

Early Memory Loss Classes

To Promote Brain Health

Agenda for: Wednesday Aug. 6th & Thursday Aug. 7th

Topic: Kansas

Welcome – Social time—What's New?

Warm Up— Add to the Category

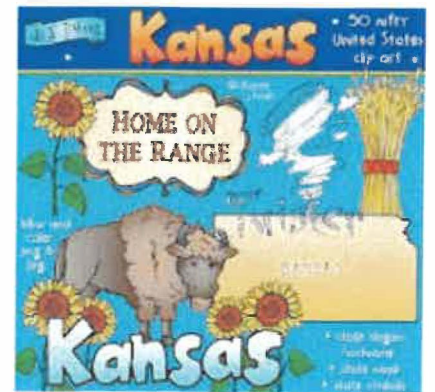
Mental Stimulation— Old-Timey Words & Phrases

Creative Inspiration- Memory Scrunch

Physical Fitness— Stretches

Lunch

Memory Challenge— What Do You Know About Kansas?



Educational Piece— Kansas, Here We Come!

Group Activity: Wizard of Oz Stickman Word Game

Word of the Day: Prairie

Trivia: What is Kansas famous for?

Add to the Category: Concrete

Complete each list with a similar item.

1. asparagus, corn, radish, _____
2. 9, 0, 20, _____
3. September, February, August, _____
4. steak, salad, peas, _____
5. necklace, earrings, watch, _____
6. bus, trolley, taxi, _____
7. trout, flounder, haddock, _____
8. goat, pig, horse, _____
9. magic marker, crayon, pencil, _____
10. sister, uncle, grandfather, _____
11. tulip, orchid, carnation, _____
12. French, Chinese, Spanish, _____
13. pan, tea kettle, spatula, _____
14. arm, neck, back, _____
15. shirt, tie, coat, _____
16. pork, lamb, turkey, _____
17. brunch, lunch, dinner, _____
18. San Diego, Houston, Las Vegas, _____
19. France, Switzerland, Denmark, _____
20. Niagara Falls, seashore, Disney World, _____
21. socks, slippers, boots, _____
22. stormy, sunny, snowy, _____
23. triangle, rectangle, square, _____
24. Hello Dolly, Gone With the Wind, The Wizard of Oz, _____
25. rabbit, squirrel, deer, _____

Old-Timey Words and Phrases

Match the definition to the correct old-timey word or phrase.

- | | |
|--|------------------------|
| 1. Conduct a serious romantic relationship _____ | A. hobnob |
| 2. Mingle with a VIP _____ | B. skedaddle |
| 3. Courage _____ | C. lollygag |
| 4. Do something with great intensity _____ | D. court |
| 5. Make someone happy _____ | E. Heavens to Betsy! |
| 6. Scruffy child _____ | F. twitterpated |
| 7. Drag one's feet _____ | G. ragamuffin |
| 8. Formerly; in the past _____ | H. topsy-turvy |
| 9. Stick-in-the-mud _____ | I. moxie |
| 10. Upside down or disorderly _____ | J. erstwhile |
| 11. Nonsense _____ | K. scalawag |
| 12. Mischievous act; prank _____ | L. fuddy-duddy |
| 13. Feeling lovesick _____ | M. kerfuffle |
| 14. Scatterbrained or talkative person _____ | N. monkeyshine |
| 15. A fuss or commotion _____ | O. flibbertigibbet |
| 16. Rascal or mischief-maker _____ | P. balderdash |
| 17. To run away quickly _____ | Q. like the dickens |
| 18. An exclamation of surprise _____ | R. gladden one's heart |



Do You Know Kansas? Quiz

(Questions Only)

How many of these multiple choice questions can you answer?

1. Which is the official state motto of Kansas?

- A. "Liberty and Union"
- B. "To the Stars Through Difficulties"
- C. "Live Free or Die"
- D. "Strength in Unity"

Answer: _____

2. In addition to a state motto, Kansas also has which state slogan?

- A. "Simply Wonderful"
- B. "Land of Ahhs"
- C. "To the Stars"
- D. All of the above

Answer: _____

3. Kansas is known for its significant influence on the development of jazz. Which of the following is the jazz saxophonist born in Kansas City, Kansas, who was influential in creating the style of jazz known as bebop?

- A. Charlie Parker
- B. Dizzy Gillespie
- C. Max Roach
- D. Curley Russell

Answer: _____

4. Which city is the largest in Kansas by population?

- A. Overland
- B. Wichita
- C. Kansas City
- D. Lawrence

Answer: _____

5. Which is the oldest city in Kansas?

- A. Leavenworth
- B. Lawrence
- C. Shawnee Mission
- D. Kansas City

Answer: _____

6. Dodge City, Kansas, is famous for which annual event?

- A. Dodge City Days
- B. Cowboy Roundup
- C. Sunflower Festival
- D. Prairie Day Festival

Answer: _____

7. Kansas has more of which of the following than any other U.S. state?

- A. Tornados
- B. Lakes
- C. Sunflowers
- D. Farms

Answer: _____

8. Which song includes the lyrics "I'm as corny as Kansas in August"?

- A. "Dust in the Wind"
- B. "Oklahoma"
- C. "The Surrey with the Fringe on Top"
- D. "I'm in Love with a Wonderful Guy"

Answer: _____

9. In Goodland, Kansas, William Purvis and Charles Wilson designed and built the world's first patented flying machine of which kind?

- A. Helicopter
- B. Biplane
- C. Wright Flyer
- D. Monoplane

Answer: _____

Destination: Kansas, Here We Come

Introduction



The landlocked state of Kansas is located on the Great Plains in the Midwestern region of the United States. It is bordered by Oklahoma to the south, Nebraska to the north, Missouri to the east, and Colorado to the west. Its name comes from the Indigenous American Kanza (or Kansa or Kaw) people and means "people of the south wind."

Known for its beautiful landscapes, its unpredictable weather, and as the home of Dorothy from *The Wizard of Oz*, Kansas is our travel destination this month.

History Buffs



The story of the history of Kansas is an ancient one. Indigenous Americans had long been in the area before settlers arrived, having descended from the first people who migrated to North America thousands of years ago. When the first European men arrived in the region, they encountered many settled Indigenous American peoples, including the Kanza, Osage, Pawnee, and Comanche. Initially, relationships were

peaceful and cooperative, but as more settlers arrived in search of land in the 1800s, tensions increased, leading to armed conflict. By 1873, the 553 remaining Kanza were forced to leave the state for a 100,000-acre (40,468-hectare) reservation south of the Kansas state line—a far cry from the approximately 22 million acres (8,903,084 hectares) they once inhabited. The other tribes fared no better, and by the end of the 1870s, the sad chapter of forced relocation to reservations in present-day Oklahoma was largely complete.

Kansas has indeed seen its share of historical events over the years. Here are just a few:

- Francisco Vázquez de Coronado and other Spanish explorers arrived in what is now modern-day Kansas in the 16th century. In the 1700s, French fur trappers and other explorers followed.

- In 1803, as part of the Louisiana Purchase, most of Kansas became a permanent part of the United States.
- From 1821 to 1880, the Santa Fe Trail served as a major east-west trade and migration route. It connected the Missouri River to Santa Fe, New Mexico, traversing five states: Missouri, Kansas, Colorado, Oklahoma, and New Mexico. It was significant to Kansas, with numerous towns and military posts such as Fort Leavenworth and Fort Larned emerging along its route.



- The 1854 Kansas-Nebraska Act opened the area to settlement, making Kansas key to western expansion. The act also allowed residents to decide whether to allow slavery or not, determining whether the state would enter the Union as a slave state or a free state. An intense period of violence known as Bleeding Kansas ensued between pro- and anti-slavery groups, lasting from about 1854 to 1859. Bleeding Kansas had a significant impact on American politics and contributed to the onset of the Civil War. The anti-slavery groups prevailed, and Kansas entered the Union as a free state. During the war, many men from Kansas enlisted in the Union Army.



- On January 29, 1861, Kansas became the 34th U.S. state.
- After the war, Kansas experienced rapid settlement and agricultural development. Several factors influenced the population boom, including the Homestead Act of 1862, which had opened the door to westward expansion, and the creation of the Chisholm Trail in 1864, which had a direct impact on the cattle industry. It provided a direct route for cattle drives from Texas to Kansas railheads, connecting ranchers with eastern markets where cattle could be sold at higher prices.
- In the early 20th century, especially the 1910s and 1920s, Kansas became known as "America's Breadbasket," a moniker it still holds today. As the leading wheat producer in the United States, a large portion of Kansas wheat is exported, making it a significant contributor to the global food supply.

- The Kansas State Fair had its official opening in 1913, running from September 13 to September 20 in Hutchinson, Kansas. More than 100 years later, it's still going strong as a 10-day celebration filled with agricultural and cultural events. Crafts, competitions, livestock shows, live music, carnival rides, and classic fair foods like funnel cake, corn dogs, and Kansas barbecue are all part of the fun.
- The Dust Bowl of the 1930s was a severe drought-stricken period that devastated the agricultural region of the Great Plains, particularly Kansas, Oklahoma, Texas, Colorado, and New Mexico. Dust storms were so intense that they turned day into night. In response to the economic hardship, the government implemented President Roosevelt's New Deal programs to promote land conservation and provide aid to farmers.
- In 1954, Kansas became a battleground of the civil rights movement with its landmark case *Brown v. Board of Education*. Decided in the U.S. Supreme Court, the decision ended the "separate but equal" doctrine in public schools.
- Modern-day Kansas is still known for its agricultural production, especially wheat, corn, sorghum, and beef cattle. Its economy is also diversified to include aerospace manufacturing, bioengineering, and renewable energy.



Kansas State Symbols

- **Song:** "Home on the Range," a western folksong associated with the cowboy culture, was written as a poem in 1872 by Dr. Brewster Higley and set to music by Daniel E. Kelley.
- **Bird:** Western meadowlark. Chosen in 1925 by schoolchildren in a statewide vote, the western meadowlark officially became the state bird in 1937.
- **Flower:** Sunflower. A native plant found in abundance on the open prairies, the sunflower became the state flower in 1903.



- **Insect:** Honeybee. The honeybee was designated the official state insect in 1976, after 2,000 children signed a petition in recognition of its importance to agriculture.
- **Animal:** American bison. Designated as the official state animal in 1955, the American bison is recognized for its historical significance to both Indigenous Americans and settlers. Bison provided food, shelter, and materials for clothing and tools.
- **Flag:** The Kansas state flag features a dark blue field with the state seal in the center. A sunflower appears above the seal, and the state's name is below in gold lettering.



Trivial Pursuits

- Kansas has many nicknames, including America's Breadbasket, the Wheat State, Tornado Alley, the Air Capital of the World, and the Sunflower State.
- Pizza Hut was founded in 1958 by brothers Frank and Dan Carney in Wichita, Kansas.
- There are two Kansas Cities—one in Kansas and the other in Missouri—separated by the Missouri River. Kansas City, Kansas, is on the western bank, and Kansas City, Missouri, is on the eastern bank.
- A Kansan is a person from Kansas.
- Kansas was the first state to ratify the 15th Amendment to the U.S. Constitution in 1870. The amendment prohibits the denial of the right to vote based on race, color, or previous condition of servitude.
- Kansas produces enough wheat annually to bake six loaves of bread for every person on Earth.
- Kansas is one of the flattest U.S. states. "How flat is it?" you might ask. Well, in 2003, scientists compared a digital elevation model of Kansas to a microscopic analysis of a slice of a pancake from IHOP—and found Kansas was, in fact, flatter than a pancake!
- Barton County, Kansas, is named after Clara Barton, the famous Civil War nurse.



- Kansas is known for Wild West towns like Dodge City and Wichita and for lawmen like Wild Bill Hickok and Wyatt Earp.
- Mount Sunflower in Wallace County is the highest point in Kansas, at 4,049 feet (1,234 meters) above sea level. It sits on the Harold family's original homestead and is open to the public.
- Kansas is proud of its football team, the Kansas City Chiefs. Though Arrowhead Stadium is on the Missouri side of Kansas City, both states fiercely claim the team as their own. The Chiefs have won four Super Bowl titles: in 1970, 2020, 2023, and 2024.
- Perhaps you've heard of the following famous Kansans:



- **Amelia Earhart:** Born in Atchison, Kansas, Earhart was the first woman to fly solo across the Atlantic Ocean and the 16th woman in the country to obtain a pilot's license. The mystery of her fate continues today after she disappeared while flying near Howland Island in the Pacific Ocean in 1937.
- **Dwight D. Eisenhower:** The 34th president of the United States was born in Texas but raised in Abilene, Kansas.
- **Bob Dole:** The former Senate majority leader was born and raised in Russell, Kansas.
- **Joyce C. Hall:** Founder of Hallmark Cards, Hall was born in Nebraska but lived in Kansas City, Kansas, from 1910 until his death in 1982. He arrived in Kansas City with a shoebox full of cards and started his business in a rented room at the YMCA.

What to See and Do: Kansas Cities



Wichita: Known as the Air Capital of the World for its long-standing history in aircraft production, Wichita continues to be a hub of the aviation industry. It also boasts a lively arts and culture scene, with numerous theaters, museums, and family-friendly attractions, including the following:

- **Sedgwick County Zoo:** One of the largest zoos in the country and home to over 3,000 animals representing 400 species. With a strong focus on conservation and education, the zoo continues to expand and improve its habitats.
- **Old Cowntown Museum:** A living-history museum that takes you back to life in Wichita in the 1800s. Established in 1950 and spread across 23 acres (9.3 hectares), it includes 54 buildings consisting of historic homes, businesses, a one-room schoolhouse, and even a jail.

Kansas City: Known for its rich culture, community pride, to-die-for barbecue, and a love of sports—especially the Chiefs (football) and the Royals (baseball)—Kansas City offers something for everyone:

- **The Wyandotte County Museum:** Featuring three permanent exhibit galleries with collections highlighting the history of the county from the Stone Age to the present, the museum offers a fascinating journey back in time.
- **Kaw Point Park:** Located where the Kansas and Missouri Rivers meet, this peaceful place offers wooded trails, wildflowers, and wildlife such as deer, rabbits, quails, and squirrels. It is where, in 1804, the Lewis and Clark expedition camped for three days to rest, repair boats, and explore the area.
- **The Kansas Speedway:** Home to NASCAR events and other exciting races, check out the Kansas Speedway schedule for upcoming events, or sign up to drive a real NASCAR racecar around the track.



Topeka: Known by early settlers as “The Golden City” because of its beautiful sunlit rolling hills in autumn, Topeka is the state capital of Kansas. Its attractions include the following:

- **The State Capitol Building:** Take a guided tour to learn about the history of Kansas and the architecture of this beautiful building. Climb 296 steps (there is no elevator) to the dome for a birds-eye view of Topeka. Along the way, admire the murals by John Steuart Curry and other artists.



- **NOTO Arts and Entertainment District:** A lively area in North Topeka with unique shops, eateries, and entertainment, NOTO offers more than 40 outdoor art murals and sculptures along with crafts by local artists.



Dodge City: With a rich history as a frontier cow town, Dodge City dates to 1871, when Henry L. Sitler built a sod house for himself west of Fort Dodge on the Santa Fe Trail. Within a year, the site had grown into a town with a general store, six saloons, and three dance halls. Many of the early settlers were gamblers, gunslingers, cowboys, and cattlemen. A rowdy town back then with the likes of Doc Holiday, Bat Masterson, and Wyatt Earp as lawmen trying to maintain order, its attractions today include the following:

- **Boot Hill Cemetery and Museum:** Located on the original Boot Hill Cemetery site, the museum features interactive displays and activities for everyone in the family to enjoy. Get a taste of what the Wild West was like as you tour this fun destination.
- **The Dodge City Trail of Fame:** This walking tour highlights the Old Dodge City National Historic District. Bronze sidewalk medallions honor both real-life legends and characters from the TV show *Gunslinger*.

More Must-See Attractions

Can't get enough of Kansas? We can't blame you! Here are a few more special spots to visit while you're in town.

- The Dwight D. Eisenhower Presidential Library and Museum in Abilene, Kansas. Dedicated to the 34th U.S. president, it includes his boyhood home, a museum, and a library. Eisenhower and his wife, Mamie, are buried at the library.
- The Kansas Cosmosphere and Space Center in Hutchinson, Kansas. This Smithsonian-affiliated museum showcases the prominent role of Kansas in aviation history. It features one of the world's largest collections of U.S. and Soviet space artifacts, including the *Liberty Bell 7* space capsule.



- The Shawnee Indian Mission in Fairway, Kansas. Originally a training school for Indigenous American children, the historic site later served as a supply point for the Santa Fe and Oregon Trails and a camp for Union soldiers during the Civil War.
- Tanganyika Wildlife Park in Goddard, Kansas. This hands-on zoo experience allows visitors to feed, pet, and interact with exotic animals, including giraffes, lemurs, and penguins in one-of-a-kind encounters.
- The Keeper of the Plains in Wichita, Kansas. This striking 44-foot (13.4-meter) steel sculpture stands at the meeting of the Big and Little Arkansas Rivers. Dedicated in 1974, it was designed by artist Blackbear Bosin as a symbol of the city and a tribute to Indigenous American heritage. At night, it is illuminated by a dramatic "Ring of Fire" display.
- The Oz Museum in Wamego, Kansas. Established in 2003, the museum houses memorabilia and historical displays from *The Wizard of Oz*—both the book by L. Frank Baum and the classic movie. It also includes a replica of the Yellow Brick Road, so put on your ruby slippers and let's follow the path to the magical Land of Oz.



We're Off to See the Wizard (of Oz)

When you think of Kansas, the movie *The Wizard of Oz* often comes to mind. Based on the children's novel *The Wonderful World of Oz*, written in 1900 by L. Frank Baum, it is one of the most popular and influential films in cinema history. Baum is said to have drawn inspiration for his book from the hardships he experienced as a child during a drought in South Dakota.

Kansas was chosen as the home of Dorothy Gale for several reasons, including its location at the geographical center of the country and its reputation for farming communities and rural life. The state's conservative nature and perceived "normalcy" provided a strong contrast to the magical world of Oz. To reinforce this idea, the Kansas scenes in the movie were filmed in black and white, while the Land of Oz was shown in brilliant Technicolor. Tornadoes, common in Kansas, were the reason Dorothy ended up in Oz in the first place. Here are some interesting facts about the movie:



- MGM paid \$75,000 for the movie rights to Baum's book, an enormous amount at the time. The film's production cost was also extremely high—around \$2.8 million. However, the investment more than paid off with numerous remakes, adaptations, and sequels over the years.
- The U.S. Library of Congress cites *The Wizard of Oz* as the most-seen film in movie history. In many polls, it is named as America's favorite movie, with its enduring theme and beloved characters.
- Its popular song "Somewhere Over the Rainbow" was named the greatest song of the 20th century by the National Endowment for the Arts and the Recording Industry Association. The song was almost cut from the movie because of its length.
- The film, among the earliest to be shot in Technicolor, required elaborate lighting that made the set brutally hot, causing people to faint on a regular basis.
- The movie was filmed entirely in California. However, thanks to locals who wanted to commemorate Kansas' role in Oz, you can visit a replica of Dorothy's farmhouse in Liberal, Kansas. Visitors can meet Dorothy (or Auntie Em, if Dorothy is unavailable) and take pictures and tours of the site.
- Margaret Hamilton, who played the Wicked Witch, was a kindergarten teacher before becoming an actress. She suffered severe burns during filming due to a trapdoor malfunction.
- The "snow" in the poppy field was made using asbestos. Its health hazards weren't known by the public at the time.
- The "horse of a different color" was created using several white horses and powder tinted with gelatin. The horses kept trying to lick the gelatin off, so the scenes had to be filmed quickly.
- The magical ruby red slippers were originally silver in the book.
- Many of the actors who played the Munchkins had fled Germany to escape the Nazis. Reportedly, Toto the dog earned more than the Munchkin actors. Toto was paid a weekly salary of \$125, and the Munchkins earned between \$50 and \$100 a week.



- Bert Lahr, who played the Cowardly Lion, wore a costume made of actual lion skin and fur that weighed about 100 pounds (45 kilograms).
- Baum got the idea for the name *Oz* while looking at a filing cabinet drawer labeled O–Z.

What to Eat

Kansas farms, both large and small, make a crucial contribution to the nation's food supply. The "down home" cuisine of Kansas, with its potluck suppers, farmhouse meals, and after-church Sunday dinners, is an integral part of the state's culture. Farm-to-table dining experiences are common, offering fresh produce often picked that day and served that evening in restaurants and homes across the state.

Kansas is known for its barbecue, especially in Kansas City. You know you're in cattle country with the variety of meats available. Among the most popular are short ribs, pot roasts, and smoked brisket. Burnt ends—slow-smoked, caramelized cubes of meat from pork belly or brisket—are a local specialty. Despite their name, they're not burnt, but they do have a buttery texture and a sweet, smoky flavor.



Chili is another Kansas favorite and is often served with a unique twist: homemade cinnamon rolls on the side. It's a surprising but delicious combination of savory and sweet.



Chicken-fried steak is a classic Midwestern dish that, despite its name, does not contain chicken. It's typically made from tenderized cube steak that is breaded and fried like fried chicken and often served with gravy. The pan-fried rather than deep-fried version is sometimes referred to as country-fried steak.

And speaking of chicken, fried chicken is a guaranteed crowd pleaser. Served with sides like macaroni and cheese, mashed potatoes, string beans, and cheesy potatoes, it's comfort food at its best. A testimony to the popularity of fried chicken can be found in the book by KJ Dell'Antonia called *The Chicken Sisters*. Taking place in the fictional town of Merinac, Kansas, it was inspired by the fried chicken houses in the Kansas City area where her parents grew up.

Bierock, of German origin, is a stuffed yeast bread filled with ground beef, sausage, cabbage, and onions. Originally a hearty and portable lunch for field hands, it remains popular today. Varieties include garlic chicken and vegetable.

Czech pastries known as kolaches are yeast buns with a variety of fruit and cheese fillings, such as apricot, cherry, apple, peach, prune, and cottage cheese.



Mexican food is a favorite, especially breakfast burritos stuffed with scrambled eggs, potatoes, salsa, cheese, and meats such as ground beef or steak.

Desserts are a must and include homemade pies—cherry, coconut meringue, lemon, and coconut cream are most popular. Cake doughnuts are always a favorite, with flavors such as maple, pumpkin spice, and caramel apple.

The Sandhill plum was made the official state fruit in April 2022. Native to Kansas, it is used to make pies, jellies, and wine.



Thank you for joining us in our travels to Kansas. We look forward to seeing you next month.
