



Kimball Avenue Entrance Closed

Effective Thursday, March 19, 2020 all authorized vehicle traffic should enter the Meadowlark campus from the Tuttle Creek Boulevard entrance. Meadowlark's Kimball Avenue drive is now closed. The Meadowlark team requests the public to help us limit the foot and vehicle traffic on the Meadowlark campus as a part of the COVID-19 precautions. At this time, no date is set to re-open the Kimball Avenue entrance.



View From Home: Our New Normal

by Sarah Duggan, Community Relations Director

I have heard several people of the past few days say these are strange times. This sentiment is completely accurate as it relates to nearly every aspect of life right now. At the Duggan house we now have a home office adjacent to a home school (*pictured below*).

Edward is working from home as part of his company's COVID-19 precautions. The state of Kansas closed all schools until the Fall 2020 semester.



Overnight, Edward and I became co-teachers to Murphy Rose, who is a kindergartener. This weekend was spent cleaning, organizing, and lesson planning for the foreseeable future. Murphy is taking this in stride and I am very proud of her effort to keep a positive attitude.

See HOME, Page 2

Meadowlark Bill Pay

Starting today, March 23, 2020, a Finance Team member will pick up Meadowlark bill payments from your hallway "mailbox" or for cottages the exterior mailbox (clip to the front of the box if possible) in accordance to the following schedule:

- Main building apartments: after 1:30 p.m. Monday through Friday
- Cottages & duplexes: after 2 p.m. each Monday and after 8 a.m. every Thursday

If you have questions for the Meadowlark Finance team, please do not visit the office. Instead, call (785) 323-3819. Residents are encouraged to utilize electronic payment such as ACH (automatic withdrawal from bank account) or the online payment portal, if possible.

HOME, from Page 1

It will take our whole community supporting each other to make it through COVID-19 and all that it brought with it. Nothing looks the same and we're each rewriting our own definition of normal. Let's remind ourselves to take time for reflection, and prioritize maintaining our health in all its forms—physical, emotional, mental, spiritual, and financial.

Many years ago I attended a Sunday worship service at my home church in Ottawa, Kan. Our pastor at the time included lyrics to a song as a part of his sermon. He had printed a portion of the words on a small piece of blue paper for those who wanted to revisit them later. I don't remember how old I was, but I think it was early high school. I kept the paper and put tape all over it to make it last longer. In my weekend "stress cleaning" session, I came across the lyrics. I have moved nine times since August 2006. NINE. TIMES. Somehow this small slip of taped up blue paper has followed me to each new home.

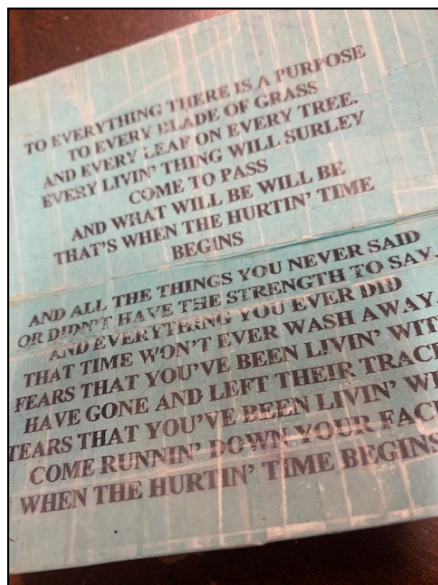
"To everything there is a purpose
To every blade of grass
And every leaf on every tree
Every livin' thing will surely
Come to pass
And what will be
That's when the hurtin' time begins"

And all the things you never said
Or didn't have the strength to say
And everything you ever did
That time won't ever wash away
Tears that you've been livin' with ...
Fears that you've been livin' with
Come runnin' down your face ...
When the hurtin' time begins"

The world is a weird place right now. Suffering is a part of life and embracing it as an opportunity for reflection is both beautiful and inspiring. In this time of uncertainty, let's acknowledge the suffering around the globe and in that light recognize the beautiful things happening such as togetherness, compassion, and community support.

I haven't said it in awhile, but the phrase is so painfully true today: Life is always changing.

Page 2



Small tables for deliveries

Independent living residents are invited to place small tables or TV trays in the hallway outside their doors for staff to place deliveries. Meadowlark does not have tables to provide.

Exercise bands

Last week's episode of Channel 1960 News with Sarah Duggan was sponsored by Meadowlark Fitness Services. Exercise classes are offered Monday through Friday on Channel 1960 (schedule on Page 3) and complimentary resistance bands are available. If you'd like a resistance band, please call the Hospitality Desk at (785) 323-3847 and one will be delivered to your door.

Prairie Star Restaurant, Verna Belle's Café & Groceries

Call (785) 323-3820 for all meal and grocery orders. The delivery fee has been waived.

All specials include beverage, starter and dessert. Lunch specials without a starter or dessert can be requested and will cost \$7 each.

Currently, refreshments are not offered in the Game Room. Coffee by the cup is available for delivery. Alcohol is also available for delivery if purchased by the bottle.

Weekly lunch and dinner specials will be published in the Thursday edition of the Meadowlark Messenger. Residents are strongly encouraged to utilize these services for meals and supplies as a COVID-19 precaution.

Reminder—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.

Tune into Channel 1960

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



Work That Brain!

Grab a piece of paper and pencil/pen and write down each of the state capitals. Then put them in alphabetical order.

Try to use an organizational system for naming. For example, working from the northwest to southwest and across the US in this manner. Others might find it more challenging to name by order of dates when each became a state.

Find a way to challenge yourself! The brain loves to be challenged and try things in new and different ways. It is also a great brain activity to research this information—just another great way to stimulate your brain!

Sudoku Rules for Beginners *(Sudoku game to right)*

1. Use numbers 1–9. **Sudoku** is played on a grid of 9x9 spaces. Each row, column, and square needs to be filled out with the numbers 1-9 without repeating any numbers within the row, column, or square.
2. Don't repeat any numbers. By seeing which numbers are missing from each row, column, or square, we can use process of elimination and deductive reasoning to decide which numbers need to go in each blank space.
3. Don't guess. **Sudoku** is a game of logic and reasoning, so you shouldn't have to guess. If you don't know what number to put in a certain space, keep scanning the other areas of the grid until you see an opportunity to place a number. **Sudoku** rewards patience, insights, and recognition of patterns.



Your Guide to Meadowlark Entertainment

Programs listed below can be found on Meadowlark channel 1960 (Touchtown Video)

Tuesday, March 24

10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
3:00 p.m.	Project Update from BHS

Wednesday, March 25

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class

Thursday, March 26

10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
3:00 p.m.	Project Update from BHS

Friday, March 27

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Channel 1960 News with Sarah Duggan

5	3			7			
6			1	9	5		
	9	8				6	
8				6			3
4			8		3		1
7				2			6
	6					2	8
			4	1	9		5
				8			7
							9

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.