



Crisis Management

Residents keep minds and relationships active despite virus precautions

by Becky Fitzgerald, Development Director

Phone a friend. That phrase gained recognition beginning in 1999 with the debut of a popular, long-running game show “Who Wants to Be a Millionaire?” By the time the show was cancelled in 2019, telephone conversations, especially among younger generations, happened less frequently. Texting, messaging, posts and tweets have changed the way many people communicate daily with friends and loved ones far and near.

In recent weeks, however, as people have been forced to practice social distancing to prevent the spread of COVID-19, using our land lines and smart phones to speak to another person is again finding favor. At Meadowlark, leaders have encouraged phoning a friend or finding other creative ways to stay active, engaged, and connected, and it’s no surprise that residents have done just that.

Polly Ferrell, #422, said she uses her phone to visit with three or four Meadowlark community members daily.

“I call people who aren’t as socially involved when we’re on our normal schedules,” Ferrell said. “I try to notice my neighbors and look to see how I might be helpful.” For example, one 4th floor resident enjoyed frequent visits from his son prior to Meadowlark’s

restriction of guests on campus. “If I call him once in a while, it helps him know he’s not by himself.”

Sandra Emley and Betty Grubb, both residents of third floor, also are keeping up with friends by picking up their phones. Grubb, #334, said she makes an average of two calls daily, and Emley, #335, lets intuition be her guide.

“Even before we had concerns about the virus, I’ve called or written notes to people as I’ve thought of them.” She has continued that practice since needing to stay closer to home. In recent days, she called a woman whose husband died in February, thinking that she especially would benefit from a friendly and caring voice.

“I think we could use an uplifting message while we’re in this health crisis,” Sandra explained.

Last week, Ferrell discovered a marathon of the “Too Cute!” series, which appeared on Animal Planet network from 2011 to 2016, and called to tell at least two residents about it. The series chronicled the first steps of newborn kittens, puppies, hedgehogs and pot-bellied pigs and then followed them for the first few months of their lives. Ferrell found the shows to be a light-hearted cure for cabin fever, so she called to

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Meadowlark’s Tuttle Creek Boulevard entrance features two signs alerting unauthorized personnel to not enter. Soon, a staffed entry check point will be established.

Campus Entry Check Point

Work began today, March 30, on a check-point station located at the Tuttle Creek Boulevard entrance to Meadowlark’s campus. Once operational, all vehicles traffic will be screened at the check point. This includes a screening questionnaire, temperature check, and travel log completion.

Visitors are not permitted on campus. The Meadowlark team strongly discourages residents from leaving campus for any reason. Please utilize meal, grocery, and pharmacy delivery services.

QUARANTINED:

The true story and daily account of our very own world traveler, Pam Oehme, during a 14-days quarantine following her return from an around the world cruise. Her quarantine began March 27 and concludes April 10.

Day One: Having returned from a Viking Cruise from Jan. 4 to March 26, I awoke...my mind was twirling with the many activities I had to accomplish: sanitize all I had carried into the garage from my travels before falling into bed, exhausted from hours (days?) getting from Dubai, United Arab Emirates to Meadowlark; unpack a suitcase and carry-ons; do two loads of laundry; call Cox, twice, to get my TV and internet up and running; do internet business with Verizon to discontinue the insurance I purchased on my "devices" for the cruise; call, text, email MANY friends and family; call Michele Riter for info on my quarantine restrictions, thank-you messages to housekeeping and Jayme Minton, and, of course, how to order more food; getting my cottage in order having had stored many things and rearranged furniture for what I thought would be a four-month cruise; watched a dab of TV; waved to Sandra and Don Emley and Joan Strickler; and, of course the usual personal care and food prep routines.

I am not experiencing any ill feelings, both physically and mentally. I don't feel isolated because of the internet, telephone, and waving to neighbors. So happy to be home at Meadowlark. So grateful for the care and support Viking and Meadowlark has given me. Thanks be to God!

Day Two: Up and about by around 7 a.m. Oh, what a joy to see the sun come up and the colors of the sunrise; to hear so many birds; to see the squirrels hustling around; to look out over the Flint Hills; to watch the cows wander; and, to see spring POP OUT!

It was also very quiet. I had forgotten the day, which was Sunday. No cars whizzing by. No people walking by. I'm home!

Feeling joy and gratefulness for the beauty of the world and for my home at Meadowlark, I walked home to begin the day's "work."

Day Three: I believe an integral component of "being happy" is being grateful. Coping while being in Quarantine is no different than coping with Life. My phone's dictionary defines grateful

as "feeling or showing an appreciation of kindness; thankful; archaic: received or experienced with gratitude; welcome." I believe another part of happiness is appreciation, defined as, "recognition and enjoyment of the good qualities of someone or something; gratitude."

Appreciation of kindness, thankfulness, recognition and enjoyment of the good qualities of someone or something, and gratitude These are the feelings I have most of my day and have had most of my life. Fortunate, no?!

And, what joys did I experience today? I knew I was HOME. The wind is almost always present and, at times, fierce. It's spring and I smell smoke in the air. The pastures are being burned. I can see the gently rolling Flint Hills. I am grateful that I feel well - I can walk without pain; I can see pretty well without glasses; I can enjoy most foods; I can smell the scents all around me (the manure when it rains, the smoke from the burning pastures; the cut grass after mowing). I've seen a coyote run past my porch, TWO mornings in a row - today with something black in it's mouth. (Breakfast!)

I am grateful for technology that: allows my info to pass from one device to another without me doing anything; allows me to talk to, write to, and SEE people I like and love; and, because of these interactions I feel loved and not alone.

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recommend the series to a 4th floor cat owner and a friend on 2nd floor who had grown tired of coronavirus news. "Visiting for just 5 minutes can really break up the day."

Ferrell said that she's finding that many residents don't realize that the cable subscription Meadowlark provides is anything but basic.

Viewers can see programming on channels 2 through 243. For educational or light-hearted entertainment, she recommends:

~ Channel 4, myTV: classic American and British TV series

~ Channel 11, PBS: how-to programs during the day with documentaries and scripted series in the evening

~ Channel 48, TV Land: beloved modern day and

classic sitcoms

~ Channel 56, Animal Planet: series and documentaries about wild animals and pets

~ Channel 85, Hallmark: classic, family friendly dramas such as The Waltons and Little House on the Prairie, as well as original movies and series

~ Channel 150, Inspiration: timeless westerns and films focused on adventure and heroic characters

~ Channel 154, The Cowboy Channel, classic western series, such as The Roy Rogers Show, and rodeos

~ Channel 1960, Meadowlark's Touchtown

"I never used to watch Touchtown," Ferrell confessed. "The screens changed too slowly." However, the recent viewing opportunities prompted by social distancing requirements convinced her to tune in. She's followed along to exercise instruction, watched a church service, and enjoys 1960 Channel News. "I like the way Sarah (Duggan) ends the show - 'Wash your hands, and don't touch your face!'"

A longtime knitter, Ferrell continues to pick up her needles and yarn, but she's now found time to work jigsaw puzzles, read, and converse with college friends and Clovia Housemates by email.

"If we Reply All, we can all visit that way," she said. "I sent a message on Sunday, and so far, eight people have responded."

All three women have turned their attention to closets and drawers, enjoying the feeling of accomplishment as they clean, sort and straighten. "That gets you out of a chair and moving around," Ferrell said.

Bob Goudy, a Meadowlark resident since last September, has had to make a few adjustments in these days of social distancing, but said he's doing fine. He's been able to continue with his exercise routine by walking on Meadowlark's trail rather than at K-State's recreation center, and he's having Prairie Star meals delivered. One of Goudy's pastimes that may appeal to others with more time indoors on their hands is taking online courses. He just started one about COVID-19 at Future Learn (www.futurelearn.com). He's also found topics of interest at www.coursera.org. There are free and fee options at both sites.

A former engineer and attorney, Goudy, 2003-4 Meadowlark Road, said the online classes have enabled him to connect with students across the world. He demonstrates Ferrell's belief that being alone at home doesn't necessarily make one lonely.

"I think we're coping better than younger generations will," she said. "We may miss a lot of things, but we can get by without them if it keeps us healthy."

Work That Brain!

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.

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.

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

Answers from Sudoku puzzle printed in the 3/23/2020 Messenger.

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



Meadowlark Entertainment Guide

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

Tuesday, March 31

10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
3:00 p.m.	MEOW (Memory Education)

Wednesday, April 1

9:00 a.m.	Comedy Club: Wake Up Funny
9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny

Thursday, April 2

10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
3:00 p.m.	Poetry Moment

Friday, April 3

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Channel 1960 News
1:00 p.m.	Parkinson's Exercise Class
5:00 p.m.	Channel 1960 News
7:00 p.m.	Friday Night Program

Weird advice currently trending online ...

Having trouble forcing yourself to stay home?

Shave your eyebrows off.

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.