

## Donate Your Way!



**Pat Hook, resident, and Angela Gerena, Home Health Office Manager, pose beside Hook's 2015 Ford Focus.**

### Resident donates car to Meadowlark Home Health

*by Becky Fitzgerald, Development Director*

For several months, Meadowlark Home Health had another vehicle on their wish list. As their client list and service area has grown, so has the staff's need for reliable transportation.

For several months, Pat Hook, apt. 417, hasn't driven her car. Navigating Manhattan's busy and clogged-with-construction streets held less appeal last year, and then a dead battery and the stay-at-home order this spring prompted Hook to ponder selling her 2015 Ford Focus. After learning the Home Health program could use another vehicle, Hook decided to donate her car through Meadowlark Foundation.

"We will use the car for transporting residents to appointments, as well as the potential for our Topeka nurses to use it for trips between the Topeka and Manhattan offices," explained Angela Gerena, office manager for Meadowlark Home Health. Hook's car brings the Home Health fleet total to five.

Meadowlark is covering the cost of any needed repairs, and Hook received forms documenting the charitable contribution. She is pleased the car will be put to great use, and she no longer has the worry of the car's upkeep. "I am happy to get rid of it," she said.

## Meadowlark receives hand sanitizer stations

Residents now have three easy ways to disinfect their hands with the arrival of touchless hand sanitizer stations. The sanitizer dispensers each have a motion sensor, so simply put a hand under the dispenser to receive the gel sanitizer.

The stations are expected to be placed at the visitors entrance, in the Game Room, and Prairie Star.

Created by Manhattan's BD 4 Distributing, 50 stations were purchased by Greater Manhattan Community Foundation through the COVID-19 Recovery Fund and delivered to 35 organizations.





## Visitation Procedure Update

COVID-19 remains an ongoing and serious risk to older adults, especially those with underlying health conditions who live in a congregate environment. While the world is moving toward a normal function, Meadowlark will phase its re-opening plan at a much slower pace.

Meadowlark continues to advocate for the rights of residents through our regulating body and at the local level, while keeping health, safety, and security top priority. Through much consultation and discussion, the Meadowlark team has determined that ***independent living residents living outside of the main building*** (2121 Meadowlark Road), ***can have limited visitors in their homes starting Tuesday, June 16.***

At this time, limitations will include the following: one scheduled and consistent person per duplex or garden apartment per week; visiting person cannot change from week to week; visitors must arrive between 7 a.m. and 7 p.m. and complete a screening questionnaire at the Check Point Station.

To schedule a visitor, residents should contact the Hospitality Desk at (785) 323-3847 **by 10 p.m. the day prior to the visit.**

Visitor allowances may change at any time based on local novel coronavirus numbers and guidance from local and state officials.

Meadowlark's leadership team hoped to roll out a consistent visiting practice to all independent living residents; however, because of the proximity of the tower apartments to long-term care and the large number of residents and employees, we are unable to have visitors in the main building. Deliveries for **all** residents will continue to be received through the Check Point Station at Tuttle Creek Boulevard.

For those utilizing non-Meadowlark transportation, shuttle service from the main building to the entry point will continue to be provided. To schedule a shuttle, please contact the Hospitality Desk a minimum of two hours prior to your transportation need.

If you have questions, please contact the Hospitality Desk or your Wellness Warrior (weekly call from Michelle, Becky, Kathleen, or Bridget).

Remember to continue practicing social distancing, wear a mask, wash hands well and often, disinfect frequently touched surfaces daily, and stay on campus as much as possible.



## The Kindness of a Stranger

On Sunday, June 14, Meadowlark received a beautiful flower donation following a wedding. Jana Armfield and Brook Marcotte (pictured above) sorted, arranged, wrapped, and delivered flowers throughout the building to spread some cheer!

## Prairie Star Restaurant Dinner Special Change

*The lunch special for  
Wednesday, June 17, has been  
updated to the following menu:*

***Baked Ham with Sugar Glaze,  
Mashed Sweet Potatoes,  
and Vegetable du Jour.***

## **Speedy Pd Race for Parkinson's Disease: Virtual for 2020**

To help keep community members and participants safe during this time of uncertainty, the 12<sup>th</sup> annual Speedy Pd Race for Parkinson's Disease will be offered as a virtual race opportunity. The virtual race format will give race registrants the opportunity to complete the half-mile family fun run/walk, 5K, or 10K between Aug. 23 and Sept. 7, 2020. Runs/walks should be completed utilizing appropriate social distance recommendations.

Register for the half-mile family fun run/walk, 5K, or 10K by visiting [www.runspeedypd.org](http://www.runspeedypd.org). Once registered, participants will receive e-mails and/or text messages to share more about the VIPs, Meadowlark Parkinson's Program, and all the generous sponsors, including this year's presenting sponsor – Community First National Bank.

Not a runner? Donations can be made directly to the Meadowlark Parkinson's Program by contacting the Meadowlark Foundation office at (785) 323-3843.

## **On the Pillow**

*submitted by Helen Roser*

Grown-up events were not much fun if you were a kid, especially if you're a Tom boy. Standing among skirts of ladies who were talking together, I saw a sofa.

On the sofa was a big fat pillow, propped up in a corner. It should have had a sign on it saying "Do not touch." But it wouldn't have done me any good because I couldn't read yet.

Getting to the pillow required some strong climbing to get on the sofa, but I got up. The pillow was squashy, like I thought. I leaned back into it. It was like being on a cloud.

Just then, I heard a lady saying in a loud voice: "Just look at that!" Another lady said: "Disgusting! Whose child is that?"

My mother came and yanked me off the sofa, saying she was "mortified." I didn't know what mortified meant, but I knew it probably wasn't good.

Mama never gave up trying to make a Virginia-bred lady out of me, her Tom boy with straight red hair and big feet.

## **New Programming: Channel 1960**

### **Our Planet: Frozen Worlds**

*Channel 1960, June 16, at 7 p.m.*

At 7 p.m. Tuesday, June 16, on Channel 1960, experience our planet's natural beauty and examine how climate change impacts all living creatures in this ambitious documentary of spectacular scope.

On the unforgiving frontier of climate change, polar bears, walruses, seals, and penguins find their icy Edens in peril.

### **Happy Hour with J-Mix: Orange Beer Cocktail**

*Channel 1960, June 18, at 4:30 p.m.*

Join amateur mixologist Jayme Minton, aka J-Mix, at 4:30 p.m. Thursday, June 18, as she teaches viewers how to concoct an Orange Beer Cocktail!

### **Update from Lonnie Baker, CEO**

*Channel 1960, June 19, at 12:30 p.m.*

Hear an update from Meadowlark CEO Lonnie Baker about the organization's most current information regarding COVID-19 precautions and campus happenings. This message will follow the regularly scheduled Channel 1960 News with Sarah Duggan.

### **The Music of Miles Davis**

*Channel 1960, June 19 @ 7 p.m.*

Tune into Channel 1960 at 7 p.m. Friday, June 19, to listen and watch the full concert: The Music of Miles Davis—Jazz at the Lincoln Center Orchestra with Wynton Marsalis.

The Orchestra performs Davis' groundbreaking music from the 1940s-60s. Davis' work during these years is unparalleled in its stylistic range, impact, and enduring popularity, and this show will explore the pivotal musical moments on his quest toward innovation. This concert was originally performed Nov. 18, 2018.

### **The World of Stonehenge: Episode 3**

*Channel 1960, June 20, @ 10:05 a.m.*

Tune into Channel 1960 at 10:05 a.m. Saturday, June 20, and watch episode three of the 2018 BBC Documentary series, The World of Stonehenge.

Neil Oliver continues his journey through the world of Ancient Britain as he encounters an age of cosmological priests and some of the greatest monuments of the Stone Age, including Stonehenge itself. This is a time of elite travelers, who were inventing the very idea of Heaven itself.



Knock knock.  
Who's there?  
Double.  
Double who?  
W!

**Prairie Star Restaurant  
WEEKLY Ice Cream Treats**

Prairie Star Restaurant is now offering a weekly ice cream treat! You can substitute it for your dessert at lunch or dinner when you order a special or order it at anytime for just \$2! This week's flavor is a Vanilla Fudge Brownie



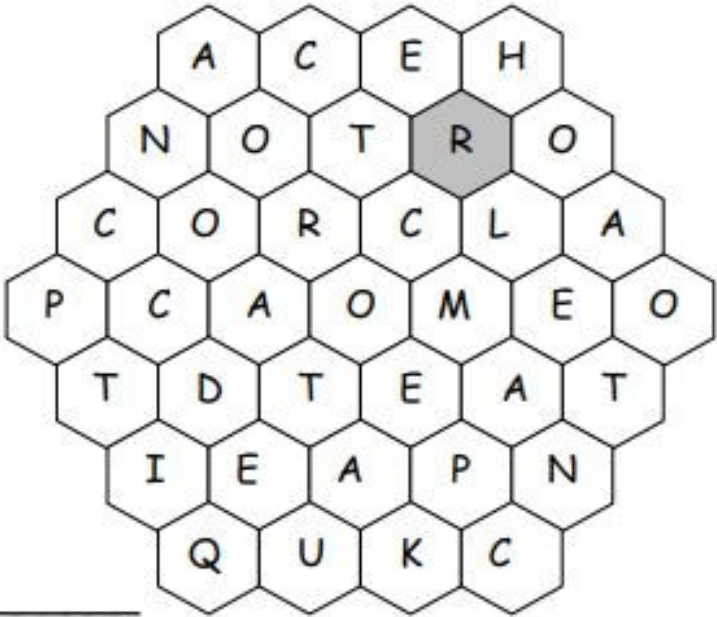
**MYSTERY REVEALED!**

The masked staff member is Michele Riter, Community Relations Assistant and Hospitality Team Member. Try again next time in the June 18 Messenger.



**Work That Brain**

The shaded R and the six letters surrounding it spell **CHORTLE**, which matches one of the clues below. Find 7-letter words for the remaining clues. Shade the center letter of each word.



- 1. a noisy laugh chortle - R
- 2. ring-tailed mammal \_\_\_\_\_
- 3. animated film \_\_\_\_\_
- 4. flapjack \_\_\_\_\_
- 5. accurate \_\_\_\_\_
- 6. control \_\_\_\_\_
- 7. porridge \_\_\_\_\_

Now take the shaded letters to spell the BUZZWORD

Underwater weapon:

— — — — —

# recipe

## INGREDIENTS

- 1 Large Pineapple
- For Sauce:
- 1/2 cup Coconut Milk
- 1 Tbsp Cream of Coconut
- 2 Tbsp Coconut Rum
- 1 1/2 tsp Cornstarch
- 1 Tbsp Butter

Cooking pineapple on grill:  
Preheat grill to 350 degree, rub oil on grates and grill for about five minute each side. Then serve with cooled coconut rum sauce.

Cooking pineapple on stove:  
Heat a large flat skillet on high. Place pineapple in skillet and cook for seven minutes on each side or until brown. Then serve with coconut rum sauce.



# GRILLED PINEAPPLE & COCONUT RUM SAUCE

## Cooking with Lisa

## DIRECTIONS

- Slice pineapple and place on skewers (or knife).
- Prepare the coconut rum sauce by pouring the coconut milk, cream of coconut, & coconut rum into a small saucepan.
- Stir in the cornstarch.
- Heat over low/medium heat while stirring until sauce is thickened.
- Remove from heat and stir in the butter until smooth, then let cool.
- Add on top or dip pineapple after grilling.

Solution from 6/8 Messenger

## The Rain Forest

R	A	E	A	N	A	N	A	B	S	S	A	E	G
S	L	R	W	E	C	E	N	G	N	S	A	N	O
A	H	A	E	A	Y	P	O	N	A	C	W	A	R
O	M	R	P	O	C	S	O	N	K	A	C	O	I
O	S	G	U	E	N	A	L	R	E	Y	T	A	L
X	O	R	O	B	L	S	M	H	S	N	O	O	L
Y	G	C	E	N	L	M	M	O	S	N	U	C	A
G	N	G	A	W	O	A	N	S	T	R	C	O	K
E	A	O	O	N	O	P	Y	R	N	A	A	C	L
N	M	S	K	A	A	L	E	E	A	I	N	F	E
S	A	E	O	P	O	O	F	O	R	N	O	I	A
L	Y	A	A	O	D	A	C	O	V	A	A	G	V
O	C	Y	K	O	A	S	L	O	T	H	A	P	E
C	A	A	G	O	P	A	N	T	H	E	R	C	S



# Meadowlark Entertainment GUIDE

## Tuesday, June 16

9:00 a.m.	Osher Course: Seven Kansas Women Who Couldn't Vote, <i>Session Three, Re-run from 6/13</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Change & Loss Group with <i>Bridget Larkin, LMSW &amp; Kathleen Spearman, LMSW</i>
2:00 p.m.	Steady Yourself Exercise Class
3:00 p.m.	MEOW (Memory Program)
3:30 p.m.	Cooking with Lisa: <i>Grilled Pineapple &amp; Steak, Re-run episode from 6/15</i>
7:00 p.m.	Our Planet: Frozen Worlds ( <i>Netflix Documentary</i> )

## Wednesday, June 17

9:00 a.m.	Comedy Club: <i>Wake Up Funny</i>
9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Sunday Church Service <i>Re-run episode from 6/14</i>
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Comedy Club: <i>Afternoon Funny</i>
3:15 p.m.	Cooking with Lisa: <i>Grilled Pineapple &amp; Steak, Re-run episode from 6/15</i>

## Thursday, June 18

9:00 a.m.	MEOW (Memory Program) <i>Re-run episode from 6/16</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
2:00 p.m.	Steady Yourself Exercise Class
4:15 p.m.	Cooking with Lisa: <i>Grilled Pineapple &amp; Steak, Re-run episode from 6/15</i>

## Thursday, June 18

4:30 p.m.	Happy Hour with J-Mix: <i>Orange Beer Cocktail</i>
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## Friday, June 19

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Channel 1960 News
12:30 p.m.	Update from Lonnie Baker, CEO
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 - 6/19</i>
5:30 p.m.	Update from Lonnie Baker, CEO <i>Re-run from 12:30 p.m. on 6/19</i>
7:00 p.m.	Friday Night Program: <i>The Music of Miles Davis, Jazz at the Lincoln Center</i>

## Saturday, June 20

9:00 a.m.	Comedy Club: <i>Wake Up Funny</i> <i>Re-run episode from 6/17</i>
9:15 a.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 6/19</i>
9:30 a.m.	Band Bust Exercise Class
10:05 a.m.	The World of Stonehenge, Episode 3: Age of Cosmology
12:00 p.m.	Cooking with Lisa: <i>Grilled Pineapple &amp; Steak, Re-run episode from 6/15</i>
2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club: <i>Wake Up Funny</i> <i>Re-run episode from 6/17</i>
3:15 p.m.	Update from Lonnie Baker, CEO <i>Re-run from 12:30 p.m. on 6/19</i>
4:30 p.m.	Happy Hour with J-Mix: <i>Orange Beer Cocktail</i> <i>Re-run episode from 6/18</i>