

## Meadowlark Travelers on the move!

*Travelers venture to Duluth, MN for annual summer adventure*



The Meadowlark Travelers arrived in Duluth, MN Tuesday, July 10. So far, they have enjoyed 66-degree weather, beautiful scenic overlooks and a trip to the Great Lakes Aquarium! The group plans to return home Sunday, July 15.

## UMB presents 10th Annual Speedy Pd Race for Parkinson's disease

*by Sarah Duggan*

A big thank you to UMB Bank for their continued sponsorship of the Speedy Pd Race for Parkinson's disease at the Presenting-sponsor level! The tenth annual fund-racer is set for Saturday, Aug. 25, at Tuttle Creek State Park. The 5k and 10k races begin at 8 a.m., and the Half-Mile Family Fun Run/Walk starts at 9:15 a.m. Each registered participant receives a Speedy PD t-shirt (guaranteed until 8/11/18), a finisher's medal and wonderful post-race food, drink and massages

provided by the event's generous sponsors.

To register for the race, please visit [www.runspeedypd.org](http://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, UMB on Humboldt or at Body First Wellness Center.

There will once again be a team component to the race for those interested in forming a team of family,

*See Speedy Pd, page 5*

## **Thank you!**

*Submitted by Dorothy & Ivan Tompkins*

Dorothy and Ivan Tompkins extend a “heartly” thank you to everyone who came to celebrate Ivan’s 90th birthday and Dorothy and Ivan’s 65th Wedding Anniversary. A special thank you to the Meadowlark staff and a very special thank you to the baker for the Wizard of Oz cupcakes.

## **Walk to End Alzheimer’s : T-shirt Design Contest**

Just a reminder that this is the last week to enter the t-shirt design contest for Meadowlark’s Walk to End Alzheimer’s team! Submissions can be turned in to Erin Hildreth until 11 p.m. on Sunday, July 22. The winner will be announced on Friday, July 27. T-shirt contest packets can be picked up at the Hospitality Desk.

If you have questions, please contact Erin Hildreth at (785) 323-3800 or via email at [ehildreth@meadowlark.org](mailto:ehildreth@meadowlark.org).

## **McCain Auditorium ticket sales**

*Thursday, July 12, at 3 p.m.*

On Thursday, July 12, representatives from McCain auditorium will be in the Flint Hills Room to assist residents with signing up for The McCain concert series tickets. They will be available from 3 to 4 p.m. and they ask that you bring your credit card or credit card number as checks are not accepted for season ticket purchases.

## **Birthday Party for Jean Hulbert**

*Friday, July 13, at 2:30 p.m.*

Jean Hulbert will celebrate her 94th birthday and pending relocation to North Carolina Friday, July 13, in the Community Room at Meadowlark Hills from 2:30 to 5 p.m. All are welcome. Cards will be appreciated. No gifts please.

## **Music with Jean Kennedy**

*Friday, July 13, at 7 p.m.*

Jean Kennedy is back by popular demand! Get ready for a delightful performance at 7 p.m. Friday, July 13, in the Community Room. Jean is a jazz and classical guitarist, vocalist and songwriter who come from a rich family tradition of performing music.

## **Trip to Hobby Lobby & Dollar Tree**

*Saturday, July 14, depart at 10:30 a.m.*

Saturday, July 14, transportation will be provided to Dollar Tree & Hobby Lobby for shopping trips. The bus will depart from the Village Entrance at 10:30 a.m. and will return around 11:45 a.m. The cost for transportation is \$3 per person. Please sign up in the Blue Book at the Hospitality Desk.

## **Vespers Services**

*Sunday, July 15, at 7 p.m.*

The Vespers service will be led by Reverend Ben Duerfeldt from First Christian Church. Vespers service will begin at 7 p.m. Sunday, July 15, in the Community Room. All are welcome.

## **Guided Meditation**

*Tuesday, July 17, at 10:30 a.m.*

Have you ever wanted to try meditation, but were worried you wouldn’t know what to do or how to do it? Let go of those concerns and join the Meadowlark Memory Program & Parkinson’s Program as they sponsor the *Guided Meditation Classes* on the first and third Tuesdays from 10:30 to 11 a.m. in Grosh Cinema.

No prior experience is needed to attend. You do not need to plan ahead or sign-up in the Blue Book either. Simply drop in and relax.

## **Coffee Corner Feature Dessert**

*Tuesday, July 17, at 3 p.m.*

The Feature Dessert for Coffee Corner Tuesday, July 17, is a Strawberry Pie. Come enjoy this delicious dessert!

## **Artist Discussion with the Beach**

*Wednesday, July 18, at 6:30 p.m.*

You’re invited to join Kim Richards from the Beach Museum of Art for a discussion on Wolf Kahn. The group will meet at 6:30 p.m. Wednesday, July 18, in the KSU Classroom. All who are interested are welcome to attend.

## **Speedy Pd Art Class**

*Thursday, July 19, at 10:30 a.m.*

Join us to make the art for the age-group awards for the Speedy Pd Race. People with Parkinson’s and any who have been affected by Pd are encouraged to make the awards that give the Speedy Pd the most unique Age Group Awards in the region. Kathrine Schlageck, Beach Museum Education Director, provides the materials,

education and inspiration. No previous art experience is needed. Workshops will be in the South Conference Room at Meadowlark Hills on Thursdays from 10:30 a.m. to 12 p.m. on the following dates: July 19 and 26.

### **Parkinson's Disease Webinar**

**Thursday, July 19, at 11 a.m.**

You're invited to join the Parkinson's disease webinar titled *Immune System's Role in Parkinson's* at 11 a.m. Thursday, July 19, in the KSU Classroom. Michael J Fox Foundation experts will discuss the connection between Parkinson's and the immune system -- its role in disease and how they may develop measures and identify drug targets in this area. They'll also talk about how scientists are engineering immune system players to fight Parkinson's disease.

### **Love Handles**

**Friday, July 20, at 7 p.m.**

The Love Handles are a harmony-based acoustic group made up of Joan Nelson, Sally Schafer and Mary Louis Stahl. Their musical choices include bluegrass, country, folk and anything that strikes their fancy. These ladies will be performing at 7 p.m. Friday, July 20, in the Community Room. All are invited to attend.

### **Birthday Party for Nyle Larson**

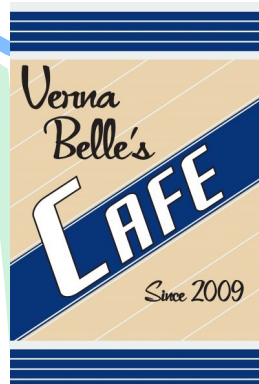
**Saturday, July 21, at 2 p.m.**

You're invited to celebrate Nyle Larson's 80th Birthday at 2 p.m. Saturday, July 21, in the Community Room. Refreshments will be served and Nyle requests no gifts, please. All are invited to attend.

### **Out to Lunch!**

**Wednesday, July 25, depart at 11:45 a.m.**

Join Monte on a trip out to lunch at Longhorn's Steakhouse Wednesday, July 25. The cost of each resident's meal will be the responsibility of each individual. Please sign up in the Blue Book if you would like to attend. Transportation will depart at 11:45 a.m. and the cost will be \$3 per attendee.



## **LUNCH & BREAKFAST SPECIALS**

Monday to Friday, 7 a.m. to 4 p.m.  
Saturday & Sunday, 7 to 11 a.m.  
(785) 323-3818

### **Sunday, July 15**

**Breakfast:** Omelets with Fruit

### **Monday, July 16**

**Breakfast:** Biscuits & Gravy

**Lunch:** Grilled Chicken Sandwich with Side  
*grilled chicken topped with Swiss cheese & roasted garlic aioli on a butter toasted bun served with lettuce, tomato, & pickle ~ \$5.99*

### **Tuesday, July 17**

**Breakfast:** Breakfast Sandwich & Fruit

**Lunch:** Meatball Sub with Choice of Side  
*meatballs in marinara sauce topped with mozzarella cheese on a sub roll ~ \$3.99/ \$5.99*

### **Wednesday, July 18**

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** Quesadilla Day  
*crispy flour tortilla filled with cheese & stuffed with your choice of chicken or steak and toppings from the salad bar ~ \$3.50/\$4.50 / \$5.50*

### **Thursday, July 19**

**Breakfast:** Biscuits & Gravy

**Lunch:** Mediterranean Pizza  
*flatbread topped with olive oil, parmesan cheese, artichoke, tomato & spinach ~ \$3.99 / \$5.99*

### **Friday, July 20**

**Breakfast:** Waffle or Pancake

**Lunch:** Philly Cheesesteak with Choice of Side  
*deli sliced roast beef, sautéed peppers, onions & Swiss cheese on toasted Italian bread~ \$3.99 / \$5.99*

### **Saturday, July 21**

**Breakfast:** Omelets with Fruit



# LEADER OF THE PACK

Congrats to the Meadowlark's Leader of the Pack for July 2018, Michelle Rowe! Michelle is a CMA at Meadowlark Riley House. Michelle is the model caregiver with a passion for caring for residents and families. She is an energetic and positive leader that lights up the room! Meadowlark appreciates Michelle for her investment and engagement in the organization and with those she serves. We're glad to have Michelle as a part of the team!

## June Gifts to Meadowlark Foundation

*Gifts to the Meadowlark Foundation during the month of June were given in memory/honor of the following persons to benefit the Good Samaritan Fund, Meadowlark Parkinson's Program and Meadowlark Memory Program. Gifts were also received to support the Helping Hands Fund.*

### Memory of

Fred Atchison  
 Donna Bark  
 Jacquie Brewer  
 Hulda Brensing  
 Jakie Brensing  
 Chris Chalender  
 Diane Erbe

Jack Goldstein  
 Jane Kuhn  
 Fred Oehme  
 Sue Reeves  
 Harold Ross  
 Pat Schlender  
 John Vogt

### Honor of

Chris Banner  
 Doug Fiser

Frances Holcombe  
 Don Rassmussen

Jane Westfall

*If you have questions regarding Meadowlark Foundation, please contact Becky Fitzgerald, at (785) 323-3843.*

## Art Committee Call for Resident Artwork

The Meadowlark Resident Art Committee is issuing an open call for resident-created artwork to be hung in a rotating display outside of the Support Services office cluster in the Community Center hallway.

Art Committee will accept submissions through the end of the day Tuesday, July 31. Artwork can be dropped off with Jayme Minton, Support Services Director. The Art Committee will review submitted resident artwork at the next committee meeting and determine which pieces will be hung and the display timeline.

If you have questions, please contact Jayme Minton at (785) 313-0454 or Harriette Janke, Art Committee chair, at (785) 539-0865.

## Murphy turns 4!

*by Sarah Duggan*

Murphy Rose turned four-years-old on Monday, July 9! So far she has enjoyed three celebrations, one with friends, one at daycare and one at home with "just" us four. When I asked her what she wanted for her birthday dinner I assumed she would pick something like McDonalds or pizza, but to my surprise she chose pancakes as her special meal. So we celebrated with *brinner* (breakfast for dinner) and a

cupcake for dessert. She is anxiously anticipating her birthday-week finale party at my sister's house with our family.

It is amazing that I now have a four-year-old who is looking forward to starting ballet lessons *and* preschool in the fall. She is a patient and caring older sister to Eilish Wynnette with a definite independent streak that keeps her dad and me on our toes. I love being her mom and look forward to the bittersweet adventure of continuing to watch her grow up. Life is always changing.



*Speedy Pd, from page 1*

friends or co-workers to participate. Teams will compete for coveted prizes and titles including, *Largest Team, Most Donations Raised, Most Inspirational* and *Fastest Team*. Team prizes will be awarded to winners in two categories—Corporate Team and Social Team.

The planning committee is also searching for volunteers to ensure our participants are safe while having fun. If you are interested in volunteering at the race, please email [rd@bodyfirst.com](mailto:rd@bodyfirst.com). Even if you are running, you could volunteer to help before or after your event.

The purpose of the race is to raise funds to support the Meadowlark Parkinson's Program in its years-long tradition of providing *free* exercise classes, educational opportunities, community outreach and scholarship to those in the Flint Hills affected by PD. Additionally, the race is an opportunity to raise awareness and understanding of Parkinson's Disease (PD); to honor those affected by PD; to exercise (run &/or walk a 5k, 10k or ½ Mile); and to enjoy the



2017 Speedy Pd Race participants take off at the starting line.

beautiful Tuttle Creek Lake and have fun with new and established friends!

The Speedy PD Race for Parkinson's Disease benefits Meadowlark Parkinson's Program. To learn more about the program, please contact Michelle Haub at 323-3899. See you at the race!

## NEW books at the Library!

### Fiction titles

*Too Happy*, by Kate Kasten

*Startup*, by Dario Shafrie

*Thirty-One and a Half Regrets*, by Denise Grover Swank

*Mortal Fear*, by Robin Cook

*Toxin*, by Robin Cook

*Cure*, by Robin Cook

*All by Myself Alone*, by Mary Higgins Clark

*The Second Time Around*, by Mary Higgins Clark

*The Broker*, by John Grisham

*Nothing Lasts Forever*, by Sidney Sheldon

*The Templar Salvation*, by Raymond Khoury

*A Legacy of Spies*, by John LeCarre

*There are number of DVD movies that were found in the Game Room and Grosh Cinema that have been added to the movies available in the Library for you to take home for your viewing pleasure.*

### Non-fiction titles

*Ghosts of Fort Riley: Echoes of History (2015)*

*Ghosts of Fort Riley: Into the 21st Century (2005)*

*Ghosts of Fort Riley: The Legends Live On (2000)*

*Ghosts of Fort Riley: Past and Present (1998)*

*Symphony in the Flint Hills Field Journal 2018*

*This Close to Happy: A Reckoning with Depression*, by Daphne Merkin

*Hand to Mouth: Living in Bootstrap America*, by Linda Tirado

*The Mathews Men: Seven Brothers and the War Against Hitler's U-Boats*, by William Geroux

*Thinking in Pictures: My life with Autism*, by Temple Grandin

*1001 Kansas Place Names*, by Sondra Van Meter McCoy & Jan Hults

*The Rainbow Comes & Goes*, by Anderson Cooper & Gloria Vanderbilt

*The Early History of the Fire Department, Manhattan, Kansas 1871-1922* by the Riley County Genealogical Society & Historical Society

# PRAIRIE★STAR RESTAURANT

**Restaurant Hours**  
**Monday to Saturday, 10:30 a.m. to 8 p.m.**  
**Sunday, 10:30 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.

<b>SUNDAY</b>	July 15 ~ Lunch \$12	Dinner \$12
	Chicken & Dumplings Mashed Potatoes Vegetable du Jour	Beef Lasagna Garlic Toast Vegetable du Jour
<b>MONDAY</b>	July 16 ~ Lunch \$10	Dinner \$13
	Chili Dog French Fries Coleslaw	Shrimp & Chicken Penne <i>with Portobello, Spinach, Sun-dried Tomatoes, Garlic &amp; Basil in Sherry Sauce</i> Garlic Toast & Vegetable du Jour
<b>TUESDAY</b>	July 17 ~ Lunch \$7	Dinner \$11
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Meatloaf Mashed Potatoes & Gravy Vegetable du Jour
<b>WED.</b>	July 18 ~ Lunch \$10	Dinner \$12
	BBQ Pulled Pork Sandwich Coleslaw TaterTots	Baked Ham <i>with Peace Compote</i> Au gratin Potatoes Wild Rice & Vegetable du Jour
<b>THURS.</b>	July 19 ~ Lunch \$9	Dinner \$13
	Mac & Cheese Bar <i>(does not include drink, starter, or dessert)</i>	Chicken Wild Mushroom Roulade <i>with Sherry Sage Sauce</i> Wild Rice Vegetable du Jour
<b>FRIDAY</b>	July 20 ~ Lunch \$10	Dinner \$12
	Baked Cod <i>with Dill Sauce</i> Roasted Red Potatoes Choice of Vegetable	Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour
<b>SAT.</b>	July 21 ~ Lunch \$10	Dinner \$14
	Beef Tips Fettuccine Choice of Vegetable	Stuffed Sole with Crab <i>with Roasted Red Pepper Sauce</i> Rice Pilaf Vegetable du Jour

**DRINK SPECIAL** | Cape Cod  
 1 1/2 oz. Vodka, 5 oz. Cranberry Juice & 1/2 oz. Lime Juice  
 \$3.75

## Grosh Cinema Movies

Sunday, July 15, to Saturday, July 21, 2018

Show Times: 1, 4 and 7 p.m., Monday – Saturday / 2 and 6 p.m., Sunday

### **Sunday, July 15 — 101 Dalmatians (1996)**

An evil high-fashion designer plots to steal Dalmatian puppies in order to make an extravagant fur coat, but instead creates an extravagant mess.

Co-Starring: Glenn Close, Jeff Daniels & Joely Richardson

Rated G; 1 hr. 43 min.

### **Monday, July 16— Finding Neverland (2004)**

The story of J.M. Barrie's friendship with a family of boys with strong imaginations who inspired him to create Peter Pan.

Co-Starring: Johnny Depp, Kate Winslet & Julie Christie

Rated PG; 1 hr. 46min.

### **Tuesday, July 17 — Fiddler on the Roof (1971) *\*Resident Request***

In prerevolutionary Russia, a Jewish peasant contends with marrying off three of his daughters while growing anti-Semitic sentiment threatens his village.

Co-Starring: Topol, Norma Crane & Leonard Frey

Rated G; 3 hrs. 1 min.

### **Wednesday, July 18 — Boot Hill (1969)**

Victims of oppressive town boss Honey are offered help by an unusual alliance of gunmen and circus performers.

Co-Starring: Terence Hill, Bud Spencer & Woody Strode

Rated PG; 1 hr. 27 min.

### **Thursday, July 19 — Set It Up (2018)**

Two young assistants in New York City realize they can make their lives easier by setting up their workaholic bosses to date.

Co-Starring: Zoey Deutch, Glen Powell & Lucy Liu

Rated PG-13; 1 hr. 45 min.

### **Friday, July 20 – I Can Only Imagine (2018) *\* Resident Request***

The inspiring and unknown true story behind MercyMe's beloved, chart topping song that brings ultimate hope to so many is a gripping reminder of the power of true forgiveness.

Co-Starring: J. Michael Finley, Madeline Carroll & Dennis Quaid

Rated PG; 1 hr. 50 min.

### **Saturday, July 21 – Get Smart (2008)**

When the identities of secret agents are compromised, hapless but eager analyst Maxwell Smart is promoted and teams with the far more capable Agent 99 to thwart the evil terrorist group KAOS in this comedy caper based on the classic TV show.

Co-Starring: Steve Carell, Anne Hathaway & Alan Arkin

Rated PG-13; 1 hr. 50 min.

# Weekly Opportunities Calendar July 15 to July 21

## Sunday • July 15

9:30 a.m. ~ Miller Worship Service, MFR  
 10:30 a.m. ~ Worship Service, CR  
 2:00 p.m. ~ Wroten Worship Service, WL  
 7:00 p.m. ~ Vespers with Rev. Ben Duerfeldt, CR  
 7:45 p.m. ~ Meadowlark Travelers arrive home, VE

## Monday • July 16

7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR  
 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  
 1:00 p.m. ~ Parkinson's Exercise, CR  
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
 1:45 p.m. ~ Parkinson's Voice & Conversation, CR  
 5:30 p.m. ~ 5th Floor Supper, MR  
 7:00 p.m. ~ Community Bingo, CR

## Tuesday • July 17

*Trash pick-up day*

10:30 a.m. ~ Steady Yourself, CR  
 10:30 a.m. ~ Guided Meditation, GC  
 11:15 a.m. ~ Chair Yoga, CR  
 12:00 p.m. ~ Seven Dolors Book Discussion, FHR  
 2:00 p.m. ~ LifeStory Writing Group, FHR  
 3:00 p.m. ~ Coffee Corner, CR—FEATURE DESSERT!  
 5:30 p.m. ~ 2nd Floor Supper, CR  
 7:00 p.m. ~ Dominoes, GR

## Wednesday • July 18

9:30 a.m. ~ Seated Strength, CR  
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE  
 10:00 a.m. ~ Worship Service, FHR  
 10:00 a.m. ~ Memory Activities Class, KSU CL  
 10:00 a.m. ~ Memory Café, WCR  
 10:00 a.m. ~ Memory Care Partners Group, SCR  
 10:20 a.m. ~ Weights 101, CR  
 11:00 a.m. ~ Sit & Be Fit, CR  
 12:00 p.m. ~ Yoga, CR  
 1:00 p.m. ~ Pitch, GR  
 3:00 p.m. ~ Rock Steady Boxing, CR  
 3:00 p.m. ~ Rock Steady Boxing, CSC  
 3:00 p.m. ~ Call Hall Ice Cream, KR  
 4:00 p.m. ~ Christian Video Worship Service, FHR  
 6:30 p.m. ~ Osher Class: FDR & Truman, CR  
 6:30 p.m. ~ Artist Discussion with the Beach, KSU CL

## Thursday • July 19

8:30 a.m. ~ Messenger Team, WCR  
 10:00 a.m. ~ Meadowlark Bible Study, FHR  
 10:30 a.m. ~ Steady Yourself, CR  
 10:30 a.m. ~ Speedy PD Art Class, SCR  
 11:00 a.m. ~ Parkinson's Webinar, KSU CL  
 11:15 a.m. ~ Chair Yoga, CR  
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
 2:00 p.m. ~ Osher Class: The Roman Empire and Its Involvement with Judaism & Christianity, CR  
 5:30 p.m. ~ Meadowlark Circle Supper, MR

## Friday • July 20

9:30 a.m. ~ Seated Strength, CR  
 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  
 1:00 p.m. ~ Parkinson's Exercise Class, CR  
 2:30 p.m. ~ Rock Steady Boxing, CSC  
 3:30 p.m. ~ Catholic Rosary, CR  
 7:00 p.m. ~ Love Handles, CR

## Saturday • July 21

9:30 a.m. ~ Painting for Fun, SCR  
 2:00 p.m. ~ Nyle Larson's Birthday Party, CR

### Room Abbreviations

BP, Billiards Parlor	CH, Collins House
WCR, West Conference Room	CR, Community Room
CSC, Combative Sports Center	GR, Game Room
FHR, Flint Hills Room	WL, Wroten Library
GC, Grosh Cinema	PSP, Prairie Star Patio
HD, Hospitality Desk	KR, Kansas Room (Pub)
KSU CL, KSU Classroom	LB, Library
MFR, Miller Friendship Rm	MR, Manhattan Room
MS, Miller Spa	PS, Prairie Star Restaurant
SCR, South Conference Room	VE, Village Entrance

\*Meadowlark News Channel can be viewed on Channel 1960

### Newspaper & Bible

Newspaper and Bible will not meet during the month of July. The group will resume the first Tuesday in August.