



Keeping Up with COVID-19

Excerpt from Lonnie Baker's letter to residents dated May 5, 2020.

At Meadowlark, we're all working to stay informed on COVID-19. The novel coronavirus is an ongoing serious risk to older adults; especially those with underlying health conditions who live in a congregate environment. So, while the world around us begins to get back to business as usual, Meadowlark is not.

It is important for residents, staff, families, and the surrounding community to consider the ramifications of COVID-19 being introduced to the Meadowlark campus and other places like it. The impact would be significant.

Meadowlark's phased reopening, when initiated, will be slower than the plans established by the state and county. ***Please help us keep COVID-19 away from Meadowlark by wearing a mask or cloth face covering when you are out in the community, continue to practice social distancing, wash your hands well and often, and stay home as much as possible.***

Recommendations for independent living residents have not changed. We will communicate when it is safe to begin returning to normal. Information is communicated through the twice weekly Meadowlark Messengers, weekly on Channel 1960 News, the Meadowlark website, Meadowlark's Facebook page (@meadowlarkmhk), and through the weekly wellness phone calls.

What's New on Channel 1960?

Our Planet, One Planet

Channel 1960, May 12 @ 7 p.m.

Experience our planet's natural beauty and examine how climate change impacts all living creatures in this ambitious documentary of spectacular scope. Tune to enjoy this 50-minute program at 7 p.m. Tuesday, May 12, on Channel 1960

Happy Hour with J-Mix:

Mermaid Lemonade

Channel 1960, May 14 @ 4:30 p.m.

Join amateur mixologist Jayme Minton, aka J-Mix, at 4:30 p.m. Thursday, May 14, and learn how to make a fresh and delicious summer cocktail—Mermaid Lemonade!

2CELLOS, Live at Arena Pula

Channel 1960, May 15 @ 7 p.m.

Enjoy an evening of musical entertainment when you tune in at 7 p.m. Friday, May 15, to Channel 1960. The duo 2CELLOS, Luka Sulic and Stjepan Hauser, perform a concert full of exciting, unforgettable, and emotional music at the beautiful Roman Colosseum in Stjepan's hometown of Pula, Croatia. The concert originally took place July 3, 2013.

This Croatian cellist duo are classically trained and have released four albums since 2011. They play instrumental arrangements of well-known pop and rock songs, as well as classical and film music.

Work That Brain

Can you solve these visual word puzzles?

1. 

3. **PENNIES**

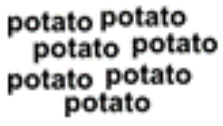
5. **b bird b**
bird bird b
b b b b


7. **MILONELION**

8. **Matter**

9. **funny funny**
word word
word word

10. **Not = Cent**

2. 

4. **back**


6. **Finger**
PIE

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. 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.

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



Frozen Banana Pops

Cooking with Lisa

INGREDIENTS

Banana
 Vanilla yogurt (or other flavor of your choice)
 Toppings: coconut, nuts, sprinkles, etc.
 Wooden skewers or popsicle sticks

DIRECTIONS

1. Cut banana in half and insert wooden skewer into each banana half.
 2. Spoon yogurt onto banana & add toppings of choice.
 3. Place on cookie sheet covered in parchment paper and freeze until the yogurt is hardened; about one hour.
You can also use melted chocolate and/or peanut butter and add your favorite toppings.

Meadowlark Virtual Wellness Olympiad Art Challenge:

The Wellness Olympiad Art Challenge is scheduled for Thursday, May 14, but you may take more time if desired. Using art supplies around your home, draw or paint a nature scene on paper. The picture could be what you see out of your window, a memory of your favorite vacation destination, or a scene that you create in your mind! Completed pictures need to be submitted to the Hospitality Desk on or before Sunday, May 17.

The winner will receive a prize! Good luck and happy creating!

Meadowlark Virtual Wellness Olympiad Schedule



DATE	ACTIVITY
Tuesday, 5/12	1. Complete the Chair Yoga (@ 11:30 a.m.—Channel 1960) and ... 2. Mindfulness Activity (@ 3:30 p.m. - CH 1960)
Wednesday, 5/13	Take a Wednesday Walk (inside or outside)
Thursday, 5/14	1. Art Challenge and ... 2. Mindfulness Activity (@ 3:00 p.m. - CH 1960)
Friday, 5/15	Complete any exercise video on Channel 1960
Saturday, 5/16	1. Complete the Band Bust Exercise (@ 9:30 a.m. or 2:00 p.m.—Channel 1960) and ... 2. Nutrition Activity (12:00 p.m. - CH 1960)
Sunday, 5/17	Take a Sunday Stroll (inside or outside)



Meadowlark Entertainment Guide

All programs listed below air on Meadowlark Channel 1960,
Your window to the world!

Tuesday, May 12

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)
7:00 p.m.	Our Planet, One Planet (Netflix Documentary)

Wednesday, May 13

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
11:15 a.m.	Prayers with Judy Miller
11:30 a.m.	Sunday Church Service with Chaplain Patty Brown-Barnett Re-run episode from 5/10
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny
3:15 p.m.	Cooking with Lisa: Frozen Banana Pops Re-run episode from 5/11



REVEALED

The Masked Mystery employee from May 7 is Meadowlark Medical Professionals' Receptionist, Catherine Coleman! Try your luck again Thursday, May 14!

Thursday, May 14

9:30 a.m.	MEOW (Memory Program) Re-run episode from 5/12
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: Mermaid Lemonade

Friday, May 15

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 Re-run episode from Noon, 5/15
7:00 p.m.	Friday Night Program: 2CELLOS—Live at Arena Pula

Answers to visual word puzzles from 5/4 ...

1. Red in the Face
2. Green Eggs & Ham
3. Backrub
4. All Thumbs
5. Two Left Feet
6. Black Sheep of the Family
7. Big Fish in a Little Pond
8. Tennis Shoes
9. Long time, no see
10. All in a day's work

Lunch Special Change: The lunch special for Thursday, May 14, has been changed. Instead of the originally planned menu, Prairie Star Restaurant will offer BBQ chicken wings, pasta salad, and your choice of vegetable.