



Busy bees & honey, please!

by Brook Marcotte, Dining Services Leader
Time to stock up for the winter! Meadowlark honey is now on sale in Prairie Star Restaurant. There are two bottle sizes available; a 12-ounce bottle for \$6 and a 16-ounce bottle for \$8. To purchase your Meadowlark honey, please visit the hostess stand in the restaurant.

A big *thank you* to the busy bees who made this delicious honey for us to enjoy!



End of Summer fun

By Sarah Duggan, Community Relations Director
The past week has been filled with end of summer fun, including the Watermelon Feed and Eclipse Excursion!

A group of nearly 70 Passport members and residents traveled to Marysville, Kan. Monday, Aug. 21, to watch the total eclipse. The group enjoyed a picnic lunch and fantastic weather with great visibility of the entire event.

The Watermelon Feed hosted by our Meadowlark Ambassadors was a fantastic success Thursday, Aug. 17. Thanks to all who attended and the hostesses for a great afternoon!



[top] Meadowlark Ambassadors with the watermelon Thursday, Aug. 17, on the patio.

[far left] Martha Ann Olson, Passport member, and her daughter, Beth Novotny, enjoy the eclipse Monday, Aug. 21.

[left] The group takes in the eclipse.

Construction Project update

As many have noticed, the carpeting for the Community Center has started to arrive this week! New carpet is being installed around the Community Center as time and supply allows. The Billiards Parlor carpet is complete, but the room will not be re-opened until Saturday, Aug. 26, as the pool table is receiving new felt.

Contractors have started work on the Verna Belle's Café and the center courtyard will be closed through the duration of the project.

Fire Alarm Procedure

If you are needing an additional copy of the fire alarm procedure for independent living, these can be picked up at the Hospitality Desk. The Fire Alarm Procedure can also be found in the Resident Handbook each resident received upon their initial move-in to Meadowlark Hills.

If you have questions, please contact Jayme Minton.

The Lovehandles

Friday, Aug. 25, at 7 p.m.

Meadowlark is pleased to welcome the *Lovehandles* to the Community Room at 7 p.m. Friday, Aug. 25. The *Lovehandles* are a harmony-based acoustic group made up of Joan Nelson, Sally Schafer and Mary Louise Stahl. Their musical choices include bluegrass, county, folk and anything else that strikes their fancy. Don't miss this family-friendly production that most will definitely enjoy!

Speedy PD Race for Parkinson's Disease

Saturday, Aug. 26, at 8 a.m.

Individuals of all ages and abilities are invited to participate in the ninth annual Speedy PD Race for Parkinson's Disease (complete with BBQ at the finish line!) presented by UMB at 8 a.m. Saturday, Aug. 26, at Tuttle Creek State Park!

To register for the race, please visit www.runspeedypd.org or stop by the Hospitality Desk to pick up a paper registration form. You may turn in your registration and payment to the lock box at the Hospitality Desk. Walk-in registrations will be accepted at packet pick-up Friday, Aug. 25, at the Holiday Inn Campus and the morning of the race.

Participants, families and friends are also invited to participate in the Past Party from 4:30 to 6:30 p.m. Friday, Aug. 25, at the Holiday Inn Campus. The cost for the meal is \$12 per person and \$6 for children ages 10 and under. The key note speaker will begin at 6:30 p.m. This year the program is pleased to welcome Lauren Paglisotti, Community Engagement Officer with the Michael J. Fox Foundation for Parkinson's Research.

For more information, please call (785) 323-3899. Tickets for the Pasta Party can be purchased online at www.runspeedypd.org.

Vespers Services

Sunday, Aug. 27, at 7 p.m.

The Vespers services will be led by Julie Barstow, the Director of Youth and Family Services at Peace Lutheran Church. Vespers service will begin at 7 p.m. Sunday, Aug. 27, in the Community Room. All are welcome to attend.

Family Caregiver Alliance Webinar

Wednesday, Aug. 30, at 1 p.m.

You're invited to a webinar titled, *Grit, Grace and Resilience: The Story of Successful Caregiving*, from 1 to 2 p.m. Wednesday, Aug. 30, in the KSU Classroom.

Caring for someone with dementia is a demanding and enduring challenge. It takes our best selves and all the support we can get from those in our communities. This webinar is a reflection on ways those who provide care can sustain their health and well-being throughout the caregiving journey. Participants will learn why accepting the situation is important, identify three tools to help balance safety and independence, and learn healthy coping strategies.

If you have questions, please contact Bridget Larkin at 323-3837.

What We Never Learned About the Gypsies in High School: Part I

Submitted by Virginia Koon, presenter

Friday, Sept. 1, at 7 p.m.

Come and join us for what will be an unusual and informative program about the people we call "Gypsies" and you will have some answers to your questions about them. I think you will be fascinated by the information that you receive.

Why are they called Gypsies? Where did they come from? Why are they often hated? Why did the Nazis want them annihilated? Should we beware of them? Is “Gypsy” a derogatory name for them? Should we ever say “I was gypped!”?

This program will focus on the history of the Romani people, which will include the very first notice of them as they traveled to the Balkans. I have read that you will never have a basic understanding of these people until you know their history. At the end of the program, you will see a video of the Roma through the eyes of the Roma people.

There will be many crafts that we have brought over from Romania that were made in a small Roma village in the northwest corner of Romania. You will be able to purchase some and all the money from the sales goes back to help the ladies who have made the hand bags and small items. Some of the money also goes into a medical fund for them.

The hand bags are made from vintage material woven on wooden hand looms by Romanian families during the Communist era 1942 to 1989. The Roma ladies have been taught to do embroidery work on the material and then they use sewing machines to put the bags together.

Please come and enjoy the evening with us. This program is presented by Friends of the Gypsy Roma a non-profit organization based in Manhattan, KS.

KSU Football Watch Party

Saturday, Sept. 2, at 6:10 p.m.

Come and watch the Kansas State Wildcats as they kick off the 2017 football season Saturday, Sept. 2! The Cats will take on the Central Arkansas Bears at 6:10 p.m. The Watch Party will be in the Game Room and refreshments will be served at 5:30 p.m. Go STATE!

Trip to Royals Game

Thursday, Sept. 7, depart at 1 p.m.

There are spots available for the trip to watch the KC Royals Thursday, Sept. 7! Interested staff and residents can sign up in the Blue Book at the Hospitality Desk. The cost for the trip is \$35 per person, which includes one admission ticket, transportation and a tailgate supper. The group will depart from Meadowlark for the game at 1

p.m. and are expected to return to Manhattan around midnight.

There is a limited amount of tickets available and registration will be on a first-come, first served basis. Cancellations need to be made by Thursday, Aug. 31, for full reimbursement. Please contact Jayme Minton with questions.

From the Editor

My little grown-up girl

by Sarah Duggan

I did a thing. I took my little three-year-old princess on her first trip to the salon where she received her first *real* haircut.

Murphy Rose has had her hair trimmed before—mostly just her bangs (when I was crazy enough to try and maintain bangs on a toddler!), but she’s never had her hair cut so significantly that it altered her appearance.

Many ladies will understand this next statement, sometimes you just get an irresistible urge to change your hair. Maybe the color, maybe the cut, maybe the length and maybe the whole dang thing. I began to sense one of those urges a couple weeks ago, but it wasn’t only for my hair—it was for Murphy’s hair, too.

She was perfect at the salon, relatively speaking. We did have a potty-training moment that could have gone smoother, but nonetheless, her time in the salon chair was flawless. Afterwards, she had a shorter haircut where the length just grazes her shoulders. It is *adorable*. I thought I might cry after the first cut, but at the end I was so in love with her new style I couldn’t help but smile.

And was she ever proud! “Look at my haircut, Mommy. It’s so pretty!” she beamed with a big, grown-up smile.

What a precious evening that I will never forget. Life is always changing.



PRAIRIE STAR RESTAURANT

Extended Hours
Monday to Friday, 7 a.m. to 8 p.m.
Saturday, 9 a.m. to 8 p.m. Sunday, 9 a.m. to 7 p.m.

All specials include beverage, starter and dessert.
 An extra vegetable can be substituted for the starch at no additional charge.
 The restaurant can accept up to four reservation per time, depending on party size.
 Reservations can be made in person or by calling 323-3820.

SUNDAY	Aug. 27 ~ Lunch \$13	Dinner \$11
	Braised Beef Brisket with Bordelaise Sauce Hashbrown Casserole Vegetable du Jour	Beef & Sausage Penne Garlic Toast Vegetable du Jour
MONDAY	Aug. 28 ~ Lunch \$7	Dinner \$12
	Salmon Loaf Roasted Yukon Gold Potatoes Choice of Vegetable <i>No starter or dessert included.</i>	Artichoke Chicken Roulade with Carrot Madeira Wine Sauce Rice Pilaf Vegetable du Jour
TUESDAY	Aug. 29 ~ Lunch \$7	Dinner \$12
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Baked Ham with Balsamic Cherry Sauce Au Gratin Potatoes Vegetable du Jour
WED.	Aug. 30 ~ Lunch \$7	Dinner \$13
	Pork Stroganoff Egg Noodles Choice of Vegetable <i>No starter or dessert included.</i>	Swiss Steak Mashed Potatoes & Gravy Vegetable du Jour
THURS.	Aug. 31 ~ Lunch \$7	Dinner \$12
	Baked Potato & Sweet Potato Bar <i>(does not include drink, starter, or dessert)</i>	Chicken Piccata Risotto Vegetable du Jour
FRIDAY	Sept. 1 ~ Lunch \$7	Dinner \$14
	Chili Dogs French Fries Coleslaw <i>No starter or dessert included.</i>	Shrimp & Crab Fettucine Alfredo Garlic Toast Vegetable du Jour
SAT.	Sept. 2 ~ Lunch \$11	Dinner \$15
	Philly Steak Sandwich French Fries Choice of Vegetable	Steak Baked Potato Vegetable du Jour

DRINK SPECIAL | Sangria
 Brandy, Triple Sec, Red Wine, Lemon Juice, Orange Juice & Lemonade Concentrate
 \$3.75

Grosh Cinema Movies

Sunday, August 27 to Saturday, September 2

Show Times: 1, 4 and 7 p.m., Monday – Saturday

2 and 6 p.m., Sunday

Sunday, Aug. 27 – Americano (2016)

When bullies threaten his family's circus, young Mexican parrot Cuco embarks on a quest to get help from his favorite TV superhero in Hollywood.

Co-Starring: Rico Rodriguez, Cheech Marin & Kate del Castillo

Rated G; 1 hr. 27 min.

Monday, Aug. 28 – Someone Like You (2001)

The talent scout for a talk show starts dating the show's producer, but when she's dumped, she's prompted to write a bitter, tell-all advice column.

Co-Starring: Ashley Judd, Greg Kinnear & Hugh Jackman

Rated PG-13; 1 hr. 37 min.

Tuesday, Aug. 29 – Collateral Beauty (2016)

With his life shattered by personal tragedy, advertising executive Howard Inlet is unable to break out of his deep depression. To help him, Howard's colleagues concoct an elaborate plan.

Co-Starring: Will Smith, Edward Norton & Kiera Knightley

Rated PG-13; 1 hr. 36 min.

Wednesday, Aug. 30 – Vantage Point (2007)

Moments after he arrives in Spain for an antiterrorism summit, U.S. President Ashton is shot.

Co-Starring: Dennis Quaid, Matthew Fox & Forest Whitaker

Rated PG-13; 1 hr. 30 min.

Thursday, Aug. 31 – Denial (2016)

In the 1990s, well-known Holocaust denier David Irving sued historian Deborah Lipstadt—issuing a complaint under British law requiring the American academic to prove that the greatest atrocity of World War II actually took place.

Co-Starring: Rachel Weisz, Tom Wilkinson & Timothy Spall

Rated PG-13; 1 hr. 50 min.

Friday, Sept. 1 – 21 (2008)

A brilliant group of students become card-counting experts with the intent of swindling millions out of Las Vegas casinos by playing blackjack.

Co-Starring: Jim Sturgess, Kevin Spacey & Kate Bosworth

Rated PG-13; 2 hrs. 2 min.

Saturday, Sept. 2 – Big Stone Gap (2014)

A single middle-aged woman who has lived her whole life in a small Virginia mining town uncovers a family secret that alters her profoundly.

Co-Starring: Ashley Judd, Patrick Wilson & Whoopi Goldberg

Rated PG-13; 1 hr. 42 min.

Weekly Opportunities Calendar Aug. 27 to Sept. 2

Sunday • August 27

Breakfast at Prairie Star—Pastries with Fruit
 9:00 a.m. ~ Miller Worship Service, MFR
 10:00 a.m. ~ Worship Service, CR
 2:00 p.m. ~ Wroten Worship Service, WL
 7:00 p.m. ~ Vespers with Julie Barstow from Peace Lutheran Church, CR

Monday • August 28

Breakfast at Prairie Star—Biscuits & Sausage Gravy
 9:30 a.m. ~ Seated Strength, CR
 10:20 a.m. ~ Weights 101, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 12:00 p.m. ~ Yoga, CR
 12:00 p.m. ~ 1st Pres. Men's Luncheon, MR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
 1:15 p.m. ~ Parkinson's Exercise Class, CR
 1:30 p.m. ~ Ladies Pool Table Time, BP
 2:15 p.m. ~ Parkinson's Voice Class, KSU CL
 3:00 p.m. ~ MLH Singers Practice, CR
 5:30 p.m. ~ Eastside Supper, MR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • August 29

Trash pick-up day
Breakfast at Prairie Star—Breakfast Sandwich with Fruit
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 12:00 p.m. ~ Seven Dolores Book Discussion, LR
 3:00 p.m. ~ Coffee Corner, CR
 4:00 p.m. ~ Newspaper & Bible, LR

Wednesday • August 30

Breakfast at Prairie Star—Breakfast Burrito with Fruit
 9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Worship Service, LR
 10:00 a.m. ~ Memory Activities Class, KSU CL
 10:00 a.m. ~ Memory Café, WCR
 10:20 a.m. ~ Weights 101, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 12:00 p.m. ~ Yoga, CR
 1:30 p.m. ~ Pitch, GR
 1:30 p.m. ~ Collins Worship Service, CH
 3:00 p.m. ~ Call Hall Ice Cream, KR
 3:00 p.m. ~ Rock Steady Boxing, CR & CSC
 4:00 p.m. ~ Lutheran Video Worship Service, LR

Thursday • August 31

Breakfast at Prairie Star—Biscuits & Sausage Gravy
 8:30 a.m. ~ Messenger Ladies, CON
 10:00 a.m. ~ Meadowlark Bible Study, LR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR

Friday • September 1

Breakfast at Prairie Star—Waffle or Pancake
 9:30 a.m. ~ Seated Strength, CR
 9:30 a.m. ~ Art Committee, LR
 10:20 a.m. ~ Weights 101, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 12:30 p.m. ~ Mending Angel, GR
 1:00 p.m. ~ Hand & Foot Card Games, GR
 1:15 p.m. ~ Parkinson's Exercise Class, CR
 3:30 p.m. ~ Catholic Mass, CR
 7:00 p.m. ~ Resident Program, CR

Saturday • September 2

Breakfast at Prairie Star—Pastries with Fruit
 9:00 a.m. ~ Rock Steady Boxing, CSC
 9:30 a.m. ~ Painting for Fun, KSU CL
 5:30 p.m. ~ KSU Watch Party (6:10 kick off), GR

Room Abbreviations

BP, Billiards Parlor	LB, Library
CH, Collins House	LR, Living Room
CR, Community Room	MFR, Miller Friendship Rm
CON, Conference Room	MR, Manhattan Room
GR, Game Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	TR, Tranquility Room
KR, Kansas Room (Pub)	VE, Village Entrance
KSU CL, KSU Classroom	WL, Wroten Library
PSP, Prairie Star Patio Center	CSC, Combative Sports Center

*Meadowlark News Channel can be viewed on Channel 1960