

**SPECIAL
EDITION**

OUR HEALTH & SAFETY

An updated guide for Meadowlark residents and visitors

Information from the Centers for Disease Control (CDC) indicates that some people are at higher risk of getting very sick from COVID-19. This includes: older adults (over the age of 65) and people who have serious chronic medical conditions like heart disease, lung disease, and/or diabetes.

Exterior Doors Locked Until Further Notice

All exterior doors to Meadowlark's main building will be locked 24 hours a day until further notice. **All traffic, including residents, should access the building through the main entrance.** The Hospitality Desk will be staffed 24 hours a day during this period of limited access. Should a resident choose to leave campus for any purpose, they will be screened upon return to Meadowlark through the main entrance. **Remember, do not prop any exterior door open.** These increased precautions are additional pro-active steps to lessen the chance of COVID-19 being brought to Meadowlark's campus.

Get Ready for COVID-19 Now

It is extra important for those people in the high-risk category for contracting COVID-19 to take actions that will reduce the risk of getting sick with the disease.

- Stock up on supplies. Utilize the meal and grocery delivery options (delivery is waived) provided by Meadowlark staff. Call (785) 323-3820 to place your order.
- Contact your healthcare provider via phone and ask about obtaining extra necessary medications to have on hand while staying home for a prolonged period. Utilize pharmacy delivery. Meadowlark staff will accept the delivery at the main entrance and deliver medications to your door (for those living in the main building). Consider using mail order medications.
- Be sure you have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
- Take everyday precautions to keep space between yourself and others. This includes time spent in any area of the community space at Meadowlark and interactions with staff members, like the front desk. All organized campus activities have been suspended.
- Avoid groups and crowded places. It is highly recommended to not go out in public.
- Avoid spending time in poorly ventilated public/community spaces. Your risk of exposure to respiratory viruses like COVID-19 can increase in crowded, closed in settings with little air circulation if there are people in the crowd who are sick.
- Stay in your home as much as possible to reduce your risk of being exposed.
- Avoid all non-essential travel, including plane trips. Do not participate in cruise travel.

Continue with Daily Precautions & Preventative Steps

- Practice proper hand hygiene. Wash hands frequently.
- Clean and disinfect your home to remove germs. Practice routine cleaning of frequently touched surfaces

GUIDE, continued from Page 1

like tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, remotes, landline phones, and cell phones.

- To the highest extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Wash hands after touching surfaces in public places. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.

Have a Plan for if You Get Sick

- Watch for symptoms and emergency warning signs. If you develop fever, cough, and/or shortness of breath. Call your doctor.
- Emergency warning signs require medical attention immediately. If you develop any of the warning signs, please pull the cord in your apartment or cottage and call 911. These include: **difficulty breathing, persistent pain or pressure in the chest, new confusion or inability to wake up, and/or bluish lips or face**
- Stay in touch with others by phone or email. You may need to ask for help if you become sick. Determine who can care for you if your caregiver get sick.

What to Do if You Get Sick

- Stay home and call your doctor. Let them know about your symptoms.
- Contact Jayme Minton, Support Services Director, at (785) 313-0454 to update your COVID-19 status.
- If you are not sick enough to be hospitalized, you can recover at home. Follow CDC instructions for how to take care of yourself at home (see insert for further instructions).
- Know when and how to get emergency help.

Stay Informed with Updates, Closings, & Cancellations

Pizazz Salon will be closed until March 31, 2020. The Meadowlark team will re-evaluate at that time.

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

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

Maintenance requests during this time of limited exposure should be limited to items that affect safety, only. Maintenance requests can be submitted via a phone call to the Hospitality Desk at (785) 323-3847.

Avoid using pull cords for nurse call, if possible. Should you feel ill, please contact your primary care physician via phone for further instruction.

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

Tune into Touchtown, channel 1960 for updated information regarding Meadowlark's COVID-19 response and procedures. The Meadowlark team will continue to follow the situation as it develops and use CDC and CMS recommendations to guide organizational decisions.

Meadowlark's COVID-19 Response

Visitors

Meadowlark is not accepting visitors until further notice. This is a proactive measure in response to COVID-19 concerns. 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 for residents who live in the main building 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.

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

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. **Please be patient when calling for delivery. The increased volume of calls at meal times will cause a delay for staff to answer each call.**

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.

Contacting Finance

If you have questions for the Meadowlark Finance team, please do not visit the office. Instead, **call (785) 323-3819**. Residents are encouraged to set up electronic payment, if possible.



Who You Gonna Call?

Finance Department (785) 323-3819

Food & Grocery Delivery (785) 323-3820

Hospitality Desk (785) 323-3847

Housekeeping Request (785) 323-3847

IT Help Request (785) 323-3847

Maintenance Request (785) 323-3847

Meadowlark Home Health ... (785) 537-9497

If you are sick, please contact your doctor via phone for further instruction. After contacting your doctor, please call Jayme Minton at (785) 313-0454 to update the Meadowlark team on your status.