

**SPECIAL  
EDITION**

## **YOUR HEALTH & SAFETY**

### **A new guide for Meadowlark residents, employees and visitors**

Effective at 2 p.m., Friday, March 13, 2020, Meadowlark will not accept visitors, and all exterior doors will be locked 24 hours a day until further notice. This is a proactive measure in response to COVID-19. The Meadowlark team will continue to follow the situation as it develops and use CDC and CMS recommendations to guide organizational decisions.

#### **Visitors**

Meadowlark is not accepting visitors until further notice. Cottage, duplex, and garden apartment residents are discouraged from coming to the Community Center at this time. If a trip into the main building is necessary, you must enter through the visitors (southeast) entrance and complete a COVID-19 Pre-Screening questionnaire. At this time, Independent Living residents are asked not to visit friends in an Assisted Living apartment or healthcare household.

Deliveries will be received by staff at the visitors entrance and brought to your apartment door. This includes groceries, pharmacy orders, and flowers.

It is recommended that duplex and cottage residents exercise caution and limit visitors to their homes.

#### **Campus Activities**

All campus activities have been canceled until further notice. This includes exercise classes, resident entertainment, Coffee Corner, Ice Cream Social, Worship Service, Parkinson's Program and Memory Program offerings, and movies at Grosh Cinema. Residents are discouraged from attending public gatherings. Additionally, Caul Fitness Center will be closed until further notice.

#### **Prairie Star Restaurant, Verna Belle's Café, & Grocery Service**

At 2 p.m. today, March 13, Prairie Star Restaurant and Verna Belle's Café will be closed until further notice. The restaurant kitchen **WILL** continue to function and will offer the daily breakfast, lunch, and dinner deliveries. The delivery fee will be waived for the duration of the closure. Breakfast also will be delivered between the hours of 7 and 10 a.m. daily, with the offerings including all Verna Belle's Café breakfast items.

During the delivery-only period, the restaurant will offer a daily lunch special for \$10, which includes a starter, entrée, and dessert. A \$7 entrée-only lunch special also will be offered. The full Prairie Star Restaurant menu also will be available for lunch and dinner, in addition to the previously published dinner specials.

Coffee, water, and tea will not be offered in the Game Room. Coffee by the cup will be available for delivery. Alcohol also will be available for delivery if purchased by the bottle.

Groceries can be ordered for scheduled delivery by contacting Prairie Star Restaurant.

**Call (785) 323-3820 for all food and grocery services.**

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### **Pull Cords for Nurse Call**

Avoid using the nurse pull cord system at this time, if possible. If you are feeling ill, please contact your primary care physician via phone for further instructions.

If you must contact the nurse via the pull cord, they will call you first and conduct an over the phone COVID-19 pre-screening questionnaire. If there is no answer, they will screen upon arrival.

### **Transportation**

Transportation services will be limited to medical appointments only. To schedule transportation services, please call (785) 313-1039.

### **Salon Services**

Pizazz Salon will remain open in the Community Center during typical business hours; however, fewer appointments will be offered in order to limit the person-to-person interaction.

### **Guest Suites**

Guest suite reservations through April 30 have been canceled, and no new reservations will be offered until further notice.

### **Maintenance Requests**

Please keep maintenance requests to items that affect health and safety, only. Maintenance requests can be submitted via a phone call to the Hospitality Desk at (785) 323-3847.

### **COVID-19 Reminders**

Although there are no local cases of COVID-19 (coronavirus), the Meadowlark team is taking appropriate precautions to mitigate any potential issue regarding the spread of illness. If you experience symptoms of respiratory illness including fever, cough, and/or shortness of breath, please self-isolate and contact your doctor via phone for further instruction.

Take steps to protect yourself:

- ~ Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.
- ~ Avoid close contact with people who are sick.

Take steps to protect others:

- ~ Stay home if you are sick, except to get medical care.
- ~ Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash and immediately wash your hands for at least 20 seconds or use hand sanitizer.

In addition to symptoms, watch for emergency warning signs. If you develop emergency warning signs for COVID-19, seek medical attention immediately. In adults, these signs can include:

- ~ Difficulty breathing or shortness of breath
- ~ Persistent pain or pressure in the chest
- ~ New confusion or inability to wake up
- ~ Bluish lips or face

Questions? Please call (785) 537-4610. Information can also be accessed on Touchtown, found on television channel 1960.