- 8/22 Frank Miller
- 8/23 Jerome Vestweber
- 8/25 Eleanor Cox
- 8/31 Michael Troy**

Assisted Living

- 8/4 Barbara Simons
- 8/7 Norman Schlesener
- 8/8 Carolyn Thompson

- 8/8 Patricia Conkwright
- 8/21 Nancy Haddock

Independent Living

- 8/2 Fred Freeman
- 8/4 Bobette McGaughey
- 8/7 Candace Pannbacker**
- 8/9 Kay Schwartzkopf
- 8/9 Connie Cusimano
- 8/13 Marge Hughey
- 8/15 Mark Cusimano**
- 8/17 Marilyn Whitley
- 8/17 Kenny Thomas
- 8/19 Jim Girard
- 8/21 Tom Fryer
- 8/22 Mary-Rita Spooner
- 8/25 Dave Fritchen
- 8/26 Sheila Prince
- 8/26 Judy Willingham
- 8/28 Kathy Wright

Bold denotes milestone birthdays!



Happy Birthday, Wanda!

Surprise! Friends and neighbors gathered on Tuesday, July 21, to celebrate Wanda Fulk's 70th birthday with a surprise party. The celebration came just a few days before her July 26 birthday—when, as Wanda jokingly reminded everyone, she was "still in her sixties!" Happy 70th Birthday, Wanda!



Big Boy 4014!



by Polly Schoning, Passport member

I was lucky enough to see Big Boy 4014 leaving Salina enroute to her home in Cheyenne, Wyo. Yes, there are better pictures on the Internet, but they don't show the excitement of being there. Her piercing whistle heard for miles, the clanking of her bell, the proudly displayed American and Kansas flags, and the release of volumes of steam filled me with both awe and joy.

Most of the crowd was gathered around the station; babies in strollers and people in wheelchairs. Instead, I walked through wet grass and slippery mud to get to what I figured would be a better spot to photograph her. I picked a site next to two railroad workers.

As Big Boy started toward us, the workers told me to step closer to the tracks, inside legal limits, to get a better picture. I took the picture. The steam (water vapor) soaked my clothes and fogged my glasses. I recovered in time to photograph the rest of the train composed of Pullman cars carrying select railroad employees; empty red, white, and blue freight cars; empty grain cars, and lastly a yellow caboose.

EVENTS & OPPORTUNITIES

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!

It's All American!

Friday, July 31, at 7 p.m.

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!

Breaking Serve Author Visit

Saturday, Aug. 1, at 7 p.m.

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.

Center's memoir, *Breaking Serve*, shares his journey through public failure, redemption, and rebuilding after the college admissions scandal known as Operation Varsity Blues. His inspiring story explores faith, resilience, forgiveness, and the lessons learned through life's greatest challenges. Readers are encouraged to read the book before attending, but all are welcome.

Worship Services

Sunday, Aug. 2, at 10 & 11 a.m.

Join Rev. Melanie Nord, Spiritual Life Leader, at 10 a.m. or 11 a.m. on Sunday, Aug. 2, in the Community Room/Chapel for the next session, "Christology." Coffee and fellowship will be available in the lobby between 9:30 a.m. and noon. All are welcome.

Town Meeting

Monday, Aug. 3, at 9:30 a.m.

All Meadowlark residents are invited to attend August's Town Meeting at 9:30 a.m. Monday, Aug. 3, 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!

EVENTS & OPPORTUNITIES

Visual Minds

Tuesday, Aug. 4, at 10 a.m.

What do you think and see when you look at a work of art? Have you ever wondered what other people think and see? Enjoy discussing unique pieces of art in a conversation guided by a certified visual thinking strategy facilitator on Tuesday, Aug. 4, at 10 a.m., in the Event Center.

No matter your abilities or experiences, everyone is able to participate in the discussion as viewers explore the answer to the question, "What do you see?"

Prairie Star Writing Group

Tuesday, Aug. 4, at 1 p.m.

Interested in joining Meadowlark's writing group? Prairie Star Writers, led by Cathy Hedge, meets on the first and third Tuesdays of each month. The next gathering is at 1 p.m. Tuesday, Aug. 4, in the Patriot Room.

This session's theme is "It's HOT HOT HOT!" Think back to the sweltering summers of years gone by. How did your family stay cool before air conditioning? Was watermelon the perfect remedy, or do you have a memorable story about a scorching summer day? Come share your memories and enjoy an afternoon of writing, conversation, and creativity—all in the comfort of a cool room!

Vesper Devotion Series

Tuesday, Aug. 4, 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, Aug. 4, we're pleased to welcome Daneale White who holds a depth of experience in chaplaincy and local church leadership. You won't want to miss the opportunity to meet and learn from this wonderful individual. All are welcome.

Meadowlark Men's Social Supper

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

Prairie Star Restaurant invites Meadowlark's men to attend a social supper at 5:30 p.m. Wednesday, Aug. 5. 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 Class: The Fabulous '50s

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

A three-part series about The Fabulous '50s will come to an end on Thursday, Aug. 6, from 6 to 7:30 p.m. in the Community Room.

The decade that followed the Second World War was a period of American prosperity, technological advances, and tranquility.

Robert Smith is the Director of the Fort Riley Museums complex. He has a doctorate in history from K-State and has published numerous articles on military history.

Peggy Dettmer Services

Friday, Aug. 7, at 2 p.m.

Family and friends are invited to join in remembering Peggy Dettmer on Friday, Aug. 7. A memorial service will be held at 2 p.m. in the Community Room, followed by a Celebration of Life at 2:30 p.m. in the Meadowlark Event Center. Interment of Peggy's ashes will take place at Fancy Creek-Randolph Cemetery in northern Riley County.

Peggy's family extends their heartfelt gratitude to the Lyle House team for the expert and compassionate care she received during the past five years.

Ladies Luncheon

Thursday, Aug. 13, at 11:30 a.m.

The next Ladies Luncheon will be Thursday, Aug. 13, at 11:30 a.m. in the Event Center. The hostess for this month is Carma Linderman, and the program will be about color.

A light lunch of chicken salad-stuffed tomato, veggie sticks, and lemon bars is planned at a cost of \$11 per person.

All Meadowlark ladies, Passport members, and guests are invited to attend. Please sign up in the Blue Book at the Hospitality Desk to join us for the meal. If you require a special menu item apart from the planned menu, please indicate this next to your name on the sign-up sheet.

RESTAURANT **SPECIALS**

Sunday, Aug. 2	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$13 Dinner BBQ Meatballs Scalloped Potatoes Broccoli Salad
Monday, Aug. 3	\$10 Lunch Breakfast Totchos (tater tots topped with sausage gravy, cheddar cheese, bacon, and scrambled eggs)	\$15 Dinner Roast Turkey Mashed Potatoes & Gravy Green Bean Casserole Dressing
Tuesday, Aug. 4	\$11 Lunch Cowboy Burger French Fries	\$17 Dinner Opened-Face Roast Beef Sandwich Sauteed Mushrooms
Wednesday, Aug. 5	\$10 Lunch Tuna Melt Macaroni Salad	\$17 Dinner BBQ Burnt Ends Ranch-Style Corn on the Cob Baked Bean Cornbread Casserole
Thursday, Aug. 6	\$12 Lunch BBQ Mac & Cheese Bowl (Mac & cheese, shredded brisket, BBQ sauce, cheddar cheese, and fried onions)	\$15 Dinner Chicken Cordon Bleu <i>served with Supreme Sauce</i> Rice Pilaf Broccoli
Friday, Aug. 7	\$11 Lunch Taco Bar	\$16 Dinner Baked Catfish <i>served with Tartar Sauce</i> Cornbread Pudding Coleslaw
Saturday, Aug. 8	\$11 Lunch Avocado Turkey Melt Red Potato Salad	\$17 Dinner Coconut Shrimp Hawaiian Slaw Grilled Pineapple

Weekly Opportunities Calendar Aug. 2 to Aug. 8

Sunday • Aug. 2 *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 • Aug. 3 *Trash pick-up*

9:00 a.m. ~ Town Meeting, EC
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
5:30 p.m. ~ Tuttle Creek Dinner, MR
7:00 p.m. ~ Community Bingo, CR

Tuesday • Aug. 4

10:00 a.m. ~ Visual Minds, 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. ~ Grief & Loss, FHR
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
3:30 p.m. ~ Ambassador's Meeting, PR
6:30 p.m. ~ Vespers, CR

Wednesday • Aug. 5

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. ~ Monarch North Luncheon, MR
3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Sing-Along, FHR
5:30 p.m. ~ Meadowlark Men's Social Supper, MR

Thursday • Aug. 6

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. ~ PD Education Group, CR
3:00 p.m. ~ Fanny & Furby, KR
5:30 p.m. ~ Meadowlark Circle Dinner, MR
6:00 p.m. ~ UFM: The Fabulous '50s, CR
6:00 p.m. ~ Dinner with The League, EC

Friday • Aug. 7

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**
2:00 p.m. ~ Peggy Dettmer Funeral Service, CR
2:30 p.m. ~ Peggy Dettmer Celebration of Life, EC
3:00 p.m. ~ Catholic Mass, CR
7:00 p.m. ~ Flint Hills Fall Wildflowers, EC

Saturday • Aug. 8

9:00 a.m. ~ Tai Chi, **1960 only**
9:30 a.m. ~ Band Bust Exercise Class, **1960 only**

Room Abbreviations

1960, TV Channel 1960
BR, Bison Room
CR, Community Room
CY, Courtyard
EC, Event Center
FHR, Flint Hills Room
GC, Grosh Cinema
KR, Kansas Room
KSU CL, KSU Classroom

ME, Main Entrance
MM, 120 N. Scenic Drive
MR, Manhattan Room
PF, Peakform Wellness Center
PR, Patriot Room
PS, Prairie Star Restaurant
STM, St. Thomas More Church
VBL, Verna Belle's Lounge
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: Aug. 2

HAMNET (2025) PG-13, 2 hr. 5 min. *Period Drama, Epic, Tragedy*

Cast: Jessie Buckley, Paul Mescal, & Zac Wishart

In late 16th-century England, Agnes, a healer sensitive to the world around her, builds a home with William, a local tutor and aspiring playwright. As their lives fracture, they are tested by distance, silence, and grief.

MONDAY: Aug. 3

RESIDENT REQUEST

THE BOY IN THE STRIPED PAJAMAS (2008) PG-13, 1 hr. 34 min. *Period Drama, War*

Cast: Asa Butterfield, David Thewlis, & Rupert Friend

Through the innocent eyes of Bruno, the eight-year-old son of the commandant at a German concentration camp, a forbidden friendship with a Jewish boy on the other side of the camp fence has startling and unexpected consequences.

TUESDAY: Aug. 4

SHE SAID MAYBE (2025) TV-MA for, 1 hr. 47 min. *Drama, Comedy, Romance*

Cast: Mehmet Atesci, Beritan Balci, & İlknur Boyraz

A German-raised woman named Mavi learns of her Turkish noble heritage and enters a world of luxury, challenging her relationship as she navigates her newfound identity.

WEDNESDAY: Aug. 5

RESIDENT REQUEST

12 ANGRY MEN (1957) APPROVED, 1 hr. 36 min. *Legal Drama, Crime*

Cast: Henry Fonda, Lee J. Cobb, & Martin Balsam

The jury in a New York City murder trial is frustrated by a single member whose skeptical caution forces them to more carefully consider the evidence before jumping to a hasty verdict.

THURSDAY: Aug. 6

RESIDENT REQUEST

THE GRADUATE (1967) PG, 1 hr. 46 min, *Coming-of-Age, Satire, Romance*

Cast: Dustin Hoffman, Anne Bancroft, & Katharine Ross

A disillusioned college graduate finds himself torn between his older lover and her daughter.

FRIDAY: Aug. 7

SCOOBY DOO (2002) PG, 1 hr. 26 min. *Bumbling Detective, Parody, Slapstick*

Cast: Matthew Lillard, Freddie Prinze Jr., Sarah Michelle Gellar

After an acrimonious break up, the Mystery Inc. gang are individually brought to an island resort to investigate strange goings on.

SATURDAY: Aug. 8

STUART LITTLE (1999) PG, 1 hr. 24 min. *Animal Adventure, Family, Comedy*

Cast: Michael J. Fox, Geena Davis, & Hugh Laurie

When the Littles adopt Stuart, a mouse, the Stuart's son, George, is initially unwelcoming to his new brother. The family cat, Snowbell, is even less enthusiastic. Stuart resolves to face these difficulties with as much pluck and courage as he can muster.