

Part D Prescription Drug Open Enrollment

by Rita Harsch

It is that time again to start thinking about Open Enrollment and your Part D plans. The North Central Flint Hills Area Agency on Aging will be coming to Meadowlark Hills Tuesday, Oct. 30.

We ask to please watch your mail during the upcoming months. Do not put up, shred or throw away any mail that will allow you to make an informed decision during the 2018/2019 Open Enrollment period. Your current Part D plan will notify you if they are changing anything, as well.

Please be sure to bring your Medicare card, insurance card and the list of all medications you are currently taking (name of drug, dosage, 30-day quantity and monthly cost), your pharmacy can send you a copy of your medications upon request.

A sign-up sheet will be available in the Blue Book starting Monday, Sept. 10.

If you have any questions or concerns please contact Rita Harsch, Financial Counselor, at (785) 323-3891 or by stopping by the Finance Office located across the hall from Verna Belle's Café.

Speedy Pd Race for Parkinson's Disease

The tenth annual fund-racer is 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 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.

The purpose of the race is to raise funds to support the Meadowlark Parkinson's Program in it's 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 beautiful Tuttle Creek Lake and have fun with new and established friends!

To learn more about the program, please contact Michelle Haub at 323-3899. See you at the race!

Wine Pairing Event

Tuesday, Sept. 4 / 5:30 p.m.
Prairie Star Restaurant



Enjoy great tastes and smells with a wine and food pairing event at 5:30 p.m. Tuesday, Sept.4, at Prairie Star Restaurant. The cost for the full event will be \$35 per person. If you would like to just enjoy the meal without the wine, the cost is \$30 per person. Please sign up at the host stand in Prairie Star. The restaurant will be closed for the evening of the event.

Lamb Rack on Roasted Red Pepper Risotto
Poached Pear stuffed with Spinach, Scallops,
Champagne Vinaigrette and Brie Toast
Raspberry Sorbet
Lobster Tail Thermidor, Roasted Fingering
Potatoes, Vegetable Bundles of Carrots,
Asparagus and Green Beans
Grand Mariner Soufflé

Memorial Service for John Rees

Friday, Aug. 17, at 2:30 p.m.

A Memorial Service for John Rees will be held at 2:30 p.m. tomorrow, Aug. 17, in the Community Room. All are invited to attend.

Vespers Services

Sunday, Aug. 19, at 7 p.m.

The Vespers service will be led by Rev. Troy Bowers from First United Methodist. Vespers service will begin at 7 p.m. Sunday, Aug. 19, in the Community Room. All are welcome.

Guided Meditation

Tuesday, Aug. 21, at 10:30 a.m.

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 or sign-up is needed to attend. Simply drop in and relax.

Coffee Corner Feature Dessert

Tuesday, Aug. 21, at 3 p.m.

The Feature Dessert for Coffee Corner Tuesday, Aug. 21, is a Cranberry Bliss Bar made by Verna Belle's Cafe. Come enjoy this delicious dessert!

Cowboy Poet Ron Wilson

Friday, Aug. 17, at 7:00 p.m.

You will be in for a treat on Friday, Aug. 17, when Ron Wilson comes to Meadowlark Hills. Ron is a relaxed entertainer, blending his unique insights on life with a down-home sense of humor appropriate for all ages. All of his original poetry is family-oriented, patriotic and has a particular appeal to folks who live in the country and appreciate the American West. Ron appears in full cowboy costume, complete with the white hat worn by the good guys, and within seconds, has audiences eager to listen and laugh. So tell your friends to come on down to the Community Room at 7 p.m. for some great entertainment.

Meadowlark Singers

Monday, Aug. 20, at 3:30 p.m.

It's almost time!! Grab your best smile and head for the Community Room, Monday, Aug. 20, at 3:30 p.m. to join the Meadowlark Singers for a season of fun and music. Give us a try... you do NOT need a beautiful voice or previous experience, just a love of music. If you are breathing, you are at the top of the list for your

very own chair, stand and notebook! It's one of Meadowlark's experiences you will wish you would have at least tried once! See YOU there...start humming now!

NEW Theatre Trip

Wednesday, Aug. 22, at 9 a.m.

We will be taking a trip on Wednesday, Aug. 22, to the NEW Theatre Restaurant located in Overland Park, Kan. The show for the day is *Mamma Mia*. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past to the door of the church. Featuring the #1 hits of legendary group ABBA, including Dancing Queen, Knowing Me-Knowing You, Take a Chance on Me, and many more. This Super Trouper musical comedy hit sold out 14 years on Broadway. The cost for the trip is \$60 per person, which includes transportation and admission into the theater where the group will enjoy a fantastic dinner and show. Dinner includes a choice of coffee, tea or soft drink. Desserts and alcoholic beverages are available at additional cost. We will depart from the Village entrance at a.m. Seating begins at 11:30 a.m. and lunch will be served from 12:15 to 1 p.m. The show starts at 1:15 p.m. A sign-up sheet is located in the Blue Book at the Hospitality Desk. For questions, call Monte Spiller at (785) 323-3801.

Exercise Classes canceled

Thursday, Aug. 23, & Aug. 30

Exercise classes are canceled for Thursday, Aug. 23, and Aug. 30. Please contact Jeff Heidbreder with questions.

Calling All Veterans!

Friday, Aug. 24, at 1 p.m.

There will be a group of soldiers from the Warrior Transition Battalion coming to visit with Meadowlark veterans from 1 to 2 p.m. Friday, Aug. 24, in the KSU Classroom. Come share your military service stories and feel free to bring a friend! Refreshments will be served.

Bates Dance Studio Performance

Friday, Aug. 24, at 4:30 p.m.

Dancers from Bates Dance Studio will be at Meadowlark to dazzle residents with their jazz and lyrical performances at 4:30 p.m. Friday, Aug. 24, in the Community Room. The performance will conclude at 5 p.m. All are welcome to attend!

Empowered LIVE!

Friday, Aug. 24, at 4:30 p.m.

Join us Friday, Aug 24, from 4:30 to 7 p.m. at The Holiday Inn at the Campus to enjoy an evening to celebrate living well with Parkinson's disease and ten years of our Speedy Pd Race for Parkinson's Disease!

Come hear John Baumann's presentation, "Reclaiming Positive Perspective: How to Live an Amazing Life With—Or Without—a Life-Changing Adversity" beginning at 6:30 p.m. John is an internationally-recognized keynote speaker sharing an ever-increasing number of secrets on successfully living a positive life whatever comes your way. John is a World Parkinson's Advocate and has presented with Rasheeda Ali.

A dinner will be served for \$15 per person and \$7 per child ten years and under. Savory and sweet stations to enjoy will include: Mac & Cheese, Spaghetti & Mini Meatball, Baked Potato, Bruchette & Salad, and Fruit & Cake.

Stillman Cemetery Presentation

Friday, Aug. 24, at 7 p.m.

Join Monte Spiller, Resident Services Leader, in the Community Room at 7 p.m. Friday, Aug. 24, for a special presentation! Monte will give a brief history of the Stillman Cemetery followed by a 35-minute video of the relocation and dedication of the cemetery from Sept. 14, 2007. All are invited to attend and learn more about this special piece of history located right on the Meadowlark campus.

Walk to End Alzheimer's

Saturday, Sept. 22, at 8 a.m.

The Alzheimer's Associations Walk to End Alzheimer's is at 9 a.m. Saturday, Sept. 22, at Manhattan City Park! Meadowlark will have a team that all residents, staff and family members can join. There is a Blue Book sign-up for the race. If you have any questions, please contact Erin Hildreth via e-mail at (785) 323-3800.



LUNCH & BREAKFAST SPECIALS

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

Sunday, Aug 19

Breakfast: Omelets with Fruit

Monday, Aug 20

Breakfast: Biscuits & Gravy

Lunch: Grilled Ham & Cheese with Tomato Soup
ham, American & cheddar cheese on your choice of butter-toasted wheatberry or Italian bread ~ \$3.99 / \$5.99

Tuesday, Aug 21

Breakfast: Breakfast Sandwich & Fruit

Lunch: Bierocks with Choice of Side
ground beef, shredded cabbage, onion & honey mustard stuffed inside a biscuit ~ \$5.99

Wednesday, Aug 22

Breakfast: Breakfast Burrito & Fruit

Lunch: BBQ Pork Sandwich with Choice of Side
shredded pork & BBQ sauce on a hamburger bun ~ \$5.99

Thursday, Aug 23

Breakfast: Biscuits & Gravy

Lunch: Grilled Chicken and Mac & Cheese Bowl
mac & cheese topped with grilled chicken, parmesan cheese & your choice of toppings from the salad bar ~ \$3.99 / \$5.99

Friday, Aug 24

Breakfast: Waffle or Pancake

Lunch: Philly Cheese Steak with Choice of Side
sliced deli roast beef, swiss cheese, sautéed peppers & onions on butter-toasted Italian bread ~ \$3.99 / \$5.99

Saturday, Aug 18

Breakfast: Omelets with Fruit

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.

SUNDAY	Aug. 19 ~ Lunch \$13	Dinner \$12
	Pot Roast with Carrots, Celery & Onions Mashed Potatoes with Gravy Vegetable du Jour	Turkey Loaf Roasted Red Potatoes Vegetable du Jour
MONDAY	Aug. 20 ~ Lunch \$10	Dinner \$12
	Sweet & Sour Pork Rice Choice of Vegetable	Chicken Cacciatore Rice Vegetable du Jour
TUESDAY	Aug. 21 ~ Lunch \$8	Dinner \$12
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Swiss Steak Mashed Potatoes & Gravy Vegetable du Jour
WED.	Aug. 22 ~ Lunch \$10	Dinner \$13
	Catfish Po'Boy French Fries Coleslaw	Stuffed Pork Tenderloin with Bread Dressing Twice Baked Potato Vegetable du Jour
THURS.	Aug. 23 ~ Lunch \$8	Dinner \$12
	Baked Potato & Sweet Potato Bar <i>(does not include drink, starter, or dessert)</i>	Beef Stroganoff Noodles Vegetable du Jour
FRIDAY	Aug. 24 ~ Lunch \$10	Dinner \$14
	Bacon & Pea Fettucine Alfredo Garlic Toast Choice of Vegetable	Pecan-Crusted Trout with Orange Rosemary Sauce Wild Rice Vegetable du Jour
SAT.	Aug. 25 ~ Lunch \$10	Dinner \$15
	Breaded Pork Tenderloin Sandwich Sweet Potato Fries Coleslaw	Steak Baked Potato Vegetable du Jour

DRINK SPECIAL | Margarita
 2 oz. Jose Cuervo Tequila & 4 oz. Margarita Mix
 \$3.75

Grosh Cinema Movies

Sunday, Aug. 19, to Saturday, Aug. 25, 2018

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

Sunday, Aug. 19 — Penelope (2006)

A modern romantic tale about a young aristocratic heiress born under a curse that can only be broken when she finds true love with "one who will accept her as one of their own."

Co-Starring: Christina Ricci, James McAvoy & Reese Witherspoon

Rated PG; 1 hr. 44 min.

Monday, Aug. 20 — Five Easy Pieces (1970)

A dropout from upper-class America picks up work along the way on oil rigs when his life isn't spent in a squalid succession of bars, motels, and other points of interest.

Co-Starring: Jack Nicholson, Karen Black & Billy Green Bush

Rated R for violence & language; 1 hr. 38 min.

Tuesday, Aug. 21 — Trading Places (1983)

A snobbish investor and a wily street con artist find their positions reversed as part of a bet by two callous millionaires.

Co-Starring: Eddie Murphy, Dan Aykroyd & Ralph Bellamy

Rated R for violence, nudity & language; 1 hr. 56 min.

Wednesday, Aug. 22 — Dan Candy's Law (1974)

Based on an actual event, this is the tragic story of Saskatchewan fugitive Almighty Voice (Gordon Tootoosis), a Cree Indian who is arrested for stealing government livestock out of desperate hunger.

Co-Starring: Donald Sutherland, Gordon Tootoosis & Chief Dan George

Rated PG; 1 hr. 33 min.

Thursday, Aug. 23 — Wonder (2017)

Based on the New York Times bestseller, WONDER tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters 5th grade, attending a mainstream elementary school for the first time.

Co-Starring: Hilary Swank, Clint Eastwood & Morgan Freeman

Rated PG; 1 hr. 53 min.

Friday, Aug. 24 — Yes Man (2008)

A man challenges himself to say "yes" to everything for an entire year.

Co-Starring: Jim Carrey, Zooey Deschanel & Bradley Cooper

Rated PG-13; 1 hr. 44 min.

Saturday, Aug. 25 — Lion (2016)

A five-year-old Indian boy gets lost on the streets of Calcutta, thousands of kilometers from home. He survives many challenges before being adopted by a couple in Australia. 25 years later, he sets out to find his lost family.

Co-Starring: Dev Patel, Nicole Kidman & Rooney Mara

Rated PG-13; 1 hr. 58 min.

Weekly Opportunities Calendar August 19 to August 25

Sunday • Aug. 19

Manhattan Room open seating @ lunch & dinner

- 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. Troy Bowers, CR

Monday • Aug. 20

Manhattan Room open seating @ lunch only

- 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
- 3:30 p.m. ~ Meadowlark Singers, CR
- 5:30 p.m. ~ 5th Floor Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

Tuesday • Aug. 21

Trash pick-up day

Manhattan Room open seating @ lunch & dinner

- 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!
- 4:00 p.m. ~ Newspaper & Bible, FHR
- 5:30 p.m. ~ 2nd Floor Supper, CR
- 7:00 p.m. ~ Dominoes, GR

Wednesday • Aug. 22

Manhattan Room open seating @ lunch & dinner

- 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 Support 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
- 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
- 3:00 p.m. ~ Rock Steady Boxing, KSU CL
- 3:00 p.m. ~ Rock Steady Boxing, CSC

- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Unitarian Universalist Fellowship, MR
- 4:00 p.m. ~ Christian Video Worship Service, FHR
- 5:30 p.m. ~ Eastside Supper, MR

Thursday • Aug. 23

Manhattan Room open seating @ lunch & dinner

- 8:30 a.m. ~ Messenger Team, WCR
- 9:00 a.m. ~ Speedy Pd Training Session, VE
- 10:00 a.m. ~ Meadowlark Bible Study, FHR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR

Friday • Aug. 24

Manhattan Room open seating @ lunch & dinner

- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 1:00 p.m. ~ Veteran's Meeting, KSU CL
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Parkinson's Care Partner Group, FHR
- 2:30 p.m. ~ Rock Steady Boxing, CSC
- 4:30 p.m. ~ Bates Dance Studio Performance, CR
- 4:30 p.m. ~ Empowered LIVE! & Speedy Pd Race Packet Pick Up, Holiday Inn Campus
- 7:00 p.m. ~ Stillman Cemetery Presentation, CR

Saturday • Aug. 25

Manhattan Room open seating @ lunch & dinner

- 7:00 a.m. ~ Transportation departs to Speedy Pd, VE
- 8:00 a.m. ~ Speedy Pd Race for Parkinson's Disease, Tuttle Creek State Park
- 9:30 a.m. ~ Painting for Fun, SCR

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