

MEADOWLARK
Messenger

Aug. 13, 2026
Manhattan, Kansas
Messenger Editor: Sarah Duggan

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



**Meadowlark University
Courses: Fall 2026
Wednesdays, 1 to 2 p.m.**

**Sept. 9: Artificial
Intelligence**
*Taught by Melanie Derby,
Ph.D., Professor in
Engineering & Co-Chair of the
Artificial Intelligence
Taskforce at K-State*

**Sept. 16: The Complexities
of Poverty Today**
*Taught by Sarah Barrett,
Ph.D., Vice President for
Impact Strategy & Grant
Programs with the Greater
Manhattan Community
Foundation*

**Sept. 23: Fraud & Scam
Prevention**
*Taught by Det. Derek McKee,
Cpl. Spencer Parsons, & Lt. Pat
Tiede with the Riley County
Police Department*

**Sept. 30: Charcuterie &
Wine Pairings for Holiday
Hosting Elective**
*Taught by Sysco's European
Import Specialists*

by Melanie Nord, Spiritual Life Leader

Back to school energy is in the air. Students are in town and sports are gearing up! In the spirit of being forever young, we're hosting a university of our own this fall! Spiritual Life Leader, Melanie Nord, invites you to attend Meadowlark U every Wednesday in September from 1 to 2 p.m. in the Event Center. A variety of community leaders will encourage us to think deeply about topics facing our society today.

We live in a rapidly changing world, and there are many innovations, both positive and potentially negative, on the horizon. From the uptick in Artificial Intelligence, ever-growing complexities of poverty and lack of affordable housing, to the concerns of local authorities regarding fraud and scamming, it is important we educate ourselves about topics of the future. Plus, we all know any good university has a fun elective! Join us for our lighthearted course on charcuteries and wines, including non-alcoholic options!

Abby Cavender's Leadership Role Expanding

by Jayme Minton, Sales, Home Health, & Support Services Director



Abby Cavender,
Sales & Resident
Experience Leader

Meadowlark is entering an exciting new chapter of growth, and with it comes the opportunity to elevate how we serve our residents, future residents, and their families. I'm proud to announce that Abby Cavender has been promoted to Sales and Resident Experience Leader, a newly expanded leadership role focused on strengthening the overall resident experience at Meadowlark.

Abby brings 18 years of experience in senior living, including a decade at Meadowlark, where she will celebrate her 10-year anniversary this coming January. During her time with Meadowlark, Abby has built strong relationships with residents, families, and future residents through her work in Independent Living sales. She also has played an important role in two major community expansion projects and helped grow our Passport membership program. Her knowledge of senior living and her deep understanding of Meadowlark have made her an important part of our community's

continued growth.

In this new role, Abby will provide leadership and oversight of Independent Living sales, Independent Living resident services, and our Hospitality team. Her focus will be to bring these areas together in a coordinated approach that strengthens the experience of residents, future residents, families, and guests at every stage of their relationship with Meadowlark.

From a prospective resident's first phone call or visit, through the move-in process and throughout their time living at Meadowlark, Abby will help ensure that the many touchpoints of the Meadowlark experience are connected, welcoming, and reflective of the level of service we strive to provide.

Abby's professionalism, leadership, and genuine care for people make her uniquely suited for this opportunity. She has a natural ability to build trust, bring people together, and look for ways to make the Meadowlark experience even better. As our community continues to grow, we're excited for the perspective and leadership she will bring to this new role.

I have every confidence that Abby will continue to bring the same dedication, compassion, and enthusiasm to this new chapter that she has brought to Meadowlark throughout her career. Please join me in congratulating Abby on this well-deserved opportunity!

Known, Grown, & Killed

by Richard Vanderlip

ORCHIDS, the official publication of the American Orchid Society, has recently started a column on favorite orchids. For many years we grew primarily orchid species not hybrids. I decided I would share my "favorite" orchid with you this month. It is a species called 'The False Epidendrum' (*Epidendrum pseudepidendrum*). It is native to Costa Rica and Panama. It is an epiphyte (grows attached to trees - not a parasite) in lowland and foothill rainforests. It blooms in late winter and spring with three to five flowers on a fairly large plant. We have grown it several times.

When we went to the World Orchid Conference in Glasgow, Scotland, which I wrote about earlier, there was a woman from New Zealand there who painted orchid pictures on men's ties. Liz gave me the tie for my birthday.

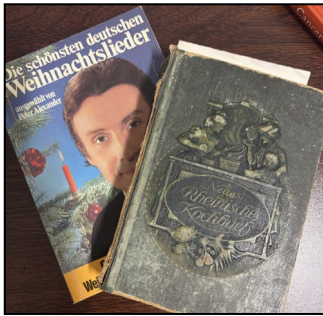


[above] The
False
Epidendrum.
[left] Richard's
orchid tie.

EVENTS & OPPORTUNITIES

A Special Thank You from Gisela Pauley

Gisela Pauley recently received a wonderful surprise—an anonymous gift of old German



books! She is grateful for this thoughtful and meaningful present and would love the opportunity to thank the person who shared them with her.

If you are Gisela's mystery book donor, please reach out and let her know. She would be delighted to thank you personally! *Books pictured above.*

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.

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!

Exciting Tuesday Evening Vespers Update

Our Summer Vesper Evening Devotional Service has been such a success that we're continuing this offer year-round! You now have the following

weekly opportunities for spiritual enrichment and fellowship at Meadowlark! As a reminder, all our services are open to anyone in our community, hosted in the Community Room and last 30 minutes on Sundays at 10 a.m. and 11 a.m. and Tuesdays at 6:30 p.m.

Music with Veerle Winkelmolen

Friday, Aug. 14, at 7 p.m.

Join us Friday, Aug. 14, at 7 p.m. in the Community Room as the Bell Family Foundation proudly presents Veerle Winkelmolen, an accomplished pianist, singer, and composer from the Netherlands.

Now based in Lawrence, Kansas, Veerle is known for her expressive performances and versatile repertoire, spanning Baroque masterpieces to contemporary works. She recently earned a Ph.D. of Musical Arts from the University of Kansas and continues to captivate audiences with her artistry and musical excellence. Don't miss this special evening of live music. All are welcome!

Shopping at Target & Dollar Tree

Saturday, Aug. 15, at 10:30 a.m.

The next scheduled trip is Saturday, Aug. 15, 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, Sept. 19. Please sign up in the Blue Book to participate.

Remembering Orris Kelly

Saturday, Aug. 15, at 3 p.m.

All are invited to gather and remember Orris Eugene Kelly during a come-and-go remembrance from 3 to 4 p.m. on Saturday, Aug. 15, in the Community Room. Friends and neighbors are encouraged to stop by, share stories, and celebrate Orris' remarkable life.

Memorial services for Chaplain Major General Kelly, who passed away July 31 at the age of 100, will be held at 11 a.m. Saturday, Aug. 15, at First United Methodist Church, 612 Poyntz Ave.,

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EVENTS & OPPORTUNITIES

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Manhattan. Interment will take place at a later date at Arlington National Cemetery.

Worship Services

Sunday, Aug. 16, at 10 & 11 a.m.

Join guest retired Rev. Jim Reed, at 10 a.m. or 11 a.m. on Sunday, Aug. 16, in the Community Room/Chapel for the next session, "Intro to Christian Ethics." Coffee and fellowship will be available in the lobby between 9:30 a.m. and noon. All are welcome.

Hymn Sing Sunday Evening

Sunday, Aug. 16, at 5 p.m.

Pastor Kevin Skidmore and members from the Church of Christ will be providing music Sunday Aug. 16, from 5 to 5:30 p.m. in Verna Belle's Lounge. They look forward to showcasing their a'capella singing of beloved hymns. All hymn singers and listeners are welcome to join the fun.

Prairie Star Writing Group

Tuesday, Aug. 18, 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. 18, in the Patriot Room.

This session, "Big Dreams...Done or Discarded?!", invites you to reflect on the dreams you held as a young person. Which aspirations became reality? Which ones changed or faded over time? Come share your stories of ambition, unexpected turns, and the dreams that helped shape your life.

Vesper Devotion Series

Tuesday, Aug. 18, 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. This week's message is titled, "Passion and Commitment." All are welcome.

Volunteer & Tech Helper

Tuesday, Aug. 19, at 4 p.m.

Deborah Goins will be available to provide in-home technology support to residents on Tuesday, Aug. 19. Please sign up in the Blue Book

at the Hospitality desk for a time to meet with her for an in-home visit.

IT Training with Manhattan Public Library

Thursday, Aug. 20, 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, Aug. 20, at 10 a.m.

Veterans and their spouses are invited for coffee and conversation at 10 a.m. Thursday, Aug. 20, in the Manhattan Room. This group meets every third Thursday.

Documentary Screening: Return of the Sacred Rock

Friday, Aug. 21, at 7 p.m.

Join us Friday, Aug. 21, at 7 p.m. in the Event Center as Pauline Sharp presents a screening of *Return of the Sacred Red Rock*.

Also known as Iⁿ'zhúje'waxóbe, the Sacred Red Rock is a 28-ton quartzite boulder sacred to the Kaw Nation. After being separated from the tribe for nearly a century, the rock was returned to the Kaw Nation in June 2024 and relocated to Allegawaho Memorial Heritage Park on Kaw Nation land.

Pauline is a Kaw Nation citizen and chair of the Kanza Heritage Society, an organization dedicated to preserving and sharing the heritage, history, and legacy of the Kaw People. A Wichita resident, Pauline also is the proud daughter-in-law of former Meadowlark resident Jim Sharp. All are welcome to attend this special evening.

Memorial Service for Ruth Friedmann

Saturday, Aug. 22, at 1 p.m.

Ruth L. Friedmann, 100, of Manhattan, Kan., passed away on Aug. 5, 2026 at Meadowlark Hills Retirement Community in Manhattan.

A brief memorial service will be held Saturday, Aug. 22, 2026, at 1 p.m. in the Community Room at Meadowlark.

EVENTS & OPPORTUNITIES

Monte's Going Away Party

Tuesday, Aug. 25, at 3 p.m.

You're invited to gather and wish Monte well on his move to Texas! Join us for farewells during Coffee Corner at 3 p.m. Tuesday, Aug. 25, in the Event Center.

College Avenue UMC Luncheon

Thursday, Aug. 27, at 11 a.m.

Friends of College Avenue United Methodist Church are invited to the monthly luncheon on Thursday, Aug. 27. This month's gathering will be extra special as the church's new pastor, Rev. Little, joins the group. Attendees will have an opportunity to meet and visit with Rev. Little.

Residents interested in attending are encouraged to sign up in the Blue Book at the Hospitality Desk.

Empowered LIVE!

Friday, Aug. 28, at 5 p.m.

What does it take to bike more than 1,600 miles from Chicago to Phoenix in 32 days while living with Young Onset Parkinson's disease? Matthew Schindler of Manhattan and Steve Iseman of Toronto, Canada, did just that as part of a Route 66 journey raising awareness for Parkinson's disease.

Hear their inspiring and humorous story at Empowered LIVE! on Friday, Aug. 28, at Holiday Inn at the Campus. Doors open at 5 p.m. for fellowship, VIPD artists, and vendors, followed by Matthew and Steve's presentation, "Living Well with Parkinson's Disease: Lessons and Coping Skills We Learned from the Saddles of Our Bikes," at 6:30 p.m. Their message of facing challenges with purpose and joy is for everyone, not just those affected by Parkinson's.

Meal tickets are \$20 and may be purchased by calling Michelle or Katie at (785) 323-3899 or visiting meadowlark.org/speedy-pd. For free transportation from Meadowlark, sign up in the Blue Book at the Hospitality Desk.

An Evening of Magic with Scott Terril

Friday, Aug. 28, at 7 p.m.

Join us Friday, Aug. 28, at 7 p.m. in the Event Center as Meadowlark welcomes Scott Terril. A fan and practitioner of magic for more than 20 years, Scott is excited to share his talents

following his recent retirement from a 30-year career in IT. Come enjoy an entertaining evening of magic and fun! All are welcome.

Speedy PD Race for Parkinson's Disease

Saturday, Aug. 29, at 8 a.m.

Registration is open for the 18th Annual Speedy PD Race for Parkinson's Disease, presented by Little Apple Toyota, on Saturday, Aug. 29, at Tuttle Creek State Park. Since its beginning in 2009 with 125 participants, Speedy PD has grown into a community tradition with more than 1,000 participants, raising funds to support the Meadowlark Parkinson's Program.

Participants can choose from the Half-Mile Memorial Walk/Run, the Don Rasmussen 5K, the 10K, or a virtual race option. Every registration helps provide free exercise, education, and support opportunities for individuals and families affected by Parkinson's disease throughout the Flint Hills region.

Each registered participant receives a Speedy PD T-shirt (guaranteed with registration by Aug. 14), a finisher's medal, and admission to a family-friendly post-race celebration featuring refreshments, activities, and awards.

Can't participate? You can still make a difference by volunteering or making a donation to support the program. To register, volunteer, or learn more, visit www.meadowlark.org/speedy-pd or contact Michelle Haub at (785) 323-3899 or at mhaub@meadowlark.org.



RESTAURANT **SPECIALS**

Sunday, Aug. 16	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$12 Dinner Philly Cheesesteak French Fries
Monday, Aug. 17	\$11 Lunch Catfish Po' Boy Fried Okra	\$14 Dinner Ham <i>served with Brown Sugar Glaze</i> Party Potatoes
Tuesday, Aug. 18	\$12 Lunch Blueberry Pistachio Chicken Salad <i>(Grilled chicken, pistachios, blueberries, radishes, cucumbers, feta cheese, and mixed greens with balsamic dressing)</i>	\$14 Dinner Mushroom Swiss Burger French Fries Coleslaw
Wednesday, Aug. 19	\$10 Lunch Chicken Fajita Quesadilla Corn Salad	\$13 Dinner Spaghetti & Meat Sauce Garlic Toast Caesar Salad
Thursday, Aug. 20	\$11 Lunch Turkey Reuben Watermelon Berry Salad	\$14 Dinner Cajun Garlic Butter Cod Couscous Fresh Green Beans
Friday, Aug. 21	\$11 Lunch Pizza Bar	\$14 Dinner Parmesan-Crusted Chicken Risotto Asparagus Medley
Saturday, Aug. 22	\$11 Lunch Pork Cutlet Sandwich Fruit Salad	\$25 Dinner 10-oz. Ribeye Baked Potato Jack Daniels Green Beans & Bacon

Weekly Opportunities Calendar Aug. 16 to Aug. 22

Sunday • Aug. 16 *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. 17 *Trash 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, **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. ~ 5th Floor Supper, MR
7:00 p.m. ~ Community Bingo, CR

Tuesday • Aug. 18

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, PS
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
5:30 p.m. ~ 2nd Floor Supper, BR
6:30 p.m. ~ Vespers, CR

Wednesday • Aug. 19

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. ~ West Monarch, BR
11:30 a.m. ~ Sit & Be Fit, CR/**1960**
3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Sing-Along, FHR
4:00 p.m. ~ Volunteer Tech Help (*home visit only*)

Thursday • Aug. 20

9:00 a.m. ~ Messenger Team, KSU CL
9:00 a.m. ~ Library Tech Help, FHR
10:00 a.m. ~ Mat Yoga, KSU CL
10:00 a.m. ~ First United Methodist Communion, FHR
10:00 a.m. ~ Veteran's Group, MR
10:30 a.m. ~ Steady Yourself, CR/**1960**
10:00 a.m. ~ Memory Care Partners Support Grp, **WPL**
11:15 a.m. ~ Chair Yoga, CR/**1960**
11:30 a.m. ~ Lettuce Ketchup Luncheon, KSU CL
1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
2:30 p.m. ~ Card Making with Michelle, FHR
3:00 p.m. ~ Fanny & Furby, KR
3:00 p.m. ~ Watermelon Feed, CY
5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • Aug. 21

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. ~ Rosary, CR
7:00 p.m. ~ Documentary Screening: Return of the Sacred Rock, CR

Saturday • Aug. 22

9:00 a.m. ~ Tai Chi, **1960 only**
9:30 a.m. ~ Band Bust Exercise Class, **1960 only**
1:00 p.m. ~ Ruth Friedmann Celebration of Life, CR

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: Aug. 16

GREENBOOK (2018) PG-13, 2 hr. 10 min. *Docudrama, Road Trip, Comedy*

Cast: Viggo Mortensen, Mahershala Ali, & Linda Cardellini

A working-class Italian-American bouncer becomes the driver for an African-American classical pianist on a tour of venues through the 1960s American South.

MONDAY: Aug. 17

RESIDENT REQUEST

NOMADLAND (2020) R *for some full nudity*, 1 hr. 47 min. *Road Trip, Tragedy, Drama*

Cast: Frances McDormand, David Strathairn, & Linda May

After losing everything in the Great Recession, a woman in her sixties embarks on a journey through the American West, living as a van-dwelling nomad. *Repeat movie due to technical difficulties Monday, Aug. 10.*

TUESDAY: Aug. 18

RESIDENT REQUEST

DIARY OF ANNE FRANK (1959) Approved, 3 hr. *Biography, War*

Cast: Millie Perkins, Shelley Winters, & Joseph Schildkraut

During World War II, a teenage Jewish girl named Anne Frank and her family are forced into hiding in the Nazi-occupied Netherlands.

WEDNESDAY: Aug. 19

RESIDENT REQUEST

BEN-HUR (1959) G, 3 hr. 32 min. *Adventure Epic, Period Drama*

Cast: Charlton Heston, Jack Hawkins, & Stephen Boyd

A Jewish prince is betrayed and sent into slavery by a Roman friend in 1st-century Jerusalem, but it's not long before he regains his freedom and comes back for revenge.

THURSDAY: Aug. 13

THIRD THURSDAY CLUB PICK

THE VISITOR (2007) PG-13 1 hr. 44 min. *Drama*

Cast: Richard Jenkins, Haaz Sleiman, & Danai Gurira

A college professor travels to New York City to attend a conference and finds a young couple living in his apartment.

FRIDAY: Aug. 14

BAD NEWS BEARS (2005) PG-13, 1 hr. 53 min. *Farce, Comedy, Sport*

Cast: Billy Bob Thornton, Greg Kinnear, & Marcia Gay Harden

A grizzled little league coach tries to turn his team of Little League misfits into champs.

SATURDAY: Aug. 15

A HOUSE WITH A CLOCK IN ITS WALLS (2018) PG, 1 hr. 45 min. *Dark Comedy, Fantasy, Family*

Cast: Jack Black, Cate Blanchett, & Owen Vaccaro

A young orphan named Lewis Barnavelt aids his magical uncle in locating a clock with the power to bring about the end of the world.