

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 Thirteen or Fourteen (Thursday, April 9):

Imagine that...somehow I have my days mixed up. Did I write two reports for one day? Did I miscount? No matter, I won't be out of quarantine until all symptoms of illness have dissipated. I continue to have swollen neck glands, but no other symptoms.

What a day! I was "in touch" with so many people, I am dizzy at the thought. My three step-daughters, attentively and lovingly, communicated with me. My youngest step-daughter sent me an email with a picture of my late husband and me (see inset). Today is his two-year death date. I gasped when I saw the picture with which I was unfamiliar and shed a few tears. I love and respect my step-children and, although we have had our ups and downs, I believe they feel the same about me.

My biological daughter and I talked and texted. Today is her birthday. I believe she is struggling with the weight of responsibility: caring for her live-in, 87-year-old father with advanced COPD; caring for her "husband" who is rehabilitating from ankle surgery; living in a new home, community, and state from where she had previously lived for almost all of her life; facing the reality of being close to fifty-years-old; and, like all of us, struggling with the changes in lifestyle the coronavirus has brought. Happy birthday to my strong, beautiful, wise and wonderful daughter - you can do it!

I talked and/or texted with several Meadowlark residents, passport members, and employees. I did

not "want" for social interaction with family and friends today. Thank you God, and thank you friends and family, for helping to make this dreaded day, mostly, pleasant.

The huge accomplishment of the day involved my taxes. My accountant sent me my: 2019 US Federal Income Tax Return; 2019 KS Income Tax Return; 2020 KS Estimated Tax Vouchers; 2020 KS Intangibles Tax Return; her invoice for services rendered; and, instructions for everything via THE INTERNET. I was so nervous about being able to get



everything downloaded AND be able to find it again. But, I DID IT and managed to get all but the forty-five page Federal and State Income Tax Returns printed. I reviewed the major income tax information for both Federal and KS returns. I wrote three checks and mailed four envelopes with checks and/or forms via the USPS. Finally, I emailed my accountant asking for a telephone appointment to review both income tax returns. WOW! Good job,

Pamela!

The sun is going down. The wind is dying down. The weather is changing, again. Hopefully, only one more day of quarantine.

Day Fifteen, (Friday, April 10) I awoke at 5:30 a.m. with all kinds of worries on my mind. So got up, made coffee, and started reading some internet news and the latest Meadowlark Messenger. Kathleen Spearman's Messenger article on CREATIVITY peaked my interest. Interviewing my grandchildren - what a

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great idea! I made a list of questions and emailed my granddaughters asking them to video-call me. My youngest granddaughter said she would call me later. My oldest granddaughter called. What a delight for both of us. We talked for over an hour. My questions: her first memories; her first thoughts about her sister; a few good memories; a few bad memories; her reactions to school - elementary, middle, high school and college; I asked about her first love; I asked how her self image had changed over time; current thoughts about life; and, future plans - vocation(s), family, avocations. I'm looking forward to an interview with my youngest granddaughter. I will turn my interview notes into prose and file them with my end-of-life papers.

I was tested for the COVID-19 (coronavirus) today. The results will be returned in 24 to 72 hours. I must remain in quarantine until I get a negative test result. I have no idea what I'll have to do if I test positive (horrors)!

I talked with Annie Peace, Meadowlark's Health Services Director. She clarified when to wear a mask. If an independent living resident cannot maintain a social distance of ten feet, wear a mask. When I'm out of quarantine, I will wear a mask around my neck when I go for a walk around the Meadowlark campus. If anyone comes within ten feet of me, I will don the mask.

Have you been watching the Meadowlark TV channel 1960? The "shows" include a variety of entertainment, information, fitness classes, etc. The schedule is included in the Meadowlark Messenger. Tune in!

P.S. The COVID-19 test they took from was shown to be **NEGATIVE!** YIPPEE!! I will stay quarantined through Monday, April 13 (Meadowlark Medical Professionals are calling to check on me that day.) then I'll be out and about on campus with social distancing, i.e. I will put on a mask within ten feet of anyone, as recommended by our CEO and Health Services Director. And...so ends my quarantine reports!

On the Power of Love

submitted by Helen Roser

I want to thank Meadowlark nurses and all who serve patients in their last hours. My experience years ago when I was near death taught me the importance of feeling loved.

I was twenty-years-old, and had emergency surgery gone wrong. I couldn't hold the transfusions (I learned later) and had done lots of bleeding.

I woke partway being very roughly handled by an angry nurse. She was angrily saying that I had "mad a mess" and: "At least you are helping the interns. They are selling you their blood. All of the blood in you is interns' blood." I went back to sleep.

Rough handling again, voices, loud, saying: "Watch the blood! She is bleeding all over!" I went back to sleep. Next I heard: "We are losing her." Then: "She is gone."

I heard a voice cry out: "Oh! And she was so young, too!" I heard the voice. It was love! I wanted love! I reached out to it.

The voice said: "That's it, honey! Keep trying!" Voice said: "Ooooh!" It was love. I wanted it.

The angry woman's voice had made me feel sad and wanting to "go away." But the loving voice made me want to reach out and be with that love.

I came back for 78 more years, sustained by the life force, which I know is love.

Thank you, loving care-givers, for being you.

Kansas Voter Registration Day

by Michele Riter, Community Relations Assistant

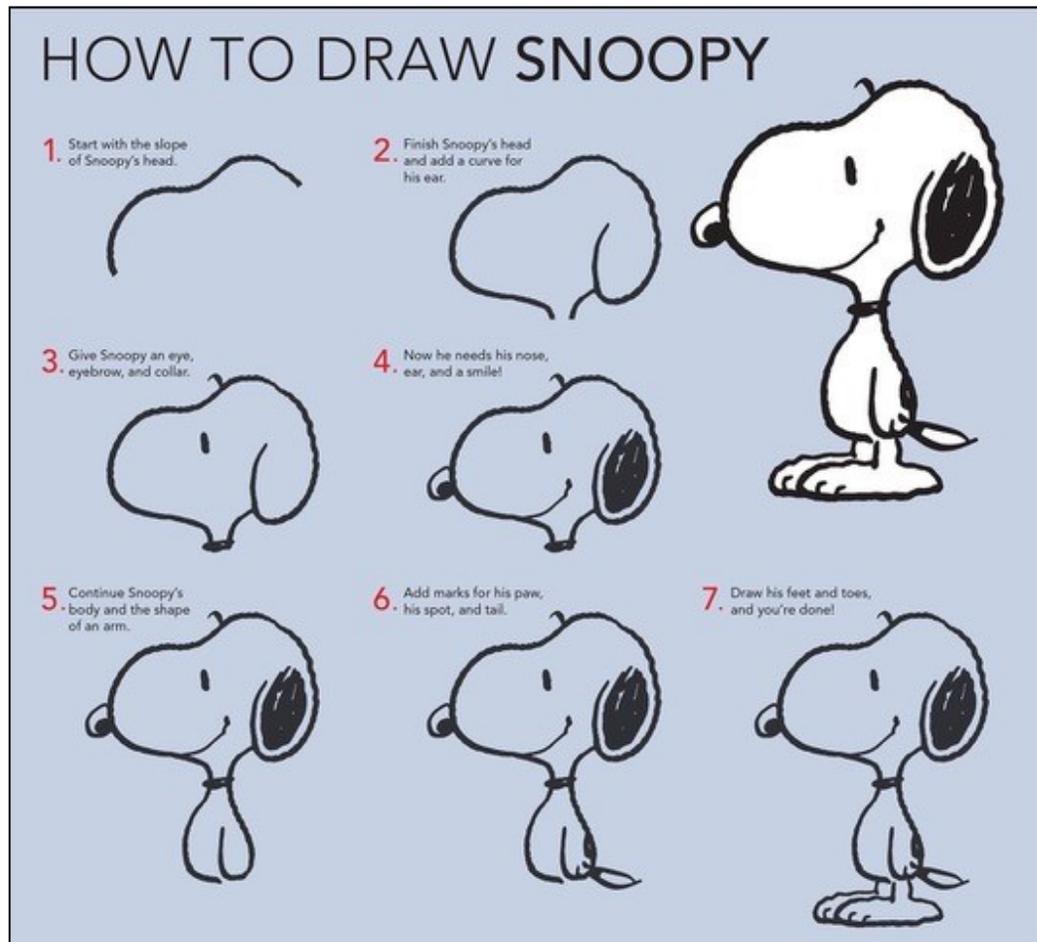
As we are finding new ways to stay engaged at this time, we need to also be active members in our communities. Celebrate the first-ever Kansas Voter Registration Day, Tuesday, April 14! This opportunity created by students from K-State and the Kansas Board of Regents to allow civic engagement to continue.

Kansas Voter Registration Day is celebrated on the second Tuesday of April every year. We are encouraged to prepare for upcoming elections. To do this, we must be active participants. On Kansas Voter Registration Day, please go to ksvotes.org to register to vote, update your information, and/or check your voter registration. If you use social media accounts, such as Facebook, share with friends why voting and civic engagement is important to you! Voter registration information cards are also sent by mail to make sure that information is correct and you can return it with changes, if needed.

Work That BRAIN

How to Draw Snoopy ...

1. Start with the slope of Snoopy's head.
2. Finish Snoopy's head and add a curve for his ear.
3. Give Snoopy an eye, eyebrow, and collar.
4. Now he needs his nose, ear, and a smile!
5. Continue Snoopy's body and the shape of an arm!
6. Add marks for his paw, his spot, and tail.
7. Draw his feet and toes, and you're done!



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 4/6 Sudoku are below.

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

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



Meadowlark Entertainment Guide

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

Tuesday, April 14

10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
1:00 p.m.	Change & Loss Group with Bridget Larkin, LMSW & Kathleen Spearman, LMSW
2:00 p.m.	Steady Yourself Exercise Class
3:00 p.m.	MEOW (Memory Program)

Wednesday, April 15

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
11:00 a.m.	Nutrition with Lisa Schwarz, RD
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny

Let's agree to stay home ... and order meals and groceries from Prairie Star Restaurant!

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, call (785) 323-3820.

Thursday, April 16

9:30 a.m.	MEOW (Memory Program) <i>Re-run episode from 4/14</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
2:00 p.m.	Steady Yourself Exercise Class
4:30 p.m.	Happy Hour with J-Mix

Friday, April 17

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
2:00 p.m.	Weights 101 Exercise Class
5:00 p.m.	Channel 1960 News <i>Re-run episode from Noon, 4/17</i>
7:00 p.m.	Friday Night Program: Arlo Guthrie & Pete Seeger— Together in Concert

Masked Mystery REVEALED

Who am I? The Masked Mystery staff member from April 9 is Meadowlark Delivery Team member, Personal Trainer, and Massage Therapist—Sara Hillard!



Jeanne Lundin's 95th B-Day

We're going to celebrate social-distancing style. In the afternoon hours of April 17, the Meadowlark Delivery Team will be visiting your door to drop off carrot cake cupcakes as a special birthday treat!

If you'd like to send a card to Jean, we encourage you to do so! Place your card to be picked up in your hallway box or clipped to the outside of your mailbox on by 8 a.m. Thursday morning to be collected. Call (785) 323-3847 with questions.