

Here's the Bottom Line

by Sarah Duggan, Community Relations Director

All right, folks. Here's the deal. New CDC guidelines require all long-term care employees to wear masks when interacting with residents. In fact, *every person* who enters a facility like Meadowlark must don a mask.

Furthermore, it is strongly recommended for the general public to wear masks when they leave their house, which should only be to pick up essential groceries and medications.

All healthcare workers will be wearing masks. This means every Meadowlark staff member that makes a delivery to your door will now have a mask.

If you're a resident and reading this and your next question is *where do I get a mask?* The answer is this: you don't get a mask because you should stay home. There is a national shortage of PPE (personal protective equipment) and locally we are entering a critical phase of the COVID-19 period where we are seeing cases caused by community spread. It is crucial for healthcare workers to conserve PPE, which means those who can self-isolate and stay home should not be depleting valuable resources. Essentially, for those who do not need to go out, having a mask or masks would be a wasteful practice.

Do not leave your home. Do not leave your home for groceries. Do not leave your home for medications. Do not leave your home for church or to pick up carry-out food items.

Visitors are turned away at the Check Point Station. All deliveries are routed to the main entrance, then a screened and masked Meadowlark employee will deliver all items outside of your door. Grocery orders can be placed by calling Prairie Star Restaurant at (785) 323-3820. Meadowlark staff can purchase special order items that are not on the standard grocery item list. Call the restaurant to also place meal delivery orders. Set up delivery services with your pharmacy.

Do not ask your family members to deliver groceries, food, medications, or supplies. If you need assistance getting these items, please contact the



Hospitality Desk at (785) 323-3847 or Prairie Star Restaurant at (785) 323-3820.

Do not gather with others. Not outside. Not inside. Not in groups less than ten and six-feet apart. Do not gather at all. Please go outside, but do not go outside with other people who are not a part of your household.

The proven way to slow the spread and decrease the rate of infection and death from COVID-19 is social-distancing and self isolation. Individuals over the age of 65 and/or with chronic conditions are most vulnerable to the disease. If you are diagnosed with COVID-19, you will be asked to detail every place you went and every person you interacted with in the 14 days prior. Make sure you have answers you can be proud of by staying home.

What you should do is stay in regular contact with family and friends through phone calls, text messages, emails, and video chats. Staying connected is the second most important thing we can do right now. In case you haven't guessed, the first most important thing is staying home.

If you have questions, please call the Hospitality Desk at (785) 323-3847. I am also happy to visit by phone at (785) 323-3878 or via e-mail at sguge@meadowlark.org.

Prairie Star Restaurant Hours of Operation Update: Effective Tuesday, April 7, 2020, Prairie Star Restaurant will close every day at 7 p.m. The updated hours of operation will be 7 a.m. to 7 p.m. daily. To place a meal or grocery order with Prairie Star Restaurant, please call (785) 323-3820.

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.

Note from the Editor, Sarah Duggan: Slight adaptations were made for space restrictions.

Day Six: What a beautiful day...warm, sunny, breezy...

I swiftly walked 1.2 miles inside my cottage, being careful with so many turns going from front to back; back and forth.

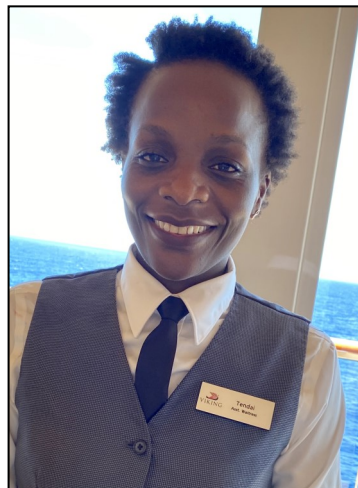
I "joined" Jeff's exercise class (Weights 101), for the first time since the end of December, 2019. My quads are sore! Then I did two loads laundry, including sheets, and remade my bed.

Throughout the day I used the telephone and the internet to maintain social distancing with family and friends.

Lastly, I spent too many hours watching SIX "Survivor" TV shows and went to bed. My usual routine is to go to bed about 10 PM and get up about 6 AM.

I am feeling fine. No symptoms of the virus, yet. I'm following the "rules" by staying in my cottage (except to take my garbage out, late at night, on Mondays. I wish all of us would stay on campus, stay in our homes or, at least, maintain the six-foot social distancing guidelines, as Polly Ferrell wrote about). All of us are vulnerable; statistics say one out of three people over the age of seventy will die from the COVID-19 virus. We should try our best to protect those of us who are even more vulnerable. I pray everyday for our health and safety. Please help me. Do your part and stay at home. Thank you.

Day Seven: Today I awoke to an audio/video call from Tendai [pictured to the ??], the server and apprentice wine steward who continues to work on the Viking Sun. That's the name of the Viking



ship upon which Verlyn Richards, Jo Lyle, and I began our World Wonders Viking Cruise. She doesn't know where they're cruising. She said, "We are heading either to Lisbon, Stockholm, Spain or Space; one of those."

As some of you know, after visiting Bali, Indonesia, no one was able to get off, or onto, our ship because of the COVID-19 virus. We couldn't cruise into many planned ports. Leaving Bali, the cruise was renamed, "The Magical, Mystery Cruise." We really

didn't know where we were going or where we could port! There are eight Canadian passengers and a crew of over 450 still remaining on the ship. Where they are going, and how they will get home, continues to be a "mystery" to most of us!

I received groceries today thanks to Jayme Minton and Meadowlark Transportation (who delivered). I sanitized the packaging with Clorox wipes or washed them with soap and water before putting them away. Having received no butter, Meadowlark came to the rescue, AGAIN, and delivered a pound a few hours later. Thank you!

I grunted my way through Kelsey's yoga class... every ligament was aching by bedtime. Such a good pain...looking forward to the next class. I badly need to stretch!

The rest of the day was filled with filing papers, telephone and visual interaction with friends and family, and putting remaining cruise materials away. The best news? I lost a pound - nine to go!

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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.

Answers to the 3/30 Sudoku are to the right.

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

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

Stepped on my scale
this morning and it
said: Please use social
distancing, one person
at a time. 🤔 🤔



This is Alice.

Alice is practicing social distancing by staying home as much as possible and keeping a minimum of six feet between her and others.

Alice wants to give residents and staff a big "bear hug" during this crazy time. She invites other residents to join in and display a teddy bear outside their home or in a window for a bear-hug hunt!

Alice is finding joy during a time of uncertainty.

Be like Alice.



Meadowlark Entertainment Guide

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

Tuesday, April 7

10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
2:00 p.m.	Steady Yourself Exercise Class
3:00 p.m.	MEOW (Memory Education)
4:00 p.m.	Meadowlark Memory Program Art Tour at Manhattan Public Library

Wednesday, April 8

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
12:00 p.m.	Town Meeting with Lonnie Baker
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny

Thursday, April 9

9:25 a.m.	Memory Program Art Tour
9:30 a.m.	MEOW (Memory Education)
10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
2:00 p.m.	Steady Yourself Exercise Class

Friday, April 10

9:00 a.m.	Good Friday Service with Chaplain Patty Brown-Barnett
9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Town Meeting with Lonnie Baker
12:00 p.m.	Channel 1960 News
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
4:00 p.m.	Good Friday Service with Chaplain Patty Brown-Barnett
4:45 p.m.	Town Meeting with Lonnie Baker
5:00 p.m.	Channel 1960 News
6:55 p.m.	Memory Program Art Tour
7:00 p.m.	Friday Night Program: Jesus Christ Superstar (Full Stage Show)

Saturday, April 11

9:00 a.m.	Comedy Club: Wake Up Funny
10:00 a.m.	Virtual Tour: Inside Louvre Museum Paris, Part One
3:00 p.m.	Comedy Club: Afternoon Funny

Sunday, April 12

10:30 a.m.	Easter Church Service with Chaplain Patty Brown Barnett
2:00 p.m.	
3:00 p.m.	Virtual Tour for Relaxation: Waikiki Beach, Oahu, Hawaii



Stay informed! Tune into Channel 1960 on your television and read the twice weekly Meadowlark Messenger for updated information regarding Meadowlark's COVID-19 response and precautions.