



# FOUNDATION FOCUS

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## Guide for Faith Leaders

*Meadowlark offers aging-related advice for local clergy*

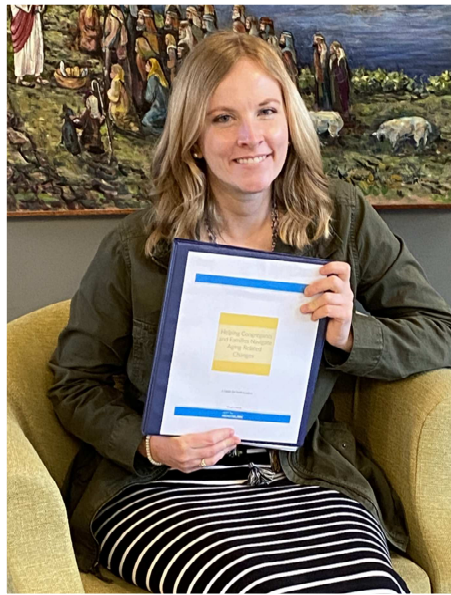
By Becky Fitzgerald

As specialists in senior living and care, Meadowlark leaders have strived to support our community's professionals as they offer care and advice. One such way to achieve this goal has been the production of two guides — three-ring binders filled with strategies, suggestions, and information about Meadowlark and community resources.

The first guide was created for local physicians and other health professionals. The latest was produced with faith leaders in mind.

Sarah Duggan, Community Relations Director, asked Manhattan clergy members at a Methodist, Episcopal, and Catholic church what information and resources related to aging would help in their ministries.

With their input, a staff member at New Boston Creative Group interviewed several Meadowlark employees, and New Boston's result is the guide pictured above: "Helping Congregants and Families Navigate Aging-Related Changes."



Rev. Melanie Nord, Associate Pastor of Congregational Care at First United Methodist Church, was one of three faith leaders to suggest topics for the new guide.

In the guide's introduction, Meadowlark CEO Lonnie Baker writes: "Different events and phases in life require different types of support, especially for seniors who have a variety of distinct concerns and their adult children who may need help navigating the new terrain of aging parents."

Rev. Melanie Nord was one of the ministers consulted about the guide's content, and she confirmed that FUMC members

### Inside the Guide

- Special Considerations for Aging Congregants
- Talking with Aging Congregants
- Literature for Older Adults
- Community Resources for Older Adults
- Helping Congregants with Out-of-Area Parents
- Helping Seniors with Funeral Planning
- Volunteering with Elderly
- Navigating Later Years
- Discussing a Move with an Aging Relative or Friend

seek her input on more than spiritual matters. Questions about down-sizing, care facilities, and rehabilitation options have all been asked.

"They definitely want a pastor involved with those types of life changes," Nord said.

In addition to the Rev. Dr. Patty Brown-Barnett, employees quoted in the guide work in the areas of Development, Finance, Sales, Social Services, and Special Programs.

## Upcoming FUNdraisers ... Save these Dates!



11 a.m. to 10 p.m., Thursday, July 29

Rockin K's, 1880 Kimball Ave.

Fiesta to Remember, benefiting Meadowlark Memory Program, returns for the third year in a new location: Rockin K's. The restaurant is donating 10% of the day's proceeds, so plan now to enjoy a taco buffet at lunch or order from a special menu available all day. Dine-in or carry out. Meadowlark residents may place orders for lunch and/or dinner delivery. The day's special beverage is a Fiesta-Rita, which may be enjoyed at the event or ordered to go.

Want to know more about Memory Program opportunities? Visit the program's information station at Rockin K's. New this year: VIP balcony seating! Contact Michelle Haub, Special Programs Leader, at (785) 323-3899 for more information.

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Vintage Mr. Peanut bank and metal snack set.

## Meadowlark MARKET

After a more than a year's absence because of COVID-19, Meadowlark Market has returned to 1217 Meadowlark Circle!

To date, the Market has generated \$18,343 in revenue, which benefits the Good Samaritan Fund or special projects as needed.

Upcoming sales of quality used furniture, collectibles, décor items, and jewelry are planned for **June 25-27, July 23-25, Aug. 27-29, and Sept. 24-26.**

Presented by: **Community**  
NATIONAL BANK MEMBER FDIC

13th annual  
5k & 10k

New in 2021: Memorial Run/Walk

Saturday, Aug. 28

Tuttle Creek State Park

Visit [www.runspeedpd.org](http://www.runspeedpd.org) to learn more and register. Participate as an individual, part of a team, or virtually.

Proceeds benefit Meadowlark Parkinson's Program, which offers FREE education and services to persons affected by Parkinson's disease in the Flint Hills and beyond.



# Foundation welcomes new board members

Meadowlark Foundation's Board of Directors is pleased to announce the addition of three members this July: **Linda Cook**, **Andrew "Andy" Ellis**, and **Gavin Schmidt**. This trio, who may serve two three-year terms, are joining the following members: Eric Higgins, president; Dave Nelson, treasurer; John Armbrust, Bud Cox, Dirk Daveline, Sandra Emley, Nelson Galle, Cindy Sloan, and Gary Stith. We salute Lisa Sisley, past president; Jackie Hartman Borck, secretary; and Terry Arthur, whose dedicated years of service ends in June.

As Kansas State University's chief of staff and director of community relations, **Linda Cook** serves as a member of the university president's cabinet and also coordinates community affairs for the university, representing the president's office on issues related to the city of Manhattan and regional economic development initiatives.



Prior to assuming her position at K-State in 2018, Cook served for six years as assistant vice president of communications for the K-State Alumni Association and has nearly 40 years of experience in communications and business planning.

Cook has a bachelor's degree in journalism and mass communications from K-State and a master's in business administration from Massachusetts Institute of Technology, where she was a Sloan fellow.

A member of several university-related boards and advisory councils, Cook also is an executive committee member of the Greater Manhattan Chamber of Commerce board of directors, a member of the Flint Hills Regional Council, and is a trustee for the Greater Manhattan Community Foundation (GMCF).

Born in Prairie Village, Kan., in 1986, **Andrew "Andy" Ellis** grew up in Overland Park, Kan. He graduated cum laude with a B.S. in Political Science, with minors in Business and Leadership Studies from Kansas State University in 2008 and was awarded a J.D. from the University of Kansas School of Law in 2011. He was admitted to the Kansas bar in 2011.



Ellis moved to Manhattan and joined Arthur-Green,

LLP, in August of 2011 as an associate attorney. He practices in the areas of estate planning, probate, corporate transactions, real estate, tax, and business entity formation. A partner in Arthur-Green since 2018, he is a member of both the Kansas Bar Association and the Riley County Bar Association, where he currently serves as president. He was named a Super Lawyers "Rising Star" in 2021.

Ellis is active in a number of community organizations. He is currently the President Ex-Officio of the Board of Directors for the Manhattan Area Boys and Girls Club and is a member of the Board of Directors for Good Shepherd Homecare and Hospice and the Mercy Community Health Foundation. He has formerly served on several other charitable boards, including the Friends of the Sunset Zoo and Konza District Boy Scouts of America, and is a founding member of the GMCF Young Trustees.

Ellis and his wife, Courtney, a CPA and partner at Sink, Gordon and Associates, LLP, have two children, Hadley (6) and Burke (3). They are active members of St. Thomas More Catholic Church.

A lifelong Kansas resident, **Gavin Schmidt** is a graduate of Kansas State University graduate and has been a Manhattan citizen for 15 years. He has been a part of the ESB Financial family since 2015, serving as vice-president of commercial lending prior to a promotion to Manhattan Market president in 2020.



Schmidt is locally involved with the Greater Manhattan Community Foundation's Young Trustee Program, including being a co-chair in 2017-2018 and receiving the Trustee of the Year award in 2019. He is a 2016 graduate of Leadership Manhattan and is currently attending the Graduate School of Banking at the University of Colorado.

Schmidt and his wife, Mandi, welcomed their first child, Cameron Blake, in June of 2020, and they are expecting another son in October of 2021. Gavin is a native of Inman, Kan.



Questions about  
Meadowlark Foundation?  
Contact Becky Fitzgerald,  
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[rebecca.fitzgerald@  
meadowlark.org](mailto:rebecca.fitzgerald@meadowlark.org)

Learn about Meadowlark  
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[www.meadowlark.org](http://www.meadowlark.org)

## Foundation Focus

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# Credit freeze helps prevent identity theft, fraud

Are you concerned that you could become a target of identity theft or fraud, or have you already been a victim? Do you feel you won't need to apply for credit in the foreseeable future? If so, then you should consider freezing your credit. Credit freezes are designed to prevent access to personal information in your credit report without your prior knowledge and consent and to prevent new accounts from being fraudulently opened in your name.

Here are some frequently asked questions related to a credit freeze:

### Are there any consequences to placing a freeze on my credit?

A credit freeze does not affect your credit score, and it does not protect existing accounts (whose security depends on the company that owns the credit). You will need to plan ahead and lift a freeze if you intend to apply for new credit, so it could take a few days for approvals on new loans, credit applications, mortgages, insurance, etc.

### What if I need to access my credit?

If you need to access new credit, you can lift the freeze temporarily or permanently with the PIN supplied when the freeze is put in place. If you



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### Credit Bureau Contact Information

TransUnion  
Phone: (888) 909-8872  
<https://www.experian.com/freeze>

Equifax  
(800) 349-9960  
<https://www.freeze.equifax.com>

Experian  
(888) 397-3742  
<https://www.experian.com/freeze>

place a temporary lift, you can elect to do so for a specific time period or for a specific party. The credit reporting company is required to lift the freeze within three business days of receiving the request.

### How do I request a Credit Freeze?

Laws vary by state, but credit reporting agencies are required to allow Kansans to place or remove a security freeze on their credit reports free of charge. A request may be placed by phone, email, or online. You will need to give your name, address, date of birth, Social Security number, and other personal information. All three credit reporting agencies (TransUnion, Equifax, and Experian) must be contacted separately.