



MEADOWLARK

Messenger

May 18, 2020

Manhattan, Kansas

Messenger Editor: Sarah Duggan

Mini Monday Messenger

Outgrown and Ready to Go: Our Hair

Pizazz Salon is set to open its door June 1, with new safety precautions

by Shannon and Kathy,
Pizazz Salon Stylists

Thank you for being patient while we have not been able to operate the salon. We are excited to get back to work and see all of you! The plan is to

reopen the salon Monday, June 1, by appointment only. We are creating a plan for scheduling appointments, while keeping health and safety as our top priority. Please understand that the salon will not be operating under our usual appointment schedule, and we will be fair and efficient in scheduling our clients as quickly as possible. Because of healthcare regulations, the salon will be available only for our independent living residents until further notice. Let us offer some important information about how we plan to bring some Pizazz to your lives.

Appointment Scheduling: We will begin calling clients the week of May 25, and ask that you do not call to schedule your own appointment. We understand that a lot of you are eager to see us, and we will do our best to get everyone in as soon as possible. Only one stylist will be allowed to operate at a time, and with our safety precautions in place, the previous appointment schedule will not be followed at this time. Kathy will be in the salon on Mondays, Tuesdays and Wednesdays. Shannon will see customers on Thursdays, Fridays and Saturdays.

Before your Appointment: The waiting area for your appointment will be in the Village Entrance lobby. You do not need to arrive more than five minutes earlier than your appointment time. We will require some time between clients to disinfect the salon and our equipment, and having you wait in the lobby area will help limit the amount of people congregating in the hallway. Once we are



ready for your appointment, we will notify the Hospitality Desk staff, and they will send you to the salon.

Entering Pizazz

Salon: Entry into

the salon will be allowed only for clients with a scheduled appointment. Should you want to schedule an appointment or have a question, please contact the Hospitality Desk at (785) 323-3847. If you are not scheduled to be in the salon, please do not enter the salon.

During your Appointment: *Just as in all areas outside of your home, face masks are required.*

Stylists and clients will always be required to wear face coverings during appointments. Please contact the Hospitality Desk if you need a mask.

Most appointments will be scheduled with only one client in the salon at a time, and we will follow social distancing guidelines should there be more than one client. For efficiency, we may schedule strategically and fit in a haircut while another client is sitting under the dryer. We also may ask that those living in the same residence schedule appointments together. Markings will be placed on the floor; please abide by the markings to maintain social distancing.

After your Appointment: The check-out process will be contactless, as we will not require a signature on any tickets. Once you have exited the salon, the cleaning process will begin for our next appointment.

We are excited to open and take this step in bringing back some normalcy to Meadowlark. With your cooperation, we can make this a safe transition!

In Case You're Wondering

Over the past few months, we have been learning an adapted way of our routines. There have been common questions arise during this time of lifestyle changes and we wanted to continue to keep you aware of some options to make things a little easier.

Meadowlark's phased reopening, when initiated, will be slower than the plans established by the state and county. Recommendations for independent living residents have not changed. We will communicate when it is safe to begin returning to normal.

At this time, we want to make sure that your needs are being met in regards to personal care, receiving groceries, feeling safe, etc. There may be some services available at Meadowlark that you can utilize or you have questions about.

For personal care, we recommend contacting Meadowlark Home Health. Home Health aids and companions can assist with grocery shopping, food preparation, light housekeeping and laundry assistance, and much needed companionship. Aids can also provide medication assistance, bathing assistance, or certain healthcare needs. For questions or to schedule Home Health services, please call (785) 537-9497.

If you are in need of groceries, please utilize the Meadowlark Grocery Service by calling (785) 323-3820. Let us do the shopping for you! Some items are kept on hand here at Prairie Star and can be delivered directly. A list of items that are usually readily available can be found on Page 3.

If we don't have what you need, especially your favorite ice cream flavor, an order will be placed with Hy-Vee. These orders can take a couple of days to be received and delivered to you. Other grocery or food deliveries you place on your own will continue to be dropped off at the check-in station at Tuttle Creek Blvd. and then delivered to your door by a Meadowlark staff member.

Transportation is limited to medical appointments only. If you have items that need to be dropped off or picked up in town, a Transportation driver is available for an errand service. The cost for an errand is \$10. To request a service from Transportation, you can call (785) 313-1039.

You may also be wondering—how are we keeping things safe inside our main building? Besides wearing masks and regular hand-washing, staff members are required to check their temperature and complete a screening asking about any COVID-19 symptoms and previous interactions or travels. Our Housekeeping team has increased their sanitation in common areas, including the library, entrances, and main lobby. But, it is best to keep washing your hands regularly as you leave and re-enter your home, don a mask, and remain six-feet apart.

Notes from the Library

submitted by Pat Hook

Have you seen the glass ship in the Flint Hills Room? It was made by Mitsugi Ohno. We have his autobiography, [A Japanese in Kansas: A Man Captivated by Glass](#). It was contributed by his wife, Nao Ohno, who is a Meadowlark resident.

Which leads to [A Great Trip](#), by Kay Shanks—another good resident autobiography.

And how about the set of Harold Ross Books. These are fiction with a local twist and western touch. Yes, this is the Ross of Ross and Mitchel Development Company.

Anybody want to get really scared? Somebody contributed 23 Stephen King books! We can't keep all of them. Right now they are in our *darkest* area—down in the cupboard on the east side. Help yourself—if you dare!

By the way, masks are required in the library. Some people have told me they are hesitant to go in because others are not wearing masks.

Happy reading!



MYSTERY REVEALED!

The Masked Mystery employee from May 14, is Prairie Star Cook, Chase Fox! Try your luck again Thursday, May 21!

Meadowlark Grocery Service

(785) 323-3820 • Additional items available upon request.

Food

Activia.....	\$4.50	Hamburger Helper	\$2.50
Almonds.....	\$7.00	Hazelnut Spread.....	\$9.00
Banana Chips	\$3.00	Italian Dressing	\$2.50
BBQ Sauce.....	\$3.00	Jelly.....	\$4.50
Beans	\$1.50	Juice.....	\$4.50
Boost.....	\$12.00	Ketchup.....	\$2.00
Bread	\$3.50	Miracle Whip	\$5.50
Brownie Mix.....	\$3.00	Mixed Fruit.....	\$4.50
Butter.....	\$4.00	Mixed Nuts	\$9.00
Cake Mix	\$1.50	Muddy Buddy	\$6.00
Campbell's Soup	\$1.00	Mustard	\$2.00
Candy Bars.....	\$1.50	Oatmeal.....	\$4.50
Canned Fruit	\$2.50	Olives	\$2.50
Canned Vegetables	\$1.50	Orange Juice.....	\$5.50
Cashews.....	\$9.00	Oreos	\$4.50
Cereal.....	\$4.50	Pancake Mix.....	\$4.50
Cheez-It.....	\$4.50	Pasta	\$1.50
Chex Mix	\$4.50	Peanuts	\$6.00
Chili	\$3.00	Pickles	\$3.00
Chips	\$5.00	Pop Tarts.....	\$4.00
Chips Ahoy.....	\$4.50	Pretzels.....	\$3.00
Chocolate Chips	\$4.50	Pringles.....	\$2.50
Club Crackers	\$4.50	Prunes	\$5.00
Completes	\$4.50	Raisins.....	\$4.50
Cream of Wheat.....	\$6.00	Ravioli	\$1.50
Distilled Water	\$1.50	Rotel.....	\$2.00
Dove Chocolates	\$7.50	Salsa	\$4.00
Eggs	\$1.50	Saltine Crackers.....	\$3.00
Fig Newton's	\$6.00	Snack-pack	\$1.50
Flour.....	\$2.00	Spaghetti Sauce.....	\$4.00
Folgers Coffee.....	\$6.00	Sugar.....	\$3.00
Folgers Instant	\$10.50	Tomato Paste.....	\$1.50
Fruit Snacks.....	\$4.50	Tortilla Shell	\$4.50
Glucerna	\$12.00	V8.....	\$5.50
Goldfish Crackers	\$4.00	Vegetable Oil.....	\$3.00
Graham Crackers.....	\$3.00	Wafers.....	\$5.50
Granola Bars	\$4.50	Wheat Thins.....	\$4.50

Household

All Purpose Cleaner	\$4.50
Batteries.....	\$7.50
Bounce.....	\$7.50
Cascade.....	\$7.50
Downy.....	\$7.00
Glass Cleaner.....	\$3.00
Hand Soap	\$2.50
Hand Towels	\$4.50
Kleenex.....	\$2.50
Napkins	\$3.50
Paper Towels	\$2.00
Plastic Wrap	\$4.50
Purex.....	\$7.50
Tide.....	\$9.00
Toilet Bowl Cleaner	\$3.50
Toilet Paper	\$1.00
Trash Bags- Small.....	\$4.50
Trash Bags- Large.....	\$12.00
Ziploc Bags.....	\$4.00

Medicine

Acetaminophen.....	\$3.00
Allergy Medicine.....	\$6.00
Anti-Diarrheal	\$4.50
Aspirin (325/81mg) ...	\$6.00
Cough Drops.....	\$2.50
DayQuil.....	\$10.50
Ibuprofen	\$6.00
Icy Hot	\$6.00
Neosporin.....	\$7.50
NyQuil.....	\$10.50
Tums	\$7.50
Vicks VapoRub	\$8.50

Personal Care

Body Wash.....	\$3.00
ChapStick	\$2.00
Deodorant.....	\$4.50
Dove Soap	\$2.50
Listerine	\$9.00
Lotion	\$7.00
Poise Pads-Large.....	\$15.00
Poise Pads-Small.....	\$7.00
Shampoo.....	\$3.00
Shaving Cream	\$4.50
Toothpaste	\$4.50

SPRING

SCRAMBLE

Try to unscramble each word. All are things you'd find outside on a spring day!

1. OFGR _ _ _ _
2. FEUYRBTLT _ _ _ _ _ _ _ _
3. SRSGA _ _ _ _ _
4. ORMHTARWE _ _ _ _ _ _ _ _
5. SNTGLHUI _ _ _ _ _ _ _
6. UDB _ _ _
7. DDNLIAENO _ _ _ _ _ _ _ _
8. ORELWF _ _ _ _ _ _
9. EBE _ _ _
10. GLBDYAU _ _ _ _ _ _ _
11. OMLOB _ _ _ _ _
12. ERGEN _ _ _ _ _

Meadowlark Virtual Wellness Olympiad



The challenge is complete! Thank you to everyone who participated in our first ever Virtual Wellness Olympiad.

Hopefully, you learned something new about nutrition, an exercise routine, or new healthy habits.

Don't forget to turn in your scorecards to the Hospitality Desk. Call (785) 323-3847 for a staff member to pick it up for you. Remember there are prizes to win. Stay tuned for the announcement of the winners!

Sudoku solution from 5/11 ...

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



recipe

Chocolate Cake in a Mug

Cooking with Lisa

INGREDIENTS

3 Tbsp Flour & 3 Tbsp Sugar
2 Tbsp Cocoa Powder
1/4 tsp Baking Powder
Pinch of salt & splash of
vanilla extract, optional
3 Tbsp Milk
3 Tbsp Vegetable Oil
3 Tbsp of Chocolate Chips

DIRECTIONS

Use a microwave-safe ceramic mug

1. Mix flour, sugar, cocoa powder, baking powder, & salt (if using) together in the mug
2. Add the milk, vegetable oil, & vanilla extract (if using) and blend until smooth
3. Stir in the chocolate chips
4. Microwave on high for 90 seconds. Do not overcook for the cake will be dry.
5. Let cool for 2 to 3 minutes before eating then ENJOY!

What's New on Channel 1960?

Our Planet, Fresh Water

Channel 1960, May 19 @ 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. Watch at 7 p.m. Tuesday, May 19, the episode Our Planet, Fresh Water. The need for fresh water is as strong as ever. However, the supply is becoming increasingly unpredictable for all manner of species.

Dance Performance

Channel 1960, May 20 @ 10:15 a.m. (Re-run)

If you missed it the first time, you won't want to miss it again! On Wednesday, May 20, at 10:15 a.m. watch the *Walking on Sunshine* Dance Performance. If you've seen it already, maybe this time you can dance along! The dance was choreographed by Jana Armfield and features Natalie Longhurst and Brittany Hernandez—all kitchen and delivery staff members!

Happy Hour with J-Mix:

Creamsicle Delight

Channel 1960, May 21 @ 4:30 p.m.

Join amateur mixologist Jayme Minton, aka J-Mix, at 4:30 p.m. Thursday, May 21, and learn how to make a creamy and citrusy Creamsicle Delight!

Chopin Piano Concerto

Channel 1960, May 22, @ 7 p.m.

Tune in at 7 p.m. Friday, May 22, for a performance of Chopin's Piano Concerto No. 1. It was composed by Chopin in 1830. It consists of a solo piano, pairs of flutes, oboes, clarinets, and bassoons, four horns, two trumpets, tenor trombone, timpani, and strings.

This performance is from the Israel Philharmonic Orchestra's 75th anniversary gala concert which took place in Tel Aviv, in 2011. The orchestra is directed by Zubin Mehta with Evgeny Kissin as lead pianist. Kissin has played in orchestras all over the world.



Meadowlark Entertainment Guide

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

Tuesday, May 19

10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
1:00 p.m.	Change & Loss Group with <i>Bridget Larkin, LMSW & Kathleen Spearman, LMSW</i>
2:00 p.m.	Steady Yourself Exercise Class
3:00 p.m.	MEOOW (Memory Program)
7:00 p.m.	Our Planet, Fresh Water (Netflix Documentary)

Wednesday, May 20

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
10:15 a.m.	Dance Performance: <i>Walking on Sunshine</i> Re-run from 5/16
11:30 a.m.	Sunday Church Service with <i>Chaplain Patty Brown-Barnett</i> Re-run episode from 5/17
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny
3:15 p.m.	Cooking with Lisa: <i>Chocolate Mug Cake</i> Re-run episode from 5/18

Answers to visual word puzzles from 5/11 ...

- | | |
|-------------------------|--------------------------|
| 1. Bundle of Nerves | 7. One in a million |
| 2. Small potatoes | 8. Grey matter |
| 3. Pinching pennies | 9. Too funny for words |
| 4. Back on one's feet | 10. Not worth a red cent |
| 5. The birds & the bees | |
| 6. A finger in the pie | |

Thursday, May 21

9:30 a.m.	MEOOW (Memory Program) <i>Re-run episode from 5/19</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: <i>Creamsicle Delight</i>

Friday, May 22

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
1:45 p.m.	Dance Performance: <i>Walking on Sunshine</i> Re-run from 5/16
2:00 p.m.	Weights 101 Exercise Class
5:00 p.m.	Channel 1960 News <i>Re-run episode from Noon, 5/22</i>
5:30 p.m.	Dance Performance: <i>Walking on Sunshine</i> Re-run from 5/16
7:00 p.m.	Friday Night Program: <i>Chopin Piano Concerto</i>

